



WHITE TIGER KARATE, LLC

www.whitetigerkarate.net

(603) 998-9012



FALL 2011-2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leopards 4-5 yr old 3:15-3:45pm		Leopards 4-5 yr olds 3:15-3:45pm			
Dragon/Tiger Age 5-11 Beginner 4-5pm	Dragon/Tiger Age 5-11 White only 4-5pm	Dragon/Tiger Age 5-11 Yel-brn 4-5pm	Dragon/Tiger Age 5-11 White only 4-5pm	Dragon/Tiger Age 5-11 All ranks-Open 4-5pm	Evaluations and Seminars TBA
Teen/Adult Open Age 12 and up 5:15-6:15	All Ages Advanced ranks 5:15-6:15pm	Teen/Adult Beginner Age 12 and up 5:15-6:15	Kicking class 1 st & 3 rd Thur Grappling 2 nd & 4 th Thur 5:15-6:10pm	Blackbelt Only training 5:15-6:15pm	Privates Call for Appt
Conditioning 6:30-7:30pm	Muay Thai Kickboxing 6:30-7:30pm	Conditioning 6:30-7:30pm	Teen/Adult Advanced ranks 6:15-7:15pm	Teen/Adult All Ranks-Open 6:15-7:30pm	
Pa Qua 10 weeks 9/12-11/14 7:30-8:30pm			Muay Thai Kickboxing 7:30-8:30pm		

Beginner Ranks: White, Yellow, Orange

Advanced Ranks: Purple/Green and above

All Ranks-Open is for all levels

Pa Qua- Chinese internal system, which practice Chi Gong breathing exercises as well as weapons and meditation.