

**PAK'S KARATE**



**BUILDING CHAMPIONS IN LIFE**

**2023**

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

**318-752-2221**

[www.pakskaratelouisiana.com](http://www.pakskaratelouisiana.com)

<b>Tang Soo Do Basic Program Class Schedule (8 Years old and up)</b>					
Students attend 1 "A" Day Class and 1 "B" Day Class each week *** Staff/Teen & Adult Day Classes are by invitation only ***					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A" Day - Curriculum Class		"B" Day - Program Class		"A" Day Class	"B" Day Class
<b>Private Lessons Available Daily – See Instructor to Schedule</b>					
White Belts 5:15 - 6:00 PM	White Belts 7:00 - 7:45 PM	Basic Program All Ranks 6:00 - 6:50 PM	Basic Program All Ranks 4:30 - 5:20 PM	White Belts 6:00 - 6:45 PM	Basic Program All Ranks 10:00 - 10:50 AM
Teen/Adult All Ranks & Black Belts 7:00 - 7:50 PM	Teen/Adult All Ranks & Black Belts 5:30 - 6:20 PM	Teen/Adult All Ranks & Black Belts 7:00 - 7:50 PM	Teen/Adult All Ranks & Black Belts 5:30 - 6:20 PM	Basic Program All Ranks 6:45 - 7:45 PM	Stripe Makeup Class 12:00 - 12:30 PM
Yellow/White Belt - Blue Belt 6:00 - 6:50 PM	Yellow/White Belt - Blue Belt 4:30 - 5:20 PM				Stripe Makeup Class Rotates as follows: 1st Saturday - Forms 2nd Saturday - Kicks 3rd Saturday - Sparring 4th Saturday - Fitness
Blue/Black Belt - Red/Black Belt 5:00 - 5:50 PM	Blue/Black Belt - Red/Black Belt 7:00 - 7:50 PM				
	Staff/Teen & Adult Day Class 12:30 -13:30 PM		Staff/Teen & Adult Day Class 12:30 -13:30 PM		

<b>Black Belt Club, Master's Club, and Leadership Club Classes</b>					
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 6:00 - 6:50 PM	Yellow Belt - Blue Belt 4:30 - 5:20 PM	Black Belt Club 5:15 - 6:00 PM	Black Belt Club 7:15 - 8:00 PM	Weapons Rotational Class 4:30 - 5:15 PM	Stunting Class 11:00 AM - 11:30 AM
Blue/Black Belt - Red/Black Belt 5:00 - 5:50 PM	Blue/Black Belt - Red/Black Belt 7:00 - 7:50 PM	Master's Club 5:15 - 6:00 PM	Master's Club 7:15 - 8:00 PM	Black Belt Club Specialty Theme Class 5:15 - 6:00 PM	Team INTENSITY Demo Practice Class 11:00 - 12:00 PM
Teen/Adult & Black Belts 7:00 - 7:50 PM	Teen/Adult & Black Belts 5:30 - 6:20 PM		Leadership Club Training Class 6:30 - 7:15 PM	Master's Club Specialty Theme Class 5:15 - 6:00 PM	Club Seminar Class & Social Event Scheduled 1x per month - see calendar for date/time/location
Flying Tigers 4:30 - 5:15 PM	Flying Tigers 6:15 - 7:00 PM	Flying Tigers 4:30 - 5:15 PM	Flying Tigers 6:15 - 7:00 PM		
	Kids Judo & JiuJitsu 4:30 - 5:20 PM		Kids Judo & JiuJitsu 4:30 - 5:20 PM		
	Basic & Intermediate JiuJitsu 6:00 - 7:00 PM		Basic & Intermediate JiuJitsu 6:00 - 7:00 PM		Open Training Judo & JiuJitsu 1:00 - 3:00 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
<b>"A" Day Class Part 1</b>	<b>Theme Class</b>	<b>"B" Day Class</b>	<b>Theme Class</b>	<b>"A" Day Class Part 2</b>	
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
<b>"A" Day - Curriculum Class</b>		<b>"B" Day - Program Class</b>		<b>"A" Day Class</b>	<b>"B" Day Class</b>
<b>Private Lessons Available Daily – See Instructor to Schedule</b>					
Tiny Tigers 4:00 - 4:30 PM	Tiny Tigers 5:30 - 6:00 PM	Tiny Tigers 4:00 - 4:30 PM	Tiny Tigers 5:30 - 6:00 PM	Tiny Tigers 6:00 - 6:30 PM	Tiny Tigers 9:00 - 9:30 AM
Flying Tigers 4:30 - 5:15 PM	Flying Tigers 6:15 - 7:00 PM	Flying Tigers 4:30 - 5:15 PM	Flying Tigers 6:15 - 7:00 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 4:30 - 5:20 PM		Kids Judo & Jiujitsu 4:30 - 5:20 PM		Self Defense Class 11:00 AM - 12:00 PM
	Advanced Jiujitsu 5:20 - 6:00 PM		Advanced Jiujitsu 5:20 - 6:00 PM		Kids Judo & Jiujitsu 12:00 - 1:00 PM
	Basic & Intermediate Jiujitsu 6:00 - 7:00 PM		Basic & Intermediate Jiujitsu 6:00 - 7:00 PM		Open Training Judo & Jiujitsu 1:00 - 3:00 PM
	Judo 7:00 - 8:00 PM		Judo 7:00 - 8:00 PM		