



# FAMILY MARTIAL ARTS

KNOWLEDGE • STRENGTH • INTEGRITY • SUCCESS • PRIDE  
**515-223-7189** **MYDOJOS.COM**

## West Des Moines Karate Class Schedule

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

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

### 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**