

City of District Heights
Recreation/Cultural Department

KARATE



Tang Soo Do is a classical martial art and its purpose is to develop every aspect of the "self" in order to produce a mature person who can totally integrate his or her intelligence, emotions, body, and spirit.

WHERE: CITY OF DISTRICT HEIGHTS
RECREATION/CULTURAL DEPARTMENT
2000 MARBURY DRIVE

WHEN: EVERY TUESDAYS AND THURSDAYS

TIME: 7:30PM – 9:30PM

AGES: 7 YEARS AND OLDER

FEES: \$25 PER MONTH FOR YOUTHS
\$30 PER MONTH FOR ADULTS
\$50 PER MONTH FOR NON-RESIDENTS



Tang Soo Do is both a 'hard' and 'soft' style of martial art. The purpose of Tang Soo Do is not for fighting, but to perfect techniques that will enhance your total self. If the occasion arises when you must defend yourself, of equal importance is the development of the proper spirit to supplement the physical skills that are attained.

FOR MORE INFORMATION
CALL 301-336-5633