



Haidong Gumdo

The way of the sword



A unique Korean martial art dedicated to

Forms

Based on battlefield situations with multiple opponents

Fitness

Great exercise for young and old

Focus

Put distractions aside and sharpen your mind

Combining all the elements of a true martial art (discipline, respect, loyalty) with graded progression through the ranks, each level introducing new skills and techniques.



No contracts, monthly and family membership with discounts for three months

First lessons free

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