



Johnston 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) | 4:30 (30min) | 6:00 (30min) | --- |
| Ages 6-7 | 5:00 (30min) | 6:30 (30min) | 5:00 (30min) | 6:30 (30min) | --- |
| Ages 8-11 Beginner | 5:30 (45min) | 4:30 (45min) | 5:30 (45min) | 4:30 (45min) | --- |
| Ages 8-11 Sparring Team | --- | 5:00 (30min) | 6:00 (30min) | --- | --- |
| Ages 8-11 Int./Adv. | 6:15 (45min) | 5:30 (30min) | 6:30 (30min) | 5:15 (45min) | --- |
| Ages 12+ | 8:30 (45min) | 7:00 (45min) | 7:00 (45min) | 8:30 (45min) | --- |
| Ages 12+ Kata Team | --- | 7:30 (30min) | 7:30 (30min) | --- | --- |
| Ages 12+ Sparring | 7:45 (45min) | --- | --- | 7:45 (45min) | --- |
| Black Belts | 7:00 (45min) | 7:45 (45min) | 7:45 (45min) | 7:00 (45min) | --- |
| SWAT - STORM - LEADERSHIP | --- | --- | --- | --- | 4:30 (60min) |
| 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.

MYDOJOS.COM

Effective as of 3/24/25