

# Koryo Gumdo

*way of the sword*



Learn the art of the “Samurai” while building confidence, discipline, focus, agility and grace.

Koryo Gumdo is a beautiful and powerful martial art, mixing traditional and modern sword techniques.

Classes meet twice weekly for an hour on Monday and Thursday evenings. Ages 13 and up are welcome.



## Enroll Today!!!!



To get started or for additional information, call 618.345.2953 or visit us on the web at [www.mcartherstkd.com](http://www.mcartherstkd.com). Koryo Gumdo is licensed by the USNTF/WKGA and offered by McArthur's Tae Kwon Do & Fitness, the only licensed Koryo Gumdo training facility in the metro St. Louis area.