



FAMILY MARTIAL ARTS

KNOWLEDGE • STRENGTH • INTEGRITY • SUCCESS • PRIDE

Ankeny
515-963-9989
1810 SW Whitebirch 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

W. 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)	5:30 (30min)	4:30 (30min)	5:30 (30min)	---
Ages 6-7	5:00 (30min)	6:00 (30min)	5:00 (30min)	6:00 (30min)	---
Ages 8-9	5:30 (40min)	6:30 (40min)	5:30 (40min)	6:30 (30min class 20min spar) <i>Bring Sparring Gear</i>	---
Ages 10-12	5:30 (40min)	6:30 (40min)	5:30 (40min)	6:30 (30min class 20min spar) <i>Bring Sparring Gear</i>	---
All Kids Sparring	6:10 (30min) <i>Bring Sparring Gear</i>	---	6:10 (30min) <i>Bring Sparring Gear</i>	(During regular class time)	---
Teen/Adult Beg/Int/Adv	8:00 (40min)	7:10 (40min)	8:10 (40min)	7:20 (40min)	---
Teen/Adult Sparring	7:20 (40min) <i>Bring Sparring Gear</i>	---	---	8:00 (40min) <i>Bring Sparring Gear</i>	---
Black Belts	---	---	---	---	---
SWAT - STORM - LEADERSHIP	---	---	---	---	---
Karate Club	---	---	---	---	---
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.

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Effective as of 4/29/19