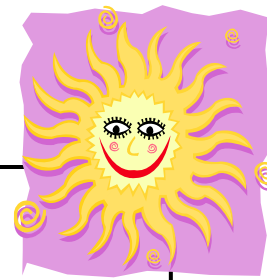


Tang Soo Do Karate College Summer Schedule

Effective June 2009



(225) 272-5425 www.tsdkarate.com

Monday	11:15-12:00 p.m. All Ranks 5:00-5:45 p.m. Beginners 5:45-6:15 p.m. <u>Weapons-STAFF</u> (additional cost) 6:30-7:15 p.m. Advanced	5:00-5:30 p.m. Little Ninjas Class 6:15-7:00 p.m. Intermediate 7:15-8:00 pm: Teens & Adults-All Ranks
TUESDAY	11:15-12:00 p.m. All Ranks (5:00-6:00 p.m. <u>Storm/CIT</u>) (additional cost) 5:15-6:00 pm: All Ranks 6:15-7:00 p.m. Beginner 7:15-8:00 p.m. Dans	5:15-6:00 p.m. Lil Dragons 6:30-7:00 pm. Il Soo Sik:(one steps)
WEDNESDAY	11:15-12:00 p.m. All Ranks 5:00-5:45 p.m. Beginners 5:45-6:15 p.m. Sparring 6:30-7:15 p.m. Advanced	5:00-5:30 p.m. Little Ninjas Class 6:15-7:00 p.m. Intermediate
THURSDAY	11:15-12:00 p.m. All Ranks 5:15-6:00 p.m. All Ranks 6:15-7:00 p.m. Beginner 7:00-7:45 p.m. Intermediate	5:15-6:00 p.m. Lil Dragons 6:30-7:00 pm. Hyung (Forms) 7:00-7:45 p.m. Elite Class
FRIDAY	5:30-6:00 p.m. Lil Dragons 6:00-6:30 p.m. Xtreme Kids	6:30-7:00 <u>Breaking Class</u> (additional cost)
SATURDAY	9:00-9:45 a.m. All Ranks 9:45-10:15 a.m Stretching 10:30-11:00 a.m Sparring	11:00-11:45 a.m. Pressure Points

Class Definitions

Little Ninjas - 4-5 year olds

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

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

Beginners: White-& yellow belts

Intermediate: all Oranges & Green belts

Advanced: All Reds & Black Belts

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

Elite Class: All ranks and ages. Hard class . Old school, focusing on taking the student to the highest level of training.

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. *Orange belt, ages 6 & up*

Breaking Class: Learn how to become a great breaker! There is additional cost for this class and boards need to be purchased.