

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

**Instructor**

Sa Bom Nim David Bankowski  
 6<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 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](http://www.wiltonmartialarts.com)



**CLASS SCHEDULE**

September 2<sup>nd</sup> – June 15<sup>th</sup> 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:30 - 10:30</b> ADULT / TEEN all level class	<i>tang soo do mi guk kwan</i> 당수도미국관		<b>9:30 - 10:30</b> ADULT / TEEN all level class	 <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 all level class
<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> BEGINNER children's class
<b>4:15 - 5:00</b> BEGINNER children's class	<b>4:15 - 5:00</b> BEGINNER children's class		<b>4:15 - 5:00</b> BEGINNER children's class		<b>9:45 - 10:30</b> INTERMEDIATE & ADVANCED children's class
<b>5:00 - 5:45</b> INTERMEDIATE children's class	<b>5:00 - 5:45</b> INTERMEDIATE children's class		<b>5:00 - 5:45</b> INTERMEDIATE children's class	 <b>KODANJA CLASS</b> 6:30 - 8:00 first Friday of each month	당수도미국관
<b>5:45 - 6:30</b> ADVANCED children's class	<b>5:45 - 6:30</b> ADVANCED children's class	<b>5:45 - 6:30</b> INTERMEDIATE & ADVANCED children's class	<b>5:45 - 6:30</b> ADVANCED children's class		
<b>6:30 - 7:30</b> ADULT / TEEN all level class	<b>6:30 - 7:00</b> OPEN PRACTICE PRIVATE LESSON TIME	<b>6:30 - 7:30</b> ADULT / TEEN all level class	<b>6:15 - 7:15</b> ADULT / TEEN GUP CLASS		
<b>7:15 - 8:15</b> ADULT / TEEN all level class	<b>7:00 - 8:00</b> ADULT / TEEN all level class	武	<b>7:15 - 8:15</b> ADULT / TEEN DAN CLASS		

**BEGINNERS**

White Belt / Yellow Belt / Orange Belt

**INTERMEDIATE**

Green Belt

**ADVANCED**

Red Belt / Dan Belt

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

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

