

Tang Soo Do

Traditional Korean Martial Art

Instructor: Master Dan Poorman

6th Degree Black Belt in Tang Soo Do
Over 35 Years of Experience

당
수
도

Martial Arts Changes Lives

Experience the Benefits of Training in Tang Soo Do:

- Improve self-discipline, focus, and confidence
- Improve endurance, coordination and balance
- Get and stay in great physical shape
- Learn to defend yourself
- Reinforce positive qualities like courage, humility and inner peacefulness
- Meet and make new friends in a family environment
- Discover the warrior within

Mondays, Wednesdays & Fridays

@ the Morro Bay Community Center

\$75/Month or \$10/Drop-in

Ask about Sibling Discounts
Morro Bay Residents receive a \$5 Discount

Men, Women & Children Ages 8+

Beginners/Intermediates

6 - 7 PM

Advanced

7:15 - 8:30 PM



Prior to Registration Contact Instructor Dan Poorman (805)610-2008 solidrockmartialarts@gmail.com



MORRO BAY RECREATION SERVICES

1001 Kennedy Way, Morro Bay, CA 93442 ~ (805)772-6278

www.morrobayca.gov • www.facebook.com/CityofMorroBay