



PTSDA Karate
 2500 West 9 Mile Road, Pensacola, FL 32534
 www.ptsda.com 478-0680



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kindness				1 Endurance Class	2	3 ??? <i>Come to class to find out what you are doing.</i>
Responsibility	5 Basics, Self Defense, Sparring	6 One-Step Sparring, Forms, Breaking	7 Kicking Class!	8 Requirements Review <i>Pre-Testing for Black Belt Exam 6:40pm</i>	9	10 Forms Challenge <i>NEW! Tournament Team Meeting & Practice (10am)</i>
Fear	12 <small>Tiny Tiger Stripe Eval</small> Forms, One-Step Sparring, Self Defense	13 	14 <small>Tiny Tiger Stripe Eval</small> Requirements Review	15 Forms & Sparring	16	17 Sparring  @10am
Courage	19 Requirements Review	20 Weapon Class - Staff & Nunchaku	21 <small>Tiny Tiger Belt Exam</small> Blindfold Day *Board Order Deadline*	22  Breaking Class!	23	24 Bag Class <i>Regional ITF Black Belt Testing @ Central Karate</i>
Reflection	26 Partner Drills	27 One-Step Sparring	28 Ground Defense	29 Sparring	30	31 Practical Self Defense

CLASS SCHEDULE

Tiny Tiger (4-6 yrs)

Mon & Wed	4:20-4:50pm
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White Belts

Mon & Wed	5-5:45pm
Tues & Thurs	11am – 12pm, 5:50-6:35pm
Sat	9-10am

Yellow Belts

Mon & Wed	5-5:45pm
Tues & Thurs	11am-12pm, 5:50-6:35pm
Sat	9-10am

Orange Belts

Mon & Wed	5-5:45pm
Tues	11am-12pm, 5:50-6:35pm
Thurs	11am – 12pm, 5-5:45pm
Sat	9-10am

Green Belts

Mon & Wed	5:50-6:35pm
Tues & Thurs	11am – 12pm, 5-5:45pm
Sat	9-10am

Red & Blue Belts

Mon & Wed	5:50-6:35pm
Tues	11am – 12pm, 5-5:45pm
Thurs	11am – 12pm, 6:40-7:25pm
Sat	9-10am

Black Belt & Masters

Mon	6:40-8pm
Tues	11am – 12pm, 5-5:45pm
Wed	5:50-6:35pm
Thurs	11am – 12pm, 6:40-7:25pm
Sat	9-10am