



# Karate

## *What We Teach*

The core of our program is **Tae Kwon Do** which is one of the oldest and most effective means of self defense. It is much more than a method of unarmed combat. Practiced as an exercise system it works wonders for your physical and mental well-being. Your coordination sharpens, your reflexes quicken, your breathing becomes controlled, your muscle tone improves, and your overall strength and endurance increases dramatically.

In addition to Tae Kwon Do, you will also have the opportunity to train using a variety of Japanese weapons such as the sai, kama, staff and tonfa.

## *How do I start ?*

All new students at America's Best Karate start with an introductory program designed to give them a chance to visit the school, meet the instructor, and find out about the benefits of the martial arts.

In the introductory session, which consists of 2 lessons, we will show you exercises to develop your flexibility and self defense skills. Our Black Belt Program systematically takes you from the beginner level all the way to black belt.

## **Introductory Special**

**\$19.95**

\* Karate Uniform

\* 2 Private Lessons

**Call Today ! 245-0432**

## *Family Values*

Men, women and children of all ages can participate in America's Best Karate programs. Each student, regardless of age, progresses at their own rate. Emphasis is placed on the individuals abilities.

Students as young as 4 and as old as 70 have discovered the rewards of the program. Discipline, confidence and self esteem are traits that everyone can benefit from throughout their lifetime.

**ABK CHILDREN:** Every Parent wants their child to succeed. The necessary tools for success are discipline, confidence, respect and self esteem. America's Best Karate brings out these qualities in the children that we teach. The results are amazing: better grades, improved physical agility, mental alertness, self motivation and leadership. When children feel good about themselves, peer pressure is greatly reduced. When the body is respected, the desire for drugs and alcohol is eliminated. When children have discipline, they become focused in their daily tasks. The qualities of leadership emerge and the difference is apparent to themselves and others.

**ABK WOMEN:** No other exercise program can compare with the positive benefits of martial arts. Women gain great new pride in the trim and fit appearance that comes with the benefit of daily exercise. In addition to increased motivation and enthusiasm, women will be ready to take on challenges with poise and unlimited energy. Martial art movements are graceful as well as powerful. You will feel more secure knowing that you have the power to defend yourself at any time.

**ABK MEN:** Participation in the America's Best Karate program will reduce stress, increase physical endurance, and enrich countless facets of your life. Men of all ages will notice results in improved strength and flexibility. You will learn valuable self defense skills that can help you through a difficult situation but more importantly gain the confidence to avoid them entirely.

# Americas Best Karate (North)

1914 Skypark Drive Medford, OR 97504 (Behind Lava Lanes)

www.abkkids.com 541-245-0432

Schedule As of 11/18/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sparring  January May Sept	Sparring  February June October	Sparring  March July November	Sparring  April August December	Testing Days 2009- 2010 No Classes  8/21, 10/2, 11/13, 12/18, 1/29, 3/12, 4/23, 6/4, 7/16, 8/27	Black Belt Club Seminars  12:00—2:00PM Dates / Times May Vary
<b>CHILDRENS</b>						
Little Dragons 30 Min	3:15 PM		6:00 PM			11:00 AM
White	3:45 PM	4:30 PM	5:15 PM	4:30 PM	3:45 PM	9:30 AM
Yellow	3:45 PM	4:30 PM	5:15 PM	4:30 PM	3:45 PM	9:30 AM
Yellow One	4:30 PM	5:15 PM	3:45 PM	3:45 PM	4:30 PM	9:30 AM
Orange	4:30 PM	5:15 PM	3:45 PM	3:45 PM	4:30 PM	10:15 AM
Green	4:30 PM	5:15 PM	3:45 PM	3:45 PM	4:30 PM	10:15 AM
Green One	5:15 PM	6:00 PM	4:30 PM	5:15 PM	5:15 PM	10:15 AM
Purple	5:15 PM	6:00 PM	4:30 PM	5:15 PM	5:15 PM	10:15 AM
Purple One	5:15 PM	6:00 PM	4:30 PM	5:15 PM	5:15 PM	10:15 AM
Blue	6:00 PM	3:45 PM	6:45 PM	6:00 PM	6:00 PM	10:15 AM
Brown to Red	6:00 PM	3:45 PM	6:45 PM	6:00 PM	6:00 PM	10:15 AM
Red/Black - Black	6:00 PM	6:45 PM	6:45 PM	6:45 PM	6:00 PM (2)  Black Belt's Gym Floor	10:15 AM
<b>ADULTS &amp; TEENS</b>						
	7:30 PM	7:30 PM	7:30 PM	7:30 PM	7:05 PM	8:45 AM

**Weapons and sparring gear should be brought each day.  
Sparring gear is required for yellow one and above.  
No Classes on testing days.**