

PAK'S KARATE



BUILDING CHAMPIONS IN LIFE

2024

**Bossier Location
5302 Barksdale Blvd.
Bossier City, LA 71112**

318-752-2221

www.pakskaratelouisiana.com

Tang Soo Do Basic Program Class Schedule (8 Years old and up)					
Students attend 1 "A" Day Class and 1 "B" Day Class each week					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A" Day - Curriculum Class		"B" Day - Program Class		"A" Day Class	"B" Day Class
Private Lessons Available Daily – See Instructor to Schedule					
White Belts 5:45 - 6:30 PM	White Belts 7:15 - 8:00 PM	Basic Program All Ranks 6:30 - 7:15 PM	Basic Program All Ranks 4:30 - 5:15 PM	White Belts 6:45 - 7:30 PM	Basic Program All Ranks 10:00 - 10:45 AM
Teen/Adult All Ranks & Black Belts 7:15 - 8:00 PM	Teen/Adult All Ranks & Black Belts 5:15 - 6:00 PM	Teen/Adult All Ranks & Black Belts 7:15 - 8:00 PM	Teen/Adult All Ranks & Black Belts 5:15 - 6:00 PM	Basic Program All Ranks 6:45 - 7:30 PM	Stripe Makeup Class 10:45 - 11:15 AM
Yellow/White Belt - Blue Belt 6:30 - 7:15 PM	Yellow/White Belt - Blue Belt 4:30 - 5:15 PM				
Blue/Black Belt - Red/Black Belt 5:45 - 6:30 PM	Blue/Black Belt - Red/Black Belt 7:15 - 8:00 PM				
	Staff Training and Black Belts 12:30 -1:30 PM		Staff Training and Black Belts 12:30 -1:30 PM		

Black Belt Club, Master's Club, and Leadership Club Classes					
Monthly Weapons Rotational Class: Week 1 - Bo, Week 2 - Nunchaku, Week 3 - Kama, Week 4 - Escrima, (if Week 5 - NO WEAPONS CLASS)					
Black Belt Club/Master's Club Specialty Theme Class: Theme changes each quarter - see your instructor for details					
Leadership Club and Team INTENSITY classes are by invitation only					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A" Day - Curriculum Class		"B" Day - Program Class		"C" Day - Specialty Class	
Yellow Belt - Blue Belt 6:30 - 7:15 PM	Yellow Belt - Blue Belt 4:30 - 5:15 PM	Black Belt Club 5:45 - 6:30 PM	Black Belt Club 7:15 - 8:00 PM	Black Belt Club Specialty Theme Class 5:15 - 6:00 PM	Stunting Class 11:15 AM - 11:45 AM
Blue/Black Belt - Red/Black Belt 5:45 - 6:30 PM	Blue/Black Belt - Red/Black Belt 7:15 - 8:00 PM	Master's Club 5:45 - 6:30 PM	Master's Club 7:15 - 8:00 PM	Master's Club Specialty Theme Class 5:15 - 6:00 PM	***Team INTENSITY Demo Practice Class 11:15 - 12:15 PM
Teen/Adult & Black Belts 7:15 - 8:00 PM	Teen/Adult & Black Belts 5:15 - 6:00 PM	***Leadership Club Training Class 6:30 - 7:15 PM		Weapons Rotational Class 6:00 - 6:45 PM	Club Seminar Class & Social Event Scheduled 1x per month see calendar for date/time/location
Flying Tigers 5:00 - 5:45 PM	Flying Tigers 6:30 - 7:15 PM	Flying Tigers 5:00 - 5:45 PM	Flying Tigers 6:30 - 7:15 PM		
	Kids Judo & Jiujitsu 5:15 - 6:00 PM		Kids Judo & Jiujitsu 5:15 - 6:00 PM		
	Basic & Intermediate Jiujitsu 6:00 - 7:00 PM		Basic & Intermediate Jiujitsu 6:00 - 7:00 PM		Open Training Judo & Jiujitsu 12:00 - 2:00 PM
	Judo 7:00 - 8:00 PM		Judo 7:00 - 8:00 PM		

After School Program Class Schedule

After School Program Students Attend 5 Classes a week during school weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A" Day Class Part 1	Theme Class	"B" Day Class	Theme Class	"A" Day Class Part 2	
Tiny Tigers 3:45 - 4:30 PM	Tiny Tigers 3:45 - 4:30 PM	Tiny Tigers 3:45 - 4:30 PM	Tiny Tigers 3:45 - 4:30 PM	Tiny Tigers 3:45 - 4:30 PM	
Flying Tigers 3:45 - 4:30 PM	Flying Tigers 3:45 - 4:30 PM	Flying Tigers 3:45 - 4:30 PM	Flying Tigers 3:45 - 4:30 PM	Flying Tigers 3:45 - 4:30 PM	
TSD Students 3:45 - 4:30 PM	TSD Students 3:45 - 4:30 PM	TSD Students 3:45 - 4:30 PM	TSD Students 3:45 - 4:30 PM	TSD Students 3:45 - 4:30 PM	

Tiger Program Class Schedule (4 - 7 Years Old)

Attend 1 "A" Day Class and 1 "B" Day Class each week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A" Day - Curriculum Class		"B" Day - Program Class		"A" Day Class	"B" Day Class
Private Lessons Available Daily – See Instructor to Schedule					
Tiny Tigers 4:30 - 5:00 PM	Tiny Tigers 6:00 - 6:30 PM	Tiny Tigers 4:30 - 5:00 PM	Tiny Tigers 6:00 - 6:30 PM	Tiny Tigers 4:30 - 5:00 PM	Tiny Tigers 9:00 - 9:30 AM
Flying Tigers 5:00 - 5:45 PM	Flying Tigers 6:30 - 7:15 PM	Flying Tigers 5:00 - 5:45 PM	Flying Tigers 6:30 - 7:15 PM	Flying Tigers 4:30 - 5:15 PM	Flying Tigers 9:00 - 9:45 AM

Judo & Jiujitsu Program Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kids Judo & Jiujitsu 5:15 - 6:00 PM		Kids Judo & Jiujitsu 5:15 - 6:00 PM		Kids Judo & Jiujitsu 12:00 - 1:00 PM
	Advanced Jiujitsu Instructor Scheduled		Advanced Jiujitsu Instructor Scheduled		Specialty Grappling 11:00 AM - 12:00 PM
	Basic & Intermediate Jiujitsu 6:00 - 7:00 PM		Basic & Intermediate Jiujitsu 6:00 - 7:00 PM		Open Training Judo & Jiujitsu 12:00 - 2:00 PM
	Judo 7:00 - 8:00 PM		Judo 7:00 - 8:00 PM		