



Cleveland Heights
Parks & Recreation



Tai Shin Doh

FALL **2025**

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 5–November 7
6:30–8:00 pm

\$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 6–November 8
10:30 am–noon

\$64 CH residents
\$73 non-residents

TO REGISTER

Scan the QR code, click on
“2025 Fall > Martial Arts”
and choose your class.



CONTACT US

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