
According to highly reputed martial arts authority, Dr. Kimm He Young (May 1999), after graduation those instructors were sent to different places in the country to recruit and train soldiers. As an admission test, applicants were required to jump over a three to four foot-high fence while carrying a heavy rock. Once inducted, the recruits were trained in weaponry (including archery), running, jumping, swimming, and diving. They were also trained in sailing, strategy, and spying rudiments. These provisions, and the valuable participation of Admiral Yi Sun Shin, Korea's naval hero who defeated 133 Japanese ships with only 12 vessels,⁹ caused the total frustration of the second and last invasion of Hideyoshi.

THE ILLUSTRATED MARTIAL ARTS & THE BOOK OF MILITARY PREPARATION

Illustrated Martial Arts

(k. *Muye Jebo*)

Han Kyo later wrote the *Illustrated Martial Arts* based on the Chinese *New Book of Effective Methods*. It had an added value since, for its preparation, the techniques were tested and provided with comments and illustrations. The book consisted of six sections that referred to the use of infantry combat weapons. Barehanded combat was not included, and Han Kyo stated in the introduction that the Chinese techniques of "killing hand" (k., *sal su*) and its "spinning like the wind, and progressing and retreating like lightning" could be hardly put into pictures to describe their position or methods. Han Kyo also made contact with Chinese commander Hu Yu Kyok (k.) who explained to him some aspects of "yin-yang hand" (k., *um yang su*), an aspect of martial arts that included strikes, kicks and throws, and those tactics applicable to the use of weapons. It is interesting to note that modern Hwarangdo founder Lee Joo Bang claims to have learned the ancient "um-yang kwon" combat skills in So Kwang Temple during the 1940's from monk Suahm Dosa, reportedly a lineage holder of the Hwarang warrior tradition.

Book of Military Preparation

(k. *Mubiji*; j., *Bubiji*)

In China, during the first half of the 17th century, Mao Yuan Yi (k., Mo Won Ui) wrote the *Book of Military Preparation* (k. *Mubiji*; j., *Bubiji*) with 240 chapters. Contemporary authors disagree with respect to the publication date. Harry Cook (1999) and Patrick McCarthy (1996) state that it was published in 1621 whereas, according to Kimm He Young, it was published in 1644. Cook states that even though they share the same name, this is not the *Book of Military Preparation* known in Okinawa and very much appreciated by later karate greats, Miyagi Chojun, Funakoshi Gichin and Mabuni Kenwa. The Okinawan *Book of Military Preparation* is considered to be derived from a work written in China's Fujian Province based on the Yongchun village White Crane boxing style (according to Kinjo Akio, the place and system where Seisan karate kata originated), and does not include the use of weapons but describes techniques, vital points, herbal medicine and tactics (Yang, 1993). So, whereas the *Book of Military Preparation* written by Mo was a military manual (an essential precedent to the *Muye Dobo Tong Ji*), another book became known under the same name in Okinawa which was strictly on southern Chinese boxing. It is interesting to note that (i) both versions are of Chinese origin, and (ii) the version spread in Okinawa, in this author's opinion, has been more influential on Korea's modern Tae Kwon Do and Tang Soo Do than the Korean-adopted version (despite grandmaster Hwang Kee's efforts).

Mo's version included information on the *Bon Kuk Kom* (original national saber, from Silla), a weapon that became famous due to Kwan Chang Rang, son of Silla Hwarang General Pum Il, whose attempt to murder the Paekche king ended with his life in the 7th century. Kwan Chang Rang was famous for his ability with the saber and the enemy's king demanded a demonstration. During the demonstration, Kwan thrust his blade into the monarch's chest with a swift and unexpected movement. Silla warriors organized a saber routine in his memory in which the player wears a mask to represent the sacrificed young man. This tradition has been kept alive in Korea's rural festivals until today.¹⁰ In this way the tradition of this saber is preserved, whose remote origins are to be found in China, according to Yi Duk Mu (k., also Lee Dok Moo), and it might be the predecessor of the famed Japanese sword.

