



Johnston Karate Class Schedule

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

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ages 4-5	6:00 <i>(30min)</i>	4:00 <i>(30min)</i>	6:00 <i>(30min)</i>	4:00 <i>(30min)</i>	---
Ages 6-7	6:30 <i>(30min)</i>	4:30 <i>(30min)</i>	6:30 <i>(30min)</i>	4:30 <i>(30min)</i>	---
Ages 8-11 Beginner	5:15 <i>(40min)</i>	5:00 <i>(30min)</i>	5:15 <i>(40min)</i>	5:00 <i>(30min)</i>	---
Ages 8-11 Sparring Team	---	5:30 <i>(30min)</i>	---	5:30 <i>(30min)</i>	---
Ages 8-11 Int./Adv.	4:30 <i>(45min)</i>	6:00 <i>(30min)</i>	4:30 <i>(45min)</i>	6:00 <i>(30min)</i>	---
Ages 12+	7:00 <i>(45/60min)</i>	8:00 <i>(45min)</i>	7:00 <i>(45/60min)</i>	8:00 <i>(30min)</i>	---
Ages 12+ Sparring Team	---	7:15 <i>(45min)</i>	---	7:15 <i>(45min)</i>	---
Black Belts	8:00 <i>(45min)</i>	6:30 <i>(45min)</i>	8:00 <i>(45min)</i>	6:30 <i>(45min)</i>	---
SWAT - STORM - LEADERSHIP	---	---	---	---	4:30 <i>(60min)</i>
BBC	---	---	---	---	6:30 <i>(See Calendar)</i>
Mentor Class	---	---	---	---	5:00 <i>(30min)</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.

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515-963-9989

Effective As of 6/17/24