



Park's Martial Arts

Tae Kwon Do & Hapkido

Class Schedule

Big Bend



Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
10:00 AM 10:50AM						Rec. Black & Black Belt
11:00 AM 11:50 AM		All Belt		All Belt		All Belt
4:10 PM 4:45PM	Little Tiger <u>4 -7 years</u>		Little Tiger <u>4 -7 years</u>		Little Tiger <u>4 -7 years</u>	
5:00 PM 5:45 PM	Children All Belt	All Belt	Children All Belt	All Belt	Children All Belt	1:00-2:30 Birthday Parties Available
6:00 PM 6:50 PM	Family All Belt	All Belt	All Belt	Advanced Nunchaku	Olympic Style Sparring	
7:00 PM 7:50 PM	All Belt	All Belt	All Belt	All Belt		

Little Tiger—Classes are for **children 4-7 years old**.

Children—Classes are designed for **children 7 years old to 13 years old** of any belt level.

Family—Classes are designed for people who attend with another member of their family.

All Belts—Classes are for adults and children of any belt and skill level.

Nunchaku—Classes are for students to bring the **nunchaku** and practice.

Advanced—Classes are for adults and children of **Green Belt** and above.

Black Belt—Classes are for Recommendation Black Belts and Black Belts only.

Olympic Style Sparring—Classes are for advanced belts at our Big Bend School only. Bring sparring gears.

Private lessons are by appointment only. Please ask instructors or secretary for details.

Big Bend & Sulphur Springs
677 Big Bend Rd.
Manchester, MO 63021
(636) 230-5667

Clarkson Clayton
1334 Clarkson Clayton Center
Ellisville, Mo 63011
(636) 227-3332