

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

**NCMARTIALARTS@YAHOO.COM**

**Instructor**

Sa Bom Nim David Bankowski  
 7<sup>th</sup> 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 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](http://www.wiltonmartialarts.com)**



**CLASS SCHEDULE**

August 28<sup>TH</sup> – June 17<sup>th</sup>, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				 <b>BUDDY WEEK</b> <i>Runs 1<sup>st</sup> Monday thru Saturday of each month</i>	<b>8:00 - 9:00</b> Adult/Teen Family
<b>3:45 – 4:15</b> Pre-beginner		<b>3:45 – 4:15</b> Pre-beginner	<b>3:45 – 4:15</b> Pre-beginner		<b>9:00 – 9:45</b> White/Yellow /Orange Belt Kids
<b>4:15 – 5:00</b> White/Yellow /Orange belt Kids	<b>4:15 – 5:00</b> Orange/Green Belt Kids	<b>4:15 – 5:00</b> Green/Red Belt Kids	<b>4:15 – 5:00</b> White/Yellow /Orange belt Kids	 <b>KODANJA CLASS</b> <b>6:30 – 8:00</b> <i>first Friday of each month</i>	<b>9:45 - 10:30</b> Green/Red / Dan Kids
<b>5:00 – 5:45</b> Green Belt Kids	<b>5:00 - 5:45</b> Red/Dan Belt Kids	<b>5:00 – 5:45</b> White/Yellow /Orange belt Kids	<b>5:00 - 5:45</b> Green Belt Kids		
<b>5:45 – 6:30</b> Red/Dan Belt Kids	<b>5:45 - 6:45</b> All level Teens	<b>5:45 - 6:45</b> All level Teens & Dan Kids	<b>5:45 - 6:30</b> Red/Dan Belt Kids		
<b>6:30 - 7:15</b> All level Teens	<b>6:45 – 7:45</b> Adults Only		<b>6:30 - 7:15</b> All level Teens		
<b>7:15 - 8:15</b> Adults Only		<b>武</b>	<b>7:15 - 8:15</b> Adults Only		

**W.M.A. also offers:**

- The BEST B-Day Parties
- Private Lessons in Tang Soo Do, Weapons, and woman's self-defense

