



MU GONG KWAN

U.S. Hap Ki Do Association



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KOREAN SWORD EXERCISES

An Ancient Way to Hone Mind and Body

Social atmosphere promoting stress relief, good health and anti-aging techniques... and it's fun, too!

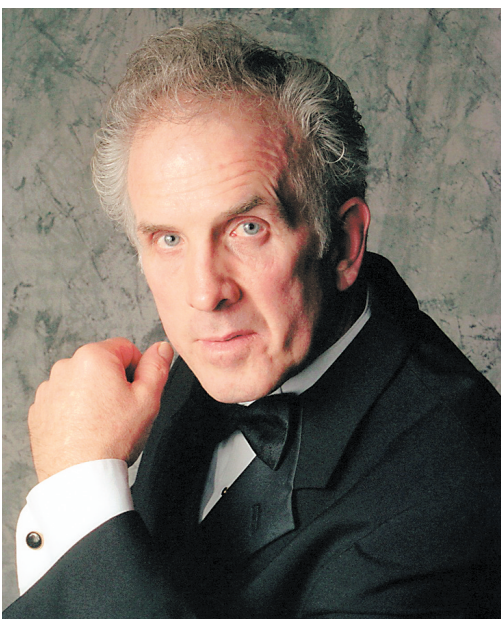
무공관

SELF DEFENSE FOR MEN & WOMEN

Throughout the ages, the Asian and European elite have practiced sword techniques to tone their bodies and sharpen their minds. "This is a skill not a pill" to good health and mental success in today's modern and ever-changing world.

무공관
劍道

**HEALTH, LEADERSHIP, CONFIDENCE,
STRESS RELIEF, FOCUS,
BECOME PHYSICALLY AND MENTALLY STRONG.**



Marshall P. Gagne
8th Degree Black Belt
40 Years Experience

ROYAL MARTIAL ARTS – NOT A SPORT

"Spending 3 weeks at the International Hapkido Federation in Korea, I realize how blessed we are in the U.S. to have such a highly regarded master as Grandmaster Marshall P. Gagne. I can personally attest to the fact that his instruction is second to none. Congratulations on being inducted into the Martial Arts World Hall of Fame."

– The Reverend, Dr. Gerry K. Hearn

"After a year of study under Master Gagne, I have discovered a dramatic increase in my upper body strength, I find that practicing the sword exercises not only strengthens my mind but my body as well. Sword also serves as a great relief, leaving me energized and ready to face the next challenge."

– Susan M. Harbert

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