



The International Self Defense organization -ISDO- is a world-body created to unite all the martial arts and fighting sports that promote Self Defense.

ISDO has members-schools in more than 50 countries.

In ISDO participate the best Self Defense instructors from all around the world and its main goals are to create tactics and techniques of Self Defense through the international conferences, seminars and World Championships. ISDO is not just another Self Defense club or school, but well- known and widely-recognized Federation with official Constitution and official activities.

ISDO organizes high level World Championships and Inter-continental Championships in the form of a contest.

One of the main aims of ISDO is to organize seminars having as professors the biggest world names of Self Defense. ISDO provides certificates of Color and Black Belts, and instructors' degrees.

ISDO is a democratic federation and invites you to become a member regardless of the martial arts style you are practicing.

It is one of the world bodies that do not charge any registration or annual membership fee.

Members of ISDO have many privileges and opportunities for a high level development through the best federation in the world.