



## LIL DRAGONS

**Ages 3 – 5**

### **Beginners Welcome!**

Children will learn martial arts in this ongoing class; parents must stay but do not need to participate. This class is for children who are ready to focus in a class setting.

Parents will be close by for support if needed. Children will learn many martial arts skills in this fun filled setting.

**Wednesdays 6–6:45 pm**

**Friday 6-6:45pm ( will begin Oct. 4)**

**Sunday 4-4:45 pm**

**1 Class per wk (4 classes. /session) \$40**

**2 classes per wk (8 Classes /session) \$55**

## KARATE TIGERS

### **Beginners Welcome!!**

**Ages 5 – 7**

These classes consist of child safety instruction, self-defense, and traditional martial arts, along with fun non-traditional training methods. This class runs at the same time as Lil Dragons so siblings can work together.

**Wednesdays 6–6:45 pm**

**Friday 6-6:45 (will begin Oct. 4)**

**Sunday 4-4:45 pm**

**1 Class per wk (4 classes. /session) \$40**

**2 classes per wk (8 Classes /session) \$55**

**3rd Class Free** if you sign up for 2 times a week in Lil Dragons, Karate Tigers , Advanced Tigers, Karate Dragons. There is no refund if you miss the 3rd class due to cancelation of the class or if you need to use the class for a make up.



## KARATE ADVANCED TIGERS

**Ages 5–7**

This class is for our younger students who are ready for kata, sparring, one steps, tournament skills, and more.

Our advanced tigers will work side by side with the Dragons class. Please discuss your enrollment into the Advanced Tigers class with your instructor prior to enrollment. This class will follow the Karate Dragons schedule

**Wednesday: 6:45-8:15 pm**

**Friday: 6:45-8:15 pm**

**Sunday 5-6:30**

**1 class per wk  
(4 classes/session) \$45**

**2 Classes per wk  
(8 classes/session) \$60**

**All classes are subject to class limits**



## KARATE DRAGONS

### **Beginners and Families Welcome!!**

**Ages 8+ Adult**

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 Promotion of the Martial Arts , 2015, 2016 Golden Lifetime Achievement, 2015, Good Will Ambassador Award from the Action Martial Arts Magazine. Hall of Honors

**Wednesday: 6:45-8:15 pm**

**Friday: 6:45-8:15 pm**

**Sunday 5-6:30**

**1 class per wk (4 classes/session) \$45**

**2 Classes per wk (8 classes/session) \$60**

## Group Self Defense Classes Available !

We held classes for United Concordia, Members 1st, Girl Scout Troupes, Local Daycare Centers, Local Churches, Hershey Recreation Center, and West Hanover Township Recreation Center. Hershey Jr. High 8th Grade Star Program.

If you have a group or organization that would like to hold a Self Defense Class Please Contact us!

717-612-2595