

Tang Soo Do Karate College Schedule

Winter 2010 effective December 2009

Monday	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. Stretching/Core	4:30 – 5:00 p.m. Tiny Tigers 5:00-5:30 p.m. Advanced Little Ninjas
TUESDAY	11:15-12:00 p.m. All Ranks 5:00-5:45 p.m. Intermediate/Advanced 5:45-6:30 pm: Lil Dragons/Beginner 6:30-7:00 p.m. Il Soo Sik/Ho Sin Sol 7:00-8:00 p.m. Dans/Blackbelts	5:30-5:45 p.m. CIT 6:00-6:30 p.m. Little Ninjas-Beginner 6:30-6:45 p.m. CIT
WEDNESDAY	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. Stretching/Core	5:00-5:30 p.m. Advanced Little Ninjas
THURSDAY	11:15-12:00 p.m. All Ranks 5:15-6:00 p.m. Intermediate/Advanced 6:00-6:45 p.m. Lil Dragons/Beginner 6:45-7:15 p.m. Forms 7:15-8:00 p.m. Dans/Elite	6:00-6:30 p.m. Little Ninjas-Beginner
FRIDAY	5:30-6:15 p.m. Lil Dragons/STORM 6:15-6:45 p.m. Xtreme Kids	
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

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. This is a hard class focusing on taking the student to the highest level of training. **Instructor permission is required to attend this class.**

(225) 272-5425 www.tsdkarate.com

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