

Martial Arts

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Open to all ages

Intake Process

Call the office for more information.

Self Refer

Yes

Dong's School of Martial Arts

<https://www.dongs.com>

Main

(804) 747-6166

8109 West Broad Street

23294 VA

United States

Additional Availability Comments

Call for information about class times

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Dong's School of Martial Arts offers an Adult program that focuses on fitness, self-defense, and stress release through Tae Kwon Do. Tae Kwon Do is extremely good for you because it affects every aspect of your being. Classes are available to children, youth, adults, and older adults.

Grand Master Dong's schools incorporate relaxation and motivational techniques, stretching, strengthening, kicking, jumping and striking. Practicing Tae Kwon Do at Dong's Studio improves your flexibility, concentration, confidence, body alignment, balance, strength, speed, endurance, and the ability to defend yourself -- all while decreasing body fat and levels of stress.

Grand Master Dong personally instructs all students, beginners to black belts. If you would like to learn more about martial arts training at Dong's Schools or have any questions, please feel free to call us or you can stop by to observe one of our scheduled classes.

Locations in Chesterfield, Richmond, and North and South Midlothian.

Service Area(s)

Chesterfield County

,

Goochland County

,

Hanover County

,

Henrico County

,

Powhatan County

,

Richmond City

Email

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