The Silla saber technique's effectiveness and the sober elegance of it in motion, devoid of any superficialities, attest that its preservation for many centuries was not simply due to the region's folklore, but it was considered a valuable defensive weapon. The inclusion of the Korean saber in a Chinese manual would reveal the importance that it had gained in the region in the old days. When analyzing the saber technique by its description in the referred manuals, Della Pia (1995) asserts that although some Chinese influence can be perceived, there is a strong case for the origin of the weapon and its techniques in the Korean peninsula.

Toward the end of the 17th century, King Suk Jong gave impetus to the re-establishment of combat arts by organizing festivals that included wrestling and archery competitions (mounted and on foot) and by forming a special group of elite warriors called the *Byul Kun Jik* in 1694. He appointed Kim Che Gun as part of a diplomatic mission to Japan. Kim eventually received instruction in the local saber techniques and he remained abroad until he had learned four saber styles. His acquired knowledge was reportedly transmitted orally until its incorporation into the *Muye Dobo Tong Ji* a century later.

THE MUYE SHINBO, MUYE DOBO TONG JI, AND THE EIGHTEEN AND TWENTY-FOUR MILITARY TECHNIQUES

In 1756, on behalf of King Yung Jo, Prince Regent Se Ju Sa Do ordered the preparation of *Muye Shinbo*, a manual based on the *Muye Jebo* but that included twelve additional weapons and techniques. It took three years to prepare this book, which included eighteen sections in total. Due to the way the prince referred to it, this military manual became famous as the *Bon Jo Muye Ship Pal Ban* (k., "The Eighteen Martial Art Categories of the Yi Dynasty"). People who had some formal instruction in martial arts were reputed as knowledgeable in the "Eighteen Techniques" (k., *Ship pal ki*, *Ship pal ban*, or *Ship pal jon*).

In 1789, King Jung Jo requested the preparation of a new military manual because differences in technique and concept among the officers made it difficult to teach the troops using the *Muye Shinbo*. Unlike the previous books, which were mainly referential, it has been said that this manual was meant to be a practical guide to all military technique, and should encompass everything known about training warriors at the time. In the foreword, King Jung Jo stated that:

**A New Illustrated
Martial Arts Manual**
(k., *Muye Shinbo*)

Through diligently practicing these methods and mastering the strategy of the dragon and the tiger, the soldiers protecting the capital and the talented military officers will become agile warriors and loyal soldiers who will not abandon their country. My true intention of publishing this expanded volume of military tactics is to record this instruction for posterity.

Yi Dok Mu, considered its main author, assumed the task of gathering, comparing and commenting on the bibliographical background. Park Je Ga was in charge of the manual's structure, and Park Dong Su's responsibility was the testing of the techniques. The result, called the *Muye Dobo Tong Ji* (k., *Complete Illustrated Martial Arts Manual*) was published in 1790. It took as its principal basis the *Mubiji* and the *Muye Shinbo*, and it added six new sections, all referring to weapons to be used on horseback, probably related to the Mongol experience. The new manual was much more than a simple digest. It was a recollection of most of the military precedents in the Far East, and its thoughtful comments made this an extraordinary work. Although contemporary martial art experts, Hwang Kee and Kimm He Young, had done research and produced publications on the *Muye Dobo Tong Ji*'s "boxing" chapter, trying to interpret its arcane content (the former, by the 1960s, and the latter, in the 1990s), it was not until 2000 that Tae Kwon Do authority Sang H. Kim published a complete translation from the ancient Chinese used in Korea into the English language, thus making its knowledge available to the world's English speaking enthusiasts.

The manual is divided into four volumes and includes 24 training sections: six sword methods, one sword training system, one shield and blade method, nine long battle weapons, five weapons to be used by riders as well as a ball game on horseback, and a boxing section. Each section illustrates a practice routine that depicts the ways to use each weapon. With slight variations, each section has the following structure:

- a) Weapon illustration—including the Chinese, Korean, and Japanese version as the case may be.
- b) The explanations originally given by General Qi and Master Han Kyo with comments on the subject from Mo's work and historical or practical references by Yi Dok Mu.
- c) Illustrated description of the routine with technical instructions for solo execution. It should be noted that sometimes it is difficult to follow the instructions on how to get from one position to another, because there are no illustrations of the transitions.
- d) Diagrams of each routine, with its movements indicated by their names.
- e) Diagrams of movements using human figures. For the Japanese saber, a section with combat applications is also included.

