

Ongoing Classes for  
2022

Dates subject to change.



For More Info & New Students Call  
DeAngelis Martial Arts 717-612-2595  
Trinity UCC Palmyra  
40 W Pine St, Palmyra, PA 17078

### LIL DRAGONS Ages 3 – 5

Children will learn coordination, balance, concentration, group skills and life skills along with beginning martial arts skills in this fun filled ongoing class. Parents must stay but do not need to participate. This class is for children who are ready to try it alone. Class runs during Karate Tigers class. Master Jan DeAngelis is an Agent for the Security Alliance Kid's Safe Network.

**Sun: 4-4:30pm**

1 Class Per Week (4 classes/session)

Price: \$45



### KARATE TIGERS Ages 5 – 7

Children will learn child safety & life skills, self-defense, and beginning traditional martial art skills, along with concentration, coordination, and group skills in this ongoing class.

Sun: 4-4:30 pm

1 Class Per Week (4 classes/session)

Price: \$45



### DRAGONS Class Ages 8- Adult &

### Advanced Tigers Class Ages 5-7

Families are welcome. Classes consist of traditional martial arts, Moo Duk Kwan Tang Soo Do, sparring, one-steps, kata, self-defense, endurance & strength training. DAMA provides a full martial arts curriculum. DAMA was awarded The School of the Year 2011 by the WKU Hall of Honors, 2013 Excellence in Teaching, 2014, 2015, 2016, 2017, Promotion of the Martial Arts Award from the Action Martial, Arts Magazine Hall of Fame.

**Sun: 4:45-6pm**

1 Class Per Week

(4 classes/session)

Price: \$50

- Jr. Black Belt \$25



**Session Dates are subject to change. If the state declares us to shut down, we will hold zoom classes.**  
**ATTENTION: Please follow state regulations and CDC regulations when Possible.**

2022 Class Schedule Trinity  
(Dates are subject to change)  
July 17-Aug. 7  
(Aug. 2 National Night Out)  
Aug. 14-Sept. 4  
Sept. 25-Oct. 16(no class Sept. 11 and 18)  
(Sept. 11th West Hanover Fair Demo)  
Oct. 23- Nov.20 (No Class Nov. 13)  
(Nov. 12 Tentative Battle in Hershey Date)  
Nov. 27-18th  
Dec. 18th Holiday Party and Work Out  
Jan Class will begin on Jan. 8th