



FAMILY MARTIAL ARTS

KNOWLEDGE • STRENGTH • INTEGRITY • SUCCESS • PRIDE

515-446-3630

MYDOJOS.COM

Johnston Karate Class Schedule

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

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ages 4-5	5:30 (30min)	4:00 (30min)	5:30 (30min)	4:00 (30min)	---
Ages 6-7	6:00 (30min)	4:30 (30min)	6:00 (30min)	4:30 (30min)	---
Ages 8-9	4:15 or 6:30 (40min) <i>Bring Sparring Gear</i>	5:00 (40min)	4:15 or 6:30 (40min)	5:00 (40min) <i>Bring Sparring Gear</i>	---
Ages 10-12	4:50 (40min) <i>Bring Sparring Gear</i>	5:40 (40min)	4:50 (40min)	5:40 (40min) <i>Bring Sparring Gear</i>	---
Teen/Adult Beg/Int/Adv	7:10 (40min)	7:10 (40min)	7:10 (40min)	7:50 (40min)	---
Teen/Adult Sparring	7:50 (40min) <i>Bring Sparring Gear</i>	---	---	7:10 (40min) <i>Bring Sparring Gear</i>	---
Black Belts	8:30 (50min)	7:50 (50min)	7:50 (50min)	6:20 (50min)	---
SWAT - STORM - LEADERSHIP	---	---	---	---	4:30 (40min)
Karate Club	---	6:30 (30min)	---	---	---
Kenpo XT	---	---	---	---	5:30 (45min)
BBC	---	---	---	---	6:30 (See Calendar)

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.

Effective as of 11/19/18