



FAMILY MARTIAL ARTS

KNOWLEDGE • STRENGTH • INTEGRITY • SUCCESS • PRIDE

West Des Moines Karate 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)	4:30 (30min)	6:00 (30min)	---
Ages 6-7	5:00 (30min)	6:30 (30min)	5:00 (30min)	6:30 (30min)	---
Ages 8-9	5:30 (30min)	4:30 (30min)	5:30 (30min)	4:30 (30min)	---
Ages 8-11 Sparring Team	---	5:00 (30min)	6:00 (30min)	---	---
Ages 8-11 Kata Team	6:00 (30min)	---	---	5:00 (30min)	---
Ages 10-11	6:30 (30min)	5:30 (30min)	6:30 (30min)	5:30 (30min)	---
Ages 12+	8:30 (30min)	7:00 (30min)	7:00 (30min)	8:30 (30min)	---
Ages 12+ Kata Team	---	7:30 (30min)	7:30 (30min)	---	---
Ages 12+ Sparring Team	7:45 (45min)	---	---	7:45 (45min)	---
Black Belts	7:00 (45min)	8:00 (45min)	8:00 (45min)	7:00 (45min)	---
SWAT - STORM - LEADERSHIP	---	---	---	---	5:30 (60min)
BBC	---	---	---	---	6:30 (See Calendar)
Demo Team	---	---	---	---	4:30 (60 min)

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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515-963-9989

Effective As of 10/31/22