



# Korean Sibpalki Demonstration Team

## Seminars in the Netherlands

18-19 November

Leidschendam  
Beverwijk

For the first time in history members of the Korean Sibpalki Demonstration Team visit the Netherlands to conduct demonstrations and seminars. You can be a part of this showcase of historic Korean martial arts and learn directly from the top league of Korean masters. Two full day seminars are offered in cooperation with de Nederlandse Sibpalki Associatie, sponsored by the South-Korean Society for the Preservation of Sibpalki.

The seminar days are jam-packed with fundamentals of unarmed techniques, combat application, spear vs. saber and spear vs. woldo (moon saber), etc. Every class is conducted by another specialist, stretching up the spectrum of techniques and teaching styles of real battlefield combat arts. This rare opportunity is for **all** serious practitioners of martial arts; **regardless your style or level**, sign up for one or more of these intensive classes!

	<p><b>Master Mumoon (6th dan)</b>          Buddhist monk, Ph.D. in Zen Buddhism studies and Sibpalki master teaching at various universities. Former abbot and member of the board of the stunning Naksan temple in Sokcho, South Korea.</p> <p>Main expertise: Maengho Gwon (Fierce Tiger Fist), Jungbong (midsection staff).</p>
	<p><b>Park, Geum-Soo (4th dan)</b>          Ph.D. in sport science, Sibpalki master, secretary of the Society for the Preservation of Sibpalki and squad lead. He teaches at various universities and works as a consultant for film makers and broadcasting companies KBS and EBS. Historical consultant for the recent Korean film Warriors of the Dawn.</p> <p>Main expertise: Bongukgeom (Silla sword), Yedo (sharp saber), spear</p>
	<p><b>Heo, Dae-Young (3rd dan)</b>          Highly talented Sibpalki student, historian, teacher and doctorate candidate at the Seoul National University, South Korea. As a leading member of demonstration team he is a very experienced martial arts performer.</p> <p>Main expertise: Jangbong (long staff), Dangpa (trident)</p>
	<p><b>Li, Jun-Sang (2nd dan)</b>          Key member of the Korean Sibpalki Demonstration Team and a highly talented Sibpalki student. Doctorate candidate of military tactics at the Korean National Defense University, South Korea. Joined demonstration at Gyeongbok Palace, Namhan Fortress and Oriental Martial Arts Festival in Italy.</p> <p>Main expertise: Woldo (moon saber), Ssangsudo (double handed long saber).</p>
	<p><b>Choi, Bok-Kyu (7th dan)</b>          Ph.D. in martial arts studies, director of KIMA (Korean Institute for Martial Arts) and president of Sibpalki Nederland. More than 30 years of experience in teaching martial arts theory and practice. One of the highest ranked students of Grandmaster Kim Gwang-Suk.</p> <p>Main expertise: Joseon Sebeop (double edged sword), SsangGeom (twin swords).</p>
	<p><b>Perez, Marc (5th dan)</b>          Doctor in Oriental medicine, acupuncturist and Sibpalki master. The highest ranked Sibpalki master as a foreign student directly under Grandmaster Kim Gwang-Suk. Wide range of training experience including Brazilian jujitsu, MMA and Taijiquan. More than 20 years of Sibpalki teaching experience in Spain.</p> <p>Main expertise: Gwonbeop, real fighting applications.</p>

November 18		November 19	
Locatie: Sporthal De Bocht Fluitpolderplein 3 2262 ED Leidschendam		Locatie: Sporthal Waterwijk Pieter Cheeuwenlaan 2 1948 DD Beverwijk	
Seminar 1	Gwonbeop	Seminar 3	Spear vs. Spear
10:00 - 13:00	Woldo vs. Spear	10:00 - 13:00	Jungbong
13:00 - 14:00	Sibpalki demo Lunch break	13:00 - 14:00	Sibpalki demo Lunch break
Seminar 2	Combat application	Seminar 4	Woldo vs. Spear
14:00 - 17:00	Spear vs. Saber	14:00 - 17:00	Twin Swords
Closing	Sibpalki demo Photo op.	Closing	Sibpalki demo Photo op.

## How to Join?

*This is a rare opportunity to train with a dream team of Sibpalki masters for an amazing value-for-money offer!*

## Fees

Single seminar - 35 euro  
 Single day (seminar 1 & 2 or seminar 3 & 4) - 60 euro  
 Both days (passe partout for all seminars) - 95 euro

## Early Registration

Single seminar - 30 euro  
 Single day (seminar 1 & 2 or seminar 3 & 4) - 50 euro  
 Both days (passe partout for all seminars) - 85 euro

**N.B. These fees are valid for booking and payment before October 22**

## Sign up now:

1. Pay the applicable amount to the bank account  
**NL47 INGB 0006 8158 49**  
 of Nederlandse Sibpalki Associatie
2. Send an email to seminar-coordinator Yonni van der Vlies:  
 yonni1991@gmail.com with the details (name, participation dates, sessions (seminar 1 or 1 & 2, etc. single day (18 or 19), or both days).
3. You will receive a confirmation of your booking.