We emphasize that, traditionally, archery had been a highly developed warrior activity ("the national art of Korea," according to the introduction of the *Muye Dobo Tong Ji*, which reminds us of the saying, "the saber in Japan, the bow in Korea, and the spear in China"). However, this weapon was not

included in the books mentioned in this article. This can be related to General Qi's idea of giving more importance to close-quarters combat training, and it is also a hint that strengthens the hypothesis that these manuals were based on Chinese models. Such circumstance leads us to conclude that these manuals do not include all the combat techniques of the time, since they only include those that were considered useful for training military men in large formations for mass warfare.

A-1



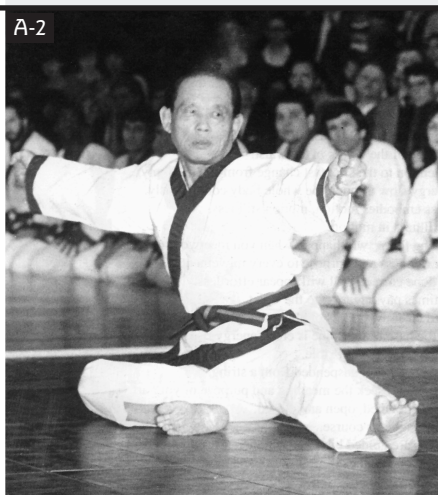
A-1) "AMBUSHING POSTURE" (MAE BOK SEH) DESCRIBED AND ILLUSTRATED IN THE MUYE DOBO TONG JI.

A-2) HWANG KEE ADOPTS THIS POSTURE WHILE PERFORMING HWA SON HYUNG.

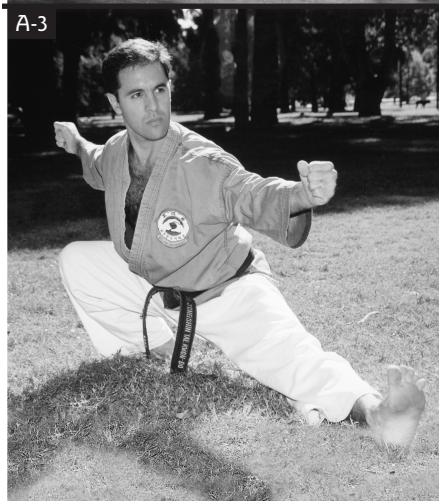
Photo from Hwang, K. (1992).

A-3) AUTHOR SHOWING THE SAME POSTURE IN THE WAY RECREATED BY KIMM HE YOUNG INTERPRETING THE MUYE DOBO TONG JI'S INSTRUCTIONS AND DRAWINGS.

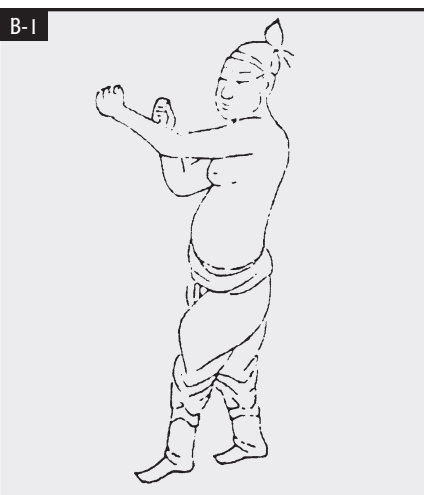
A-2



A-3



B-1



B-1 & 2) "DOUBLE-HANDED DEFENSE" — A CHARACTERISTIC HARD STYLE MOVEMENT FOUND IN MODERN TAE KWON DO AND KARATE. IT IS A TECHNIQUE THAT RESEMBLES THE OLD "SEVEN STAR FIST POSTURE" OF THE MUYE DOBO TONG JI (REFER TO ORIGINAL DRAWING). THERE IS CONTROVERSY ON WHETHER IT WAS ORIGINALLY A BLOCK OR A FIST STRIKE.

