

# Learn Martial Arts & Self-Defense at Norwalk Tang Soo Do

Learn self-defense techniques and fighting skills. Build self-confidence. Improve focus, coordination, and self-discipline. All while getting in a workout.



The class is instructed by Douglas Peoples, 8<sup>th</sup> Dan Black Belt

## Winter session begins the week of 1/28/2019

- **ADULTS & TEENS**
  - Wednesdays 7:30pm to 9:00pm - All belts / skill levels
- **CHILDREN (Ages 6-12)**
  - Mondays - 6:00pm to 7:15pm - Beginners
  - Wednesdays - 6:00pm to 7:15pm - Intermediate/advanced

*Class fee:* \$180 for 15-week session – No long term contracts.

*Attire:* You do not need a uniform ahead of time. Wear gym clothes that allow free movement, i.e. t-shirt and jogging pants.

### CLASSES HELD AT:

Roosevelt Program Center (Norwalk Senior Center)  
11 Allen Road  
Norwalk, CT 06851

For questions, to join, or to ask about observing or trying a class, contact:

Douglas Peoples  
(203) 524-0279

[DLPEEPS2@juno.com](mailto:DLPEEPS2@juno.com)

[www.norwalktangsoodo.com](http://www.norwalktangsoodo.com)

<https://www.facebook.com/NorwalkTangSooDo/>

# Aprenda Artes Marciales y Defensa Propia en Norwalk Tang Soo Do

Aprenda técnicas de defensa propia y habilidades de lucha. Cree confianza en sí mismo. Mejore el enfoque, la coordinación y la autodisciplina. Todo mientras se está haciendo ejercicio.



La clase es instruida por Douglas Peoples, 8<sup>th</sup> Dan Black Belt

## **La sesión de invierno comienza la semana de 1/28/2019**

- **ADULTOS & ADOLESCENTES**
  - Miércoles 7:30pm a 9:00pm - Todos los niveles
  
- **NIÑOS (Edades 6-12)**
  - Lunes - 6:00pm a 7:15pm - Principiantes
  - Miércoles - 6:00pm a 7:15pm - Intermedio / Avanzada

*Precio:* \$180 para 15-semanas– Sin contratos a largo plazo.

*Ropa:* No necesita un uniforme antes de la clase. Use ropa de gimnasia que permita el libre movimiento, como la camiseta y los pantalones deportivos.

### LUGAR:

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11 Allen Road  
Norwalk, CT 06851

Para preguntas, para unirse, o para observar o probar una clase, comuníquese con:

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