

# Tang Soo Do Karate College Schedule

## Winter 2009 effective December 2009

<b>Monday</b>	11:15-12:00 p.m. All Ranks 5:00-5:45 p.m. Beginners 5:45-6:30 p.m. Intermediate/Advanced 6:30-7:00 p.m. Weapons 7:00-7:45 p.m. Cardio Kick	4:30 – 5:00 p.m. Tiny Tigers 5:00-5:30 p.m. Little Ninjas Class
<b>TUESDAY</b>	11:15-12:00 p.m. All Ranks 5:00-5:45 p.m. Intermediate/Advanced 5:45-6:30 pm: Little Dragons-Children ONLY 6:30-7:00 p.m. Il Soo Sik/Ho Sin Sol 7:00-8:00 p.m. Dans	5:30-5:45 p.m. CIT 6:00-6:30 p.m. Little Ninjas 6:30-6:45 p.m. CIT
<b>WEDNESDAY</b>	11:15-12:00 p.m. All Ranks 5:00-5:45 p.m. Beginners 5:45-6:30 p.m. Intermediate/Advanced 6:30-7:00 p.m. Sparring 7:00-7:45 p.m. Cardio Kick	5:00-5:30 p.m. Little Ninjas Class
<b>THURSDAY</b>	11:15-12:00 p.m. All Ranks 5:00-5:45 p.m. Intermediate/Advanced-Adults ONLY 5:45-6:30 pm: Little Dragons-Children ONLY 6:45-7:15 p.m. Forms 7:15-8:00 p.m. Dans/Elite	6:00-6:30 p.m. Little Ninjas
<b>FRIDAY</b>	5:30-6:00 p.m. Lil Dragons/STORM 6:00-6:30 p.m. Xtreme Kids	
<b>SATURDAY</b>	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

### REGULAR CLASSES

**Beginners:** White, yellow and orange belts  
**Intermediate:** all Orange w/stripe & Green belts  
**Advanced:** All Reds & Black Belts  
**Tiny Tigers** – 3-4 year olds  
**Little Ninjas** - 4-5 year olds  
**Little Dragons**-6-12 year olds; a fun class geared for this age group  
**Extreme Kids:** A class that will teach extreme kicking, aerobic and gymnastic technique.

### 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. *Orange belt, ages 6 & up*  
**Elite Class:** All ranks and ages. Hard class. Old school, focusing on taking the student to the highest level of training.

**(225) 272-5425 [www.tsdkarate.com](http://www.tsdkarate.com)**

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