



Cleveland Heights
Parks & Recreation



Tai Shin Doh

FALL **2024**

Beginners Self-Defense

Youth ages 6 and up, Beginners to Yellow Belts.
David Jones, 7th Degree Black Belt, Instructor

Children are taught control, discipline, awareness, responsibility, and consideration.

Fridays
September 13–November 22
6:30–8:00 pm
Activity Rm 7
No Class 9/20
\$64 CH residents
\$73 non-residents

Advanced Self-Defense

Adults and Youth who have achieved Green Belts.
Roan Adognravi, 2nd Degree Black Belt, Instructor

Participants will learn self-defense and to master the art of Tai Shin Doh.

Saturdays
September 14–November 23
10:30 am–12:00 pm
Activity Rm 7
No Class 9/21
\$64 CH residents
\$73 non-residents

TO REGISTER

Scan the QR code, click on “2024 Spring > Martial Arts” and choose your class.



CONTACT US

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