

Gloucester Ottawa

HupKwonDo



HupKwonDo builds on the strengths and techniques of Taekwon-do.

HupKwonDo concentrates on personal development and practical self-defence.

We work up a sweat, but we also have fun in a friendly, supportive atmosphere.

Maybe you've thought about trying martial arts for yourself or your daughter or son or you tried in the past and got discouraged or just never found the right fit in a school or instructor. Maybe you're looking for practical self-defence training designed for the real world. **Maybe you should check us out at www.goHupKwonDo.com and TRY HUPKWONDO!**



For more information or to sign up for your free trial class visit our web site at:
<http://www.goHupkwondo.com>