

TSD Karate Denham Springs Campus Fall Schedule

Day	Classes Offered	Effective 9-1-09
P Monday	6:00-6:45 p.m. Beginners 7:00-7:45 p.m. All Ranks 8:00-8:45 p.m. Cardio Kickboxing	5:30-6:00 p.m. Intro Classes
S TUESDAY	6:00-6:45 p.m. Beginners 7:00-7:45 p.m. Advanced 8:00-8:30 p.m. Sparring	5:00-5:45 p.m. Kids Power (Starting Sept. 22nd)
K WEDNESDAY	6:00-6:45 p.m. Beginners 7:00-7:45 p.m. All Ranks 8:00-8:30 p.m. Teen & Adults Only	5:30-6:00 p.m. Intro Classes
R THURSDAY	6:00-6:45 p.m. All Ranks 7:00-7:45 p.m. CIT/STORM 8:00-8:45 p.m. Cardio Kickboxing	
T SATURDAY	9:00-10:00 a.m. Stretching / Warm up 10:00-11:00 a.m. All Ranks (may include Sparring/Weapons)	Training will be held at the Baton Rouge Campus.

Class Definitions

Teen & Adult only: a great class for all teens and adults

Beginners: White-Orange Stripe

Advanced: All Greens and Reds

CIT / STORM : Certified Instructor Training focuses on teaching adults & Teens how to teach our art with a strong emphasis on developing a high-level of technique, speaking abilities, and mentoring, all to prepare them for a future career. Super Team of Role Models. Focuses on teaching leadership qualities and how to mentor students with an emphasis on a higher level of technique for children.

Weapons: All ranks & Ages. Must purchase your weapon.

Hyung Class: Practice of traditional forms. Orange Belt—Red IV

Demo Class: Practice school demo for festivals and special functions.



Tang Soo Do Karate - Denham Springs Campus: We are a proud franchise member of Professional Karate Schools of America.

Any additional questions call (225) 788-5454
WWW.TSDKARATE.COM/DENHAM
WWW.PKSA.ORG