



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Goals	1 	2 Martial Art Goals	3 Practical Self Defense	4 Understanding Terminology & Techniques	5	6 No Open Class Sparring  (10-11am)
Action	8 Review to Improve!	9 Spar Wars! <i>Bring your Sparring gear!</i>	10 Blindfold Class <i>Bring a blindfold!</i>	11 Practical Defense w/ Staff	12	13 T-Shirt Day! <i>Wear a white t-shirt and bring a washable marker</i>
Achieve	15 Tiny Tiger Stripe Eval Finding More Purpose in Forms	16 A B C's of Tang Soo Do	17 Tiny Tiger Stripe Eval Pad & Bag Class	18 Sparring & Sparring Combinations	19	20 No Open Class Sparring  (10-11am)
Patience	22 Blocking & Striking Class	23 One, Two and Three-Step Sparring	24 Tiny Tiger Belt Exam Dynamic Kicking Class	25 Breaking Class!	26	27 Test Review  Battle in Bayou centralkaratela.com
Practice	29 <u>Pre-Test #1</u> Be in attendance to see if you qualify to test.	30 Test Review	31 <u>Pre-Test #2</u> Be in attendance to see if you qualify to test.	1 Test Review	2 <u>After School Prgm:</u> White – Blue (TBA) <u>Traditional Prgm:</u> Green-Blue Exam (6pm)	3 <u>Traditional Prgm:</u> White & Yellow Exam (9am)  Orange Exam (11am)

**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