

PAK'S KARATE



LOUISIANA

CHAMPIONSHIP
MARTIAL ARTS
BUILDING CHAMPIONS IN LIFE

2023
Houghton Location
1040 Bellevue Road
Houghton, LA 71037
318-949-5675

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

Friday Rotational Class: Week 1 - Stripe Makeup, Week 2 - Leadership Club, Week 3 - White Belt Only Class, Week 4 - TBA

*** 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
Private Lessons Available Daily – See Instructor to Schedule					
White Belts - Green/White Belts 5:45 - 6:30 PM	White Belts - Green/White Belts 6:30 - 7:15 PM	Basic Program All Ranks 5:45 - 6:30 PM	Basic Program All Ranks 6:30 - 7:15 PM	Basic Program All Ranks 5:15 - 6:00 PM	Basic Program All Ranks 9:45 - 10:30 AM
Green Belts - Black Belts 6:30 - 7:15 PM	Green Belts - Black Belts 5:45 - 6:30 PM			Specialty Rotational Class 7:00 - 7:45 PM	
Teen & Adult All Ranks 7:15 - 8:00 PM	Teen & Adult All Ranks 7:15 - 8:00 PM	Teen & Adult All Ranks 7:15 - 8:00 PM	Teen & Adult All Ranks 7:15 - 8:00 PM		
	Staff/Teen & Adult Day Class 12:30 -1:30 PM		Staff/Teen & Adult Day Class 12:30 -1:30 PM		

Black Belt Club, Master's Club, and Leadership Club Classes

Friday Rotational Class: Week 1 - Stripe Makeup, Week 2 - Leadership Club, Week 3 - White Belt Only Class, Week 4 - TBA

Black Belt Club/Master's Club Specialty Theme Class: Theme changes each quarter - see your instructor for details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A" Day - Curriculum Class		"B" Day - Program Class		"C" Day - Specialty Class	
Yellow Belts - Green/White Belts 5:45 - 6:30 PM	Yellow Belts - Green/White Belts 6:30 - 7:15 PM	Black Belt Club 6:30 - 7:15 PM	Black Belt Club 5:45 - 6:30 PM	Black Belt Club Theme Class 6:00 - 7:00 PM	
Green Belts - Black Belts 6:30 - 7:15 PM	Green Belts - Black Belts 5:45 - 6:30 PM	Master's Club 6:30 - 7:15 PM	Master's Club 5:45 - 6:30 PM	Master's Club Theme Class 6:00 - 7:00 PM	
Teen & Adult All Ranks 7:15 - 8:00 PM	Teen & Adult All Ranks 7:15 - 8:00 PM		Stunting & Demo Team 5:00 - 6:00 PM	Specialty Rotational Class 7:00 - 7:45 PM	
Flying Tigers 4:30 - 5:15 PM	Flying Tigers 5:00 - 5:45 PM	Flying Tigers 4:30 - 5:15 PM	Flying Tigers 5:00 - 5:45 PM		
		Kids Judo & JiuJitsu 4:30 - 5:30 PM		Kids Judo & JiuJitsu 4:30 - 5:30 PM	
		Judo 5:30 - 6:30 PM		Judo 5:30 - 6:30 PM	
		JiuJitsu 6:30 - 7:30 PM		JiuJitsu 6:30 - 7:30 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 4:00 - 4:30 PM	Tiny Tigers 4:00 - 4:30 PM	Tiny Tigers 4:00 - 4:30 PM	Tiny Tigers 4:00 - 4:30 PM	Tiny Tigers 4:00 - 4:30 PM	
Flying Tigers 4:00 - 4:30 PM	Flying Tigers 4:00 - 4:30 PM	Flying Tigers 4:00 - 4:30 PM	Flying Tigers 4:00 - 4:30 PM	Flying Tigers 4:00 - 4:30 PM	
TSD Students 4:00 - 4:30 PM	TSD Students 4:00 - 4:30 PM	TSD Students 4:00 - 4:30 PM	TSD Students 4:00 - 4:30 PM	TSD Students 4:00 - 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 5:15 - 5:45 PM	Tiny Tigers 4:30 - 5:00 PM	Tiny Tigers 5:15 - 5:45 PM	Tiny Tigers 4:30 - 5:00 PM	Tiny Tigers 4:30 - 5:15 PM	Tiny Tigers 9:00 - 9:45 AM
Flying Tigers 4:30 - 5:15 PM	Flying Tigers 5:00 - 5:45 PM	Flying Tigers 4:30 - 5:15 PM	Flying Tigers 5:00 - 5:45 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 - 5:30 PM		Kids Judo & JiuJitsu 4:30 - 5:30 PM	
		Judo 5:30 - 6:30 PM		Judo 5:30 - 6:30 PM	
		JiuJitsu 6:30 - 7:30 PM		JiuJitsu 6:30 - 7:30 PM	