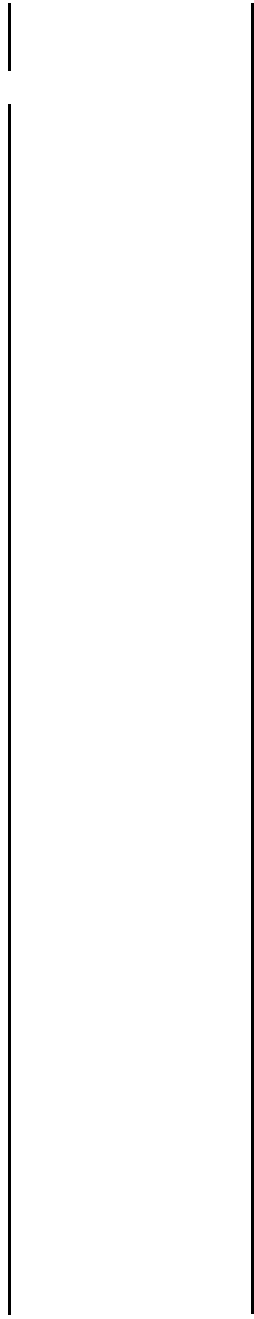


**Mendes Tang Soo Do 239 Broadway Taunton, Ma 02780 508-823-6733**

A=Forms/Drills/weapons	<a href="http://www.tauntonmartialarts.com">www.tauntonmartialarts.com</a> & <a href="http://www.tauntonmma.com">www.tauntonmma.com</a>					
B=Self Defense/Sparring	Monday(A)	Tuesday (A)	Wednesday (B)	Thursday (B)	Friday	Saturday
<b>Children Classes (3-12yrs)</b>	forms & weapons	forms & weapons	self def & spar	self def & spar	Free Style	forms/weapons
<b>Tiny Tigers &amp; Lil Dragons</b> (ages 3&6) all ranks	4:00-4:30pm	6:00 - 6:30pm	4:00-4:30pm	4:00-4:30pm 6:00-6:30pm (b)		9:00-9:30 am
<b>Karate kids/Basic</b> (ages 7-12) white/Yellow	4:00-4:30pm	6:00-6:30pm	4:00-4:30pm	4:00-4:30pm 6:00-6:30pm (b)		9:00-9:30 am
<b>BBTC (Beg/Int)</b> (age 7-12) White/ Green-white	4:30-5:15	4:00-4:45pm 6:30-7:15pm (b)	*5:45-6:30pm*	4:30-5:15pm 6:30-7:15pm (b)		9:30-10:15am
<b>Masters training club</b> upgrade program (alt wks)	<b>Weapons /Grap</b> 5:15-5:45	<b>Grap/Weapons</b> 4:45 - 5:15pm				
<b>BBTC (Adv)</b> (age 7-12) solid green & up	5:45 - 6:30pm	5:15 - 6:00pm 6:30-7:15pm (b)	4:30-5:15	5:15 - 6:00pm 6:30-7:15pm (b)		9:30 - 10:15am
<b>Leadership (Zig Ziglar Cert)</b>					5:00 - 5:45pm	
<b>Demo Team</b>				*6:00 - 6:30pm*		
<b>Free Style Self Def 7-11yr</b>			*5:15 - 5:45pm*			
<b>KICKNFIT</b>	5:45-6:15pm (b)		5:45-6:15pm (b)		5:45-6:15pm (b)	
<b>Teens &amp; Adults (ages 13&amp;up)</b>					Free Style	
<b>Basic teens &amp; adults</b>	7:00-7:30pm	7:00-7:30pm	8:00-8:30pm	7:00-7:30pm		10:45-11:15am
<b>BBTC (beg to adv)</b> ages 13 and Up	6:30-7:30pm	6:30-7:30pm	7:30-8:30pm	6:30-7:30pm		10:15 - 11:15am
<b>Free Style Self Def 12+</b>			6:30-7:30pm		6:30-7:30pm	
<b>Other Programs</b>						
<b>East West MMA/Combat Fit</b>	7:30-8:30pm CF	7:30-8:30pm MMA	7:30-8:30pm (b)CF	7:30-8:30pm MMA	7:30-8:30pm (b)CF	2:00-3:00pm MMA

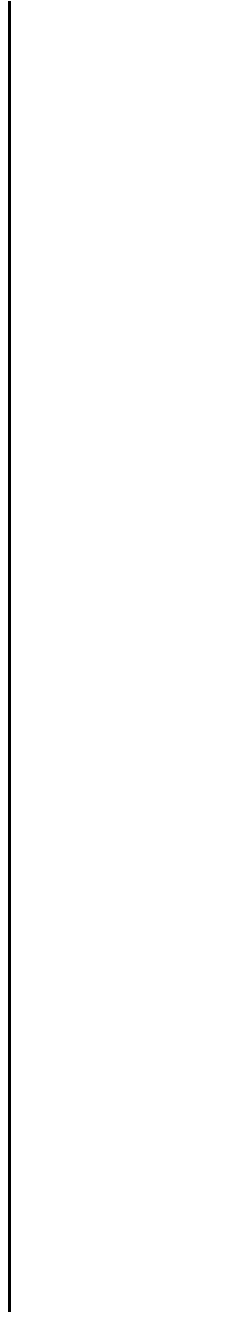
\*Demo team & Leadership are add on programs. **Work hard and get Invited.** Must be in MTC to qualify.  
Schedule effect on January 27, 2012 - KickNFit starts on February 20th.





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