

WILTON MARTIAL ARTS
213 DANBURY ROAD
WILTON, CT. 06897
203-761-6622

Instructor

Sa Bom Nim David Bankowski
 5th Dan (Master Instructor)
 Tang Soo Do Mi Guk Kwan

Student Creed

1. I intend to use Tang Soo Do to develop myself in a positive manner, and I will avoid anything that would limit or reduce my mental growth or physical health.
2. I intend to develop self-discipline in order to bring out the best in myself and in others.
3. I intend to use what I learn in class constructively and defensively to help myself and my fellow man, and I will never be abusive or offensive.

Class requirements

1. Please arrive 5 to 10 minutes prior to the start of class
2. Orange belts must bring mouth guard to every class.
3. Green belts and higher must bring mouth guard and sparring gear to every class.

www.wiltonmartialarts.com



CLASS SCHEDULE

August 26th – June 21st 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:30 ADULT All level class	<i>tang soo do mi guk kwan</i> 당수도미국관		9:30 - 10:30 ADULT All level class	 BUDDY CLASS 5:15 – 6:00 First Friday of each month	8:00 - 9:00 ADULT / TEEN FAMILY class
4:00 – 4:45 WHITE/ORANGE belt children's class	4:00 – 4:45 WHITE/ORANGE belt children's class	4:00 – 4:45 WHITE belt children's class	3:30 – 4:00 PRE-BEGINNER children's class		9:00 – 9:45 WHITE/ORANGE belt children's class
4:45 - 5:30 GREEN belt children's class	4:45 - 5:30 GREEN belt children's class	4:45 - 5:30 ORANGE Belt children's class	4:00 - 4:45 WHITE/ORANGE Belt children's class	 DAN CLASS 6:30 – 8:00 First Friday of each month	9:45 - 10:30 GREEN / RED DAN belt children's class
5:30 - 6:15 RED / DAN belt children's class	5:30 - 6:15 RED / DAN Belt children's class	5:30 - 6:15 GREEN / RED Belt children's class	4:45 - 5:30 GREEN Belt children's class		
6:15 - 7:15 ADULT / TEEN All level class	6:15 - 7:00 OPEN PRACTICE PRIVATE LESSON	6:15 - 7:15 ADULT / TEEN All level class	5:30 - 6:15 RED / DAN belt children's class		
7:15 - 8:15 ADULT / TEEN All level class	7:00 - 8:00 ADULT / TEEN All level class		6:15 - 7:15 GUP CLASS 7:15 – 8:15 DAN CLASS		



Contact Sa Bom Nim for further information on:

- Private lessons in Tang Soo Do
- Woman's self-defense classes
- Children's birthday party's

