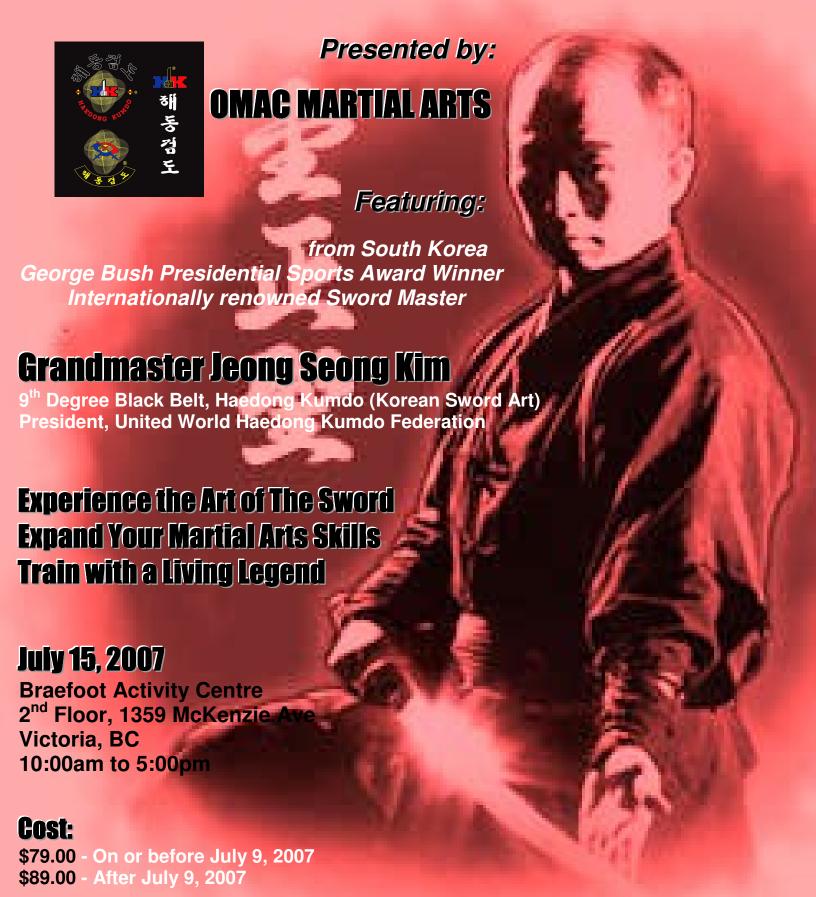
## Introduction To Haedong Kumdo



## **Seminar Schedule:**

10:00am to 11:45am: Basic Stances and Wooden Sword Techniques

1:00pm to 2:45pm: Paper Cutting, Thrown Object Cutting and Candle Extinguishing

3:00pm to 4:45pm: Two Sword Stance and Techniques

Register by phone: (250) 885-8850 or Online at: www.omacmartialwellness.com

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