

Ongoing Classes for
2023 Dates & prices subject to change.



Trinity UCC Palmyra
40 W Pine St, Palmyra, PA 17078
For More Info & New Students
Call DeAngelis Martial Arts
717-612-2595 or email us at
damamartialarts@aol.com

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 4-4:30 PM

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

Weapons class

Class is for Dragons and Adv. Tigers 4 week session. Follows Dragons. You must be enrolled in Dragons class or Adv. Tigers

Sun. 6-6:30 PM

Price: \$15

Session Dates & price are subject to change. If the state declares a shut down, we will hold zoom classes. Please follow state regulations and CDC guidelines when possible.

DRAGONS Class Ages 8- Adult

Advanced Tigers Ages-5-7yrs.

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. 4:45-6 PM 1 Class

Per Week (4 classes/session)

Price: \$50



Session Schedules 2023

Aug. 27-Sept. 24 (no class Sept. 3)

Oct. 1-29th (No class Oct. 8)

Nov. 5-Dec. 3 (No class on Nov. 12)

No classes after Dec. 3rd will start in Jan.

We will be having a workout and party tentatively on Dec. 17th. More info to come.

Dates are subject to change

Jan. 2024 TBA