

Youth & Adult Tai Shin Doh Karate



Youth-Beginners or Youth-Advanced Self-Defense/Tai Shin Doh

Beginners - Children are taught control, discipline, awareness, and consideration in a martial arts environment.

Advanced - For students who have achieved a green belt in Tai Shin Doh and above. Students will learn to master the art of Tai Shin Doh. Instructor: David Jones 5th Degree Black Belt

Ages: 6 & up
Day: Saturday
Dates: March 9-June 1 (Spring)
(no class 3/30, 4/20 & 5/25)
Time: 10:30am-12:00 Noon (Beginners)
Time: 9:00-10:30am (Advanced)
Location: Activity Rm 7
Cost: \$65.00 CH RES
\$75.00 NON RES

NEW!! Tai Shin Doh Summer Camp

Enjoy TSD in the summer. Learn new skills (techniques, sparring, Kata's) or improve your skills, and possibly take a belt test. All are welcome from beginners to accomplished belts.

For ages 6-14.
Instructed by: David Jones,
5th Degree Black Belt
Day: Thursday
Dates: June 13 - August 22 Summer
(no class 7/4)
Time: 7:00-8:30pm
Location: Summer Field House
Cost: \$70 CH RES & NON RES

Youth & Adult Tai Shin Doh Summer Workout

For adults already in our TSD program and the youth who have achieved a yellow belt or above. Continuation of the Tai Shin Doh curriculum will be taught.

Day: Friday
Date: June 14-July 26 (no class 7/5)
Time: 7:00-8:30pm
Location: Activity Rm 7
Cost: \$55.00 CH RES
\$60.00 NON RES

Men's and Women's Tai Shin Doh Karate

This Coed class will focus on the use of Tai Shin Doh and its real-life applications from the perspective of men and women.

Instructed by: David Jones,
5th Degree Black Belt
Day: Friday
Dates: March 8-May 31
(no class 3/29, 4/19, 5/24)
Time: 7:00-8:30pm
Location: Activity Rm 7
Cost: \$65.00 CH RES
\$75.00 NON RES



CLEVELAND HEIGHTS COMMUNITY CENTER

One Monticello Boulevard • Corner of Mayfield Road & Monticello Boulevard

www.chparks.com

