

<div id="_mcePaste" style="position: absolute; left: -10000px; top: 0px; width: 1px; height: 1px; overflow-x: hidden; overflow-y: hidden;">As a martial arts system, Kuk Sool Won covers the entire spectrum of the traditional Asian techniques of body conditioning, mental development, self defense, fighting arts as well as traditional weapons training.</div>

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<div id="_mcePaste" style="position: absolute; left: -10000px; top: 0px; width: 1px; height: 1px; overflow-x: hidden; overflow-y: hidden;"></div> <div id="_mcePaste" style="position: absolute; left: -10000px; top: 0px; width: 1px; height: 1px; overflow-x: hidden; overflow-y: hidden;">This means that Kuk Sool Won is not limited to a particular style of martial arts, but is a well organized, systematic study of the entire Korean martial arts spectrum dating from ancient times to the present. It includes many martial art styles within its scope and as such, you will see that Kuk Sool Won is a perfect fit for anyone of any age, or gender, especially those with different goals, needs and even physical limitations.</div>

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