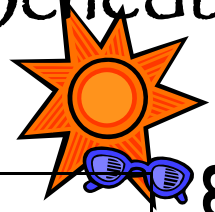


Tang Soo Do Karate College Schedule


Summer 2010 schedule



Monday

5:00-5:30 pm: Beginner-Little Dragons 5:30-6:15 pm: Beginner 7:00-7:45 pm: Advanced	5:00-5:30 pm: Little Ninja Advanced 6:15-7:00 pm: Forms: Orange & up
---	--

TUESDAY


11:15-12:00 pm: All Ranks		5:00-5:30 pm: Lil Dragons Advanced 6:00-6:30 pm: Little Ninja Beginners 6:00-6:45 pm: CIT
5:30-6:15 pm: Advanced 6:15-7:00 pm: Beginners 7:00-8:00 pm: Black Belts		

WEDNESDAY

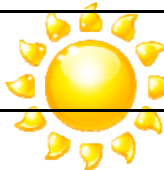
5:00-5:30 pm: Beginner-Little Dragons 5:30-6:15 pm: Beginner 7:00-7:45 pm: Advanced	5:00-5:30 pm: Little Ninja Advanced 6:15-7:00 pm: TRADITIONAL SWORD
---	--



THURSDAY

11:15-12:00 pm: All Ranks		5:00-5:30 pm: Lil Dragons Advanced 6:00-6:30 pm: Little Ninjas Beginners 7:00-7:45 pm: Xtreme Kids
5:30-6:15 pm: Advanced 6:15-7:00 pm: Beginners 7:00-8:00 pm: Adults only		

FRIDAY

5:30-6:15 pm: Lil Dragons 6:15-6:45 pm: Xtreme Kids	

SATURDAY

9:00-9:45 am: All Ranks 9:45-10:15 am: Stretching 10:30-11:00 am: Sparring		11:00-11:45 am: Pressure Points

www.tsdkarate.com (225) 272-5425

a division of Professional Karate Schools of America www.PKSA.org

REGULAR CLASSES

Beginners: All white through orange w/ a stripe (all ages)

Advanced: All greens & reds (all ages)

Little Ninjas - 4-5 year olds

Little Dragons-6-12 year olds; a fun class geared for this age group

Xtreme Kids: A class that will teach extreme kicking, aerobic and gymnastic technique.

Teen & Adult only: a great class for all teens and adults (13 & up)



SPECIALITY CLASSES

CIT / STORM: *Certified Instructor Training* focuses on teaching adults & Teens how to teach our art with a strong emphasis on developing highest level of technique, speaking abilities, and mentoring, all to prepare them for a future career. **Additional cost for this program**

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. **Additional cost for this program**

Weapons: All ranks & Ages. Weapon must be purchased. There is additional cost unless enrolled in the black belt program.

Hyung (Forms) Class: Practice of traditional forms. *Must be Orange belt or higher rank. (ages 6 & up)*