


World Tong-il Moo Do Federation Mindanao Chapter

Reported by:Sahbumnim Glenmark L. Digamon

- 
- 7 days leadership workshop and martial arts training held in Labason, Zamboanga del norte, last April 28-May 4 2014

Morning exercise!!!!!!





Form practice!!!!



Free sparring!!!!



Promotion time!!!!!!




Boodle fight!!!!



Our very supportive members!!



- 
- 7 days leadership workshop and martial arts training held in brgy. Dalipuga, Iligan city last May 21-27, 2014

Morning exercise!!!!



Kicking practice!!!!




Giving guidance before free sparring!!!!



Free sparring!!!!





Advancing bravely forward
with discipline.....RSMM.aju