

Next Class \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Time \_\_\_\_\_



**515-446-3630**

**MYDOJOS.COM**

## Johnston Karate Class Schedule

	Sparring			Sparring
CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4-6 DOJO DRAGONS	6:00	4:00	6:00	4:00
7-12 KIDS Beginner	6:30	4:30	6:30	4:30
7-12 KIDS Int/Advanced	4:40	5:50	4:40	5:10
Teen/Adult Beginner/Intermediate	7:10	7:10	7:10	7:10
Teen/Adult Sparring	7:50	N.A	N.A	7:50

### 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.

### Advance 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.

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Basics Qualification Learned. [www.mydojos.info/intro](http://www.mydojos.info/intro)

Effective: 1-23-2017