



# Art of Zen Sword: The History of Shim Gum Do

*Chang Sik Kim*

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**Art of Zen Sword: The History of Shim Gum Do** Chang Sik Kim

The Art of Zen Sword details the origin of the Zen art called Shim Gum Do. This book contains some history of Zen Buddhism and Zen Sword in Korea. Shim Gum Do Founding Master, Zen Master Chang Sik Kim details the history of his life, his Korean Zen temple study and his enlightenment which gave birth to the Art of Shim Gum Do. Shim Gum Do means Mind Sword Path and embodies Zen Buddhist practice along with martial arts.

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