



# FAMILY MARTIAL ARTS

KNOWLEDGE • STRENGTH • INTEGRITY • SUCCESS • PRIDE

515-963-9989

MYDOJOS.COM

## Ankeny Karate Class Schedule

\*\*\*Students MUST arrive 10 minutes prior to scheduled class start time\*\*\*

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Sparring Day			Sparring Day
4-6 Dojo Dragons	4:00 (30min)	6:00 (30min)	4:00 (30min)	6:00 (30min)
7-12 Beginner Kids	4:30 (40min)	6:30 (40min)	4:30 (40min)	6:30 (40min)
7-12 Intermediate Kids	5:10 (50min)	4:20 or 6:30 (40min)	4:30 or 5:50 (40min)	4:40 (50min)
7-12 Advanced Kids	5:30 (50min)	4:20 (40min)	5:50 (40min)	4:20 (50min)
7-12 Black Belt Kids	6:00 (70min)	5:20 (40min)	6:30 (40min)	4:20 (50min)
Teen/Adult Beg/Int/Adv	7:50 (40min)	7:10 (40min)	7:50 (40min)	7:10 (40min)
Teen/Adult Sparring	7:10 (40min)	-	-	7:50 (40min)
Teen/Adult Black Belt	6:20 (50min)	5:20 (40min)	6:30 (40min)	8:30 (40min)
BBC youth 8-12	-	5:00 (20min) Every Tuesday	-	-
BBC adult 13+	-	7:50 (40min) See Calendar	-	-
SWAT - STORM - LEADERSHIP	-	-	5:10 (40min)	-
Karate Club	-	-	7:10 (40min)	-
Kenpo XT	5:30pm Fridays (60min)			

*\*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.