

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

NCMARTIALARTS@YAHOO.COM

Instructor

Sa Bom Nim David Bankowski
 7th 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



CLASS SCHEDULE

August 29TH – June 18th, 2022



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

W.M.A. also offers:

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

