

Coastal Martial Arts

Tang Soo Do is one of the oldest martial arts systems, and is taught at Flex World! Anyone 6 y/o to 100 y/o are welcome.

Benefits of Tang Soo Do Training:

1. SELF-DEFENSE: We protect our lives and possessions from injustice and danger.
2. HEALTH We promote our physical and spiritual health and enjoy strong bodies and sound minds through rigorous training.
3. BETTER PERSON We strive to be of better character through endurance and hard work.

An oriental proverb says that a good beginning brings us half way to our goal. Begin by trying a week of complimentary classes. Please go to our calendar on our [Facebook](#) page for class times & tuition info . And/or contact Kyo Sa Nancy Evans @ 302-381-0520.

















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