



Black Tiger Karate

Traditional Martial Arts

Black Tiger Karate is pleased to announce a new daytime class created especially for women: Ladies Only Karate.

This class was designed to serve women who would like to explore the martial arts, but in a ladies' environment.



You will learn basic blocking, punching, kicking techniques, as well as self-defense and sparring applications which are the core of the "empty-hand" martial art styles. The class is a belt promotional class; so, as you progress, you will have the opportunity to earn rank.



Our daytime program is led by Sonda Stokes, a 2nd degree Black Belt. In addition to her work with Black Tiger Karate, Ms. Stokes is also a degreed, certified music instructor. She has served in private and public education for 25 years.



**Please join us for a complimentary introductory class experience.
We look forward to helping you explore your potential.**

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Originally founded in 1988, the school operated as part of the Plano Parks & Rec program. In 1991, the program became part of the offerings of the Plano YMCA and outgrew the facilities in 2010.

Over the past 23 years, hundreds of children and adults have participated in the traditional program which teaches Tang Soo Do, a unique Korean "empty hand" style brought to the U.S. by Grandmaster Jae Joon Kim in the 1960's.

Our Dojang (school) is centrally located in Plano at 3013 W. Spring Creek Parkway.

Class Schedule

Tuesday

Little Tigers (Parent/Child)	9:00 - 10:00 a.m.
Ladies "Only"	10:00 - 11:00 a.m.
Day-time Adult Class	Noon - 1:00 p.m.
Home School Class	1:00 - 2:00 p.m.
Tang Soo Do (Children)	6:30 - 7:30 p.m.
Tang Soo Do (Adults)	7:45 - 9:00 p.m.

Wednesday

Tang Soo Do (By Topic)	6:30 - 7:30 p.m.
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Thursday

Little Tigers (Parent/Child)	9:00 - 10:00 a.m.
Ladies "Only"	10:00 - 11:00 a.m.
Day-time Adult Class	Noon - 1:00 p.m.
Home School Class	1:00 - 2:00 p.m.
Tang Soo Do (Children)	6:30 - 7:30 p.m.
Tang Soo Do (Adults)	7:45 - 9:00 p.m.

Saturday

Tang Soo Do (Open)	10:00 - 11:00 a.m.
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For additional information, visit our school at 3013 W. Spring Creek Parkway in Plano.

Please visit our website at www.BlackTigerKarate.com

or call us at (972) 618-8583 or contact Ms. Stokes at btksondastokes@aol.com