



515-446-3630

MYDOJOS.COM

Johnston Karate Class Schedule

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
Age 4-5	5:30 (30min)	4:00 (30min)	5:30 (30min)	4:00 (30min)	
Age 6-7	6:00 (30min)	4:30 (30min)	6:00 (30min)	4:30 (30min)	
Age 8-9	4:15 or 6:30 (40min)	5:00 (40min)	4:15 or 6:30 (40min) Bring Sparring Gear	5:00 (40min) Bring Sparring Gear	
Age 10-12	4:50 (40min) Bring Sparring Gear	5:40 (40 min) Bring Sparring Gear	4:50 (40 min)	5:40 (40 min)	
Teen/Adults Beg/Int/Advanced	7:10 (40min)	7:10 (40min)	7:10 (40min)	7:50 (40min)	
Sparring teen adults	7:50 (40min)		-	7:10 (40min)	
Black Belt Class	8:30 (50 min)	7:50 (50 min)	7:50 (50 min)	6:20 (50 min)	
SWAT STORM- Leadership	-	6:20 (40 min)	-		
Adult SWAT	-		-	-	
Karate Club	-	-	-	-	5:30
Kenpo XT	-	-	-	-	5:30
BBC Class	-	-	-	-	6:30 (See Calendar)

**Students must be in uniform and prepared for class 10 minutes prior to start time. *Kids purple belt and higher must have their sparring gear on youth sparring days to get credit for class. *Students must attend a minimum of 8 regular classes per TIP cycle to qualify for TIP testing.*

Beginner Belt Creed

I intend to develop myself in a positive manner, and avoid anything that would reduce my mental growth or my physical health.

Intermediate Belt Creed

I intend to develop self-discipline in order to bring out the best in myself and others.

Advanced Belt Creed

I intend to use what I learn in class constructively and defensively to help myself and my fellow man and never be abusive or offensive.

Black Belt Creed

Motivate, Educate, Dedicate. Leadership by Example.