B-2



The following chart, based on Sang H. Kim's works, enumerates the training specialties included in the above-mentioned military

manuals using the order provided by the *Muye Dobo Tong Ji*:

MUYE JEBO (6)	MUYE SHINBO ("Ship pal ki") (18)	MUYE DOBO TONG JI		DESCRIPTION
		Vol.	(24)	
Jang Chang	Jang Chang	I.	1. Jang Chang	Spear About 5', flexible wood, used during the recovery of Pyong Yang in January 1593.
-----	Juk Jang Chang	2.	Juk Jang Chang	Long Bamboo Spear About 20', flexible.
-----	Ki Chang	3.	Ki Chang	Flag Spear About 9' 2" blade; the flag and its fast changes made it a deceptive weapon.
Dang Pa	Dang Pa	4.	Ki Chang	Triple-bladed spear Trident, 7' 6" to 18'; defensive usage.
-----	-----	5.	Ma Sang Ki Chang	Spear on Horseback About 15'; used to charge against enemy.
Nang Son	Nang Son	II.	6. Nang Son	Wolf Spear About 15', iron or flexible wood, used to dismount riders.
Ssang Su Do	Ssang Su Do	7.	Ssang Su Do (Jang do; Yong Kom; Pyong Kom)	Two-handed Curved Saber About 6' 5"; powerful, maybe originated in the Japanese <i>fora tachi</i> of earlier centuries and then adopted by Koreans and Chinese.
-----	Ye Do	8.	Ye Do (Dan Do; Hwan Do)	Short Saber about 4' 4"; originally from China, it was preserved in Korea and Japan.
-----	Wae Kom	9.	Wae Kom	Foreign Sword (Japanese) The reputation of the Japanese saber determined its inclusion circa 17th century.
-----	Kyo Jon	10.	Kyo Jon	Partner Sword Training Kim (2000) mentions that, according to Japanese manuals, it was to be used for double-edged swords; in Korea it was adapted for single-edged sabers.
-----	Je Do Kom	III.	11. Je Do Kom	Admiral's Straight Sword Developed and successfully used by Yi Yu Song, based on spinning when surrounded by many enemies.
-----	Bon Kuk Kom	12.	Bon Kuk Kom	Original National Saber (from Shilla) Ancient technique used by Korea's Hwarang.
-----	Ssang Kom	13.	Ssang Kom	Twin Swords About 4' 4"; used alternating for attack and defense.



-----	-----	14. Ma Sang Ssang Kom	Twin Swords on Horseback They were usually short, but the legendary Ji An fought with a 7' saber in each hand.
-----	Wol Do	15. Wol Do	Moon / Crescent Sword (Halberd) Mostly considered a training weapon.
-----	-----	16. Ma Sang Wol Do	Halberd on Horseback Used during the Japanese invasions.
-----	Hyop Do	17. Hyop Do	Narrow Bladed Spear-Sword Similar to the Japanese naginata, it was rarely used in battle as it was not considered strong enough.
Dong Pae	Dong Pae	18. Dong Pae	Shield Rattan or branch woven, sometimes covered with leather. It was used with the <i>ye do</i> sword or the articulated staff to fend off throwing weapons; widely used in China (<i>t'eng pai</i>); in Okinawa (<i>tin be</i>) it was made up of turtle shields.
-----	Kwon Bop	IV. 19. Kwon Bop	Fist Method Chinese origin.
Kon Bang	Kon Bang	20. Kon Bang Chang	Long Staff 7' long; it sometimes had a 2" blade on one tip; used to thrust and strike, it was considered the basic weapon.
-----	Pyon Kon	21. Pyon Kon	Whip-Staff Articulated, a long section of 8' was linked by chain to a shorter 2' section. It was used to defend fortresses against climbers.
-----	-----	22. Ma Sang Pyon Kon	Whip-Staff on Horseback The chain was longer, and the short section used to have iron nails.
-----	-----	23. Ma Sang Kyok Ku	Competitive Sport Riding Riding training in a competitive sport similar to polo which was appreciated as a spectator sport by the court.
-----	-----	24. Ma Sang Jae	Equestrian Acrobacy Riding skills that included hiding at the horse's side, standing atop, or pretending to be dead.