



# FAMILY MARTIAL ARTS

KNOWLEDGE • STRENGTH • INTEGRITY • SUCCESS • PRIDE

**Ankeny**  
515-963-9989  
1810 SW White Birch Cir. Ankeny, IA 50023

**Johnston**  
515-446-3630  
8805 Chamberry Blvd. Johnston, IA 50131

**West Des Moines**  
515-223-7189  
1960 Grand Ave. West DM, IA 50265

## 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	6:30 (30min class 20min spar) <i>Bring Sparring Gear</i>	5:00 (40min)	6:30 (40min)	5:00 (40min)	---
Ages 10-12	4:40 (30min class 20min spar) <i>Bring Sparring Gear</i>	6:10 (40min)	4:40 (40min)	6:10 (40min)	---
All Kids Sparring	<i>(During regular class time)</i>	5:40 (30min) <i>Bring Sparring Gear</i>	---	5:40 (30min) <i>Bring Sparring Gear</i>	---
Teen/Adult Beg/Int/Adv	7:20 (40min)	7:20 (40min)	7:10 (40min)	8:20 (40min)	---
Teen/Adult Sparring	8:00 (40min) <i>Bring Sparring Gear</i>	---	---	7:40 (40min) <i>Bring Sparring Gear</i>	---
Black Belts	8:40 (50min)	8:00 (50min)	7:50 (50min)	6:50 (50min)	---
SWAT - STORM - LEADERSHIP	---	---	---	---	4:30 (40min)
Karate Club	---	6:50 (30min)	---	---	---
Kenpo XT	---	---	---	---	5:30 (45min)
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.