# Seminar Details

18 November

Leidschendam

## Seminar 1

### 1) Gwonbeop (Fundamentals of unarmed techniques) conducted by Master Mumoon

Never underestimate the importance of fundamentals! Without a solid foundation you can't build up high. In this special session Master Mumoon will reveal his secretive training disciplines and techniques. You will also get to know what makes for his outstanding kicking techniques!

### 2) Woldo vs. Spear conducted by the Master Choi, Bok-Kyu & Li, Jun-Sang

The spear returns as the king of martial arts. But the woldo, or moon saber, is a strong challenger as the biggest cutting weapon. Spear techniques mainly focus on thrust, woldo is mostly for cutting. Especially when wielding a woldo, most weapons cannot block it because of its powerful momentum. In this class Masters Choi and Li will show how to use these two different splendid weapons like a boss.

## Seminar 2

### 3) Combat application conducted by Master Perez

The essence of martial arts, sometimes forgotten, is actually combat. Today, martial arts are practiced for various purposes including self-defense and self-cultivation. But if a martial artist doesn't understand the features of the movement in context of fighting, the true meaning of the art is lost. Master Perez will share his drills of martial application of Sibpalki in strategic ways.

### 4) Spear vs. Saber conducted by Master Park, Geum-Soo & Heo, Dae-Young

The spear is a long range weapon and the saber is a short range one. Usually spears are considered stronger than sabers. But not always! If you learn how to wield a short range weapon in combination with outstanding footwork, you can control the long spear! In this session Master Park Geum-Soo and Heo Dae-Young will teach these eye-opening techniques with various technical applications.



# Seminar Details

19 November

Beverwijk

## Seminar 3

### 5) Spear vs. Spear conducted by Master Park, Geum-Soo & Heo, Dae-Young

Sibpalki is a battlefield art which means you can encounter a host of counter weapons, in contrast to dueling swordsmanship such as Kendo and (Haidong-) gumdo.

Take your arsenal of martial arts to a new level and pick up your spears to the battle. You will learn to harmonize footwork and bodywork with hand-eye coordination.

### 6) Jungbong conducted by Master Mumoon

Jungbong is a middle sized staff. A normal cane (walking staff) can be used for these techniques.

Relatively the Jungbong is a short weapon but when the techniques are well matched in combination with body movements, it becomes a very powerful weapon. Master Mumoon will guide you to the unequaled Jungbong techniques.

## Seminar 4

### 7) Woldo vs. Spear conducted by Master Park, Geum-Soo & Li, Jun-Sang

This is continuing seminar from Day 1 but focusing more on demonstration features. Some techniques are not directly aiming at real combat, however, those techniques are good for enhancing and adapting your body movement in different situations. The Woldo vs. Spear sessions on day 1 & 2, can each be taken individually but when you attend both, you will access a deeper spectrum of understanding.

### 8) Twin swords conducted by Master Choi Bok-Kyu

If you are familiar with the art of wielding a sword, what is next? Sibpalki lets you wield one in each hand simultaneously; the twin swords! Challenge your coordination and your brain agility. From very basic to intermediate level techniques and we will try some advanced techniques as well. You'll be impressed to discover your potential beyond



# Sibpalki in the Netherlands

[www.sibpalki.nl](http://www.sibpalki.nl)

Sibpalki Nederland (de Nederlandse Sibpalki Associatie) is the Dutch organization representing the Korea Sibpalki Association. It promotes, documents and informs about Sibpalki and classical martial arts in general since 2011. As the name Sibpalki indicates - Sibpalki literally means eighteen arts - it covers 18 long / short range of martial arts including bare handed techniques, such as staff,

spear, sword, moon saber, flail, twin swords, thorn spear, trident. This is the reason why many serious practitioners of other martial arts are also interested in Sibpalki. Comprehensiveness of Sibpalki gives context and inspiration to other martial arts practitioners, not only those interested in Korean arts but also practitioners of Chinese or Japanese martial arts.



“Yedo (Sharp saber)” Vol. 2, Muye-dobotongji

The renowned Korean martial arts manual, *Muye-dobotongji* (*Comprehensive Illustrated Manual of Martial Arts*) compiled in 1790 by the order of King Jeongjo (r. 1776 - 1800, 22nd king of Joseon Korea) documents Sibpalki well as the whole system of a classical martial art.