

President Grandmaster S.S. Vohra 7th Dan presents
Master Sang Hyun Han
from South Korea on his 1st whistle-stop tour to Great Britain



Haidong Gumdo Seminar

both novices + advanced. Certification Awarded!

Master Sang Hyun Han

Technical director for the European Association

www.hdgumdo.com www.hdgd.org

Saturday and Sunday
13th and 14th of March 2004
10:00am - 6:00pm
(including one hour for lunch)

**Phone now to book your place on
this unique seminar and learn...**

- The basic exercises of Haidong Gumdo - A practitioner can enhance power and endurance to build a strong body to master sword techniques.
- Stretching - Zen stretching relaxes the mind and body, increases agility and increases awareness of the mind.
- Basic Meditation of mind and Spirit.
- Basic Movement and Fighting Rules.
- Limited places available. Book now to reserve your place.
- Introductory reduced price of £100.

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