



CLASS SCHEDULE - 2011 - EFFECTIVE 10/1/11

America's Best Karate of Danville

est. 1993

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www.abkdan.com

Interested in Karate?

Official Karate Uniform

2 Private Lessons (30 min. each)

One week of group classes

New Students, Call for Information!

\$49.95

Weekday Hours	Monday Sparring	Tuesday Curriculum	Wednesday Curriculum	Thursday Sparring	Friday Curriculum
10:00 – 10:45					
2:15 – 3:00					
3:00 – 3:30					
3:30 – 4:15	Jr White	Karate A to Z	Jr Red - Black	Karate A to Z	Jr White & Yellow
4:15 – 5:00	Jr Yellow - Orange	Jr Blue - Brown	Jr White - Yellow	Jr Green1 - Purple1	Jr Orange - Green1
5:00 – 5:45	Jr Green - Green1	Jr Red - Black	Jr Orange - Green	Jr White	Jr Purple - Blue
5:45 – 6:30	Jr Purple - Blue	Jr White - Orange	Jr Green1 - Purple1	Jr Blue - Black	Jr Brown - Black
6:30 – 7:15	Jr Brown - Black	Jr Green - Purple1	Jr Blue - Brown	Jr Yellow - Green	Adult All Belts
7:15 – 8:00	Adult All Belts	Adult All Belts	Adult All Belts	Adult All Belts	
8:00 – 9:00		Aikido of Alamo			

Sat. Morning Hours	Saturday A.M. Conditioning & Review
9:00 – 10:00	Adult All Belts
10:00 – 10:45	BLACKBELTS
10:45 – 11:30	Jr Blue – Red/Black
11:30 – 12:15	Jr Green - Purple1
12:15 – 1:00	Jr White - Orange
1:30 – 3:00 SEE CALENDAR	WEAPONS TRAINING BREAKING TRAINING SELF DEFENSE CLASS BIRTHDAYS

Important Information for Students

We highly recommend that all students participate in at least 2 to 3 group classes per week (including 1 Sparring class). Sparring classes are a privilege for Yellow Belts & above. All students in sparring classes are required to have a full set of ABK supplied sparring gear and follow the required etiquette at all times. Yellow belt students can inquire in the office about ordering Sparring Gear Kits.

Private lessons count as 2 group classes towards testing. Private lessons may be scheduled between the hours of 3:30 PM & 7:00 PM Monday through Thursday. No classes are held on one Friday per month for belt promotion testing. Students will pretest for testing approval during the week preceding testing. **Please, check the monthly calendar on our web site for testing and registration deadlines and days when the school is closed!** **Please do not ask Instructors if a student is ready to promote as belt tests are by invitation only.** All students are examined each month in class and those who are ready to test are informed. Having the required days **does not** guarantee a student will test. We encourage students to have 15 min. of practice at home for each class taken at America's Best Karate.

AMERICA'S BEST KARATE OF DANVILLE est. 1993



America's Best Karate was founded in 1982 by Five Time World Champion Master George Chung and 3 Time World Champion Master Anthony Chan. ABK has a diverse history from Martial Arts Training of the World Champion San Francisco 49ers to creating Emy Award Winning Children's Programming on PBS "Kangaroo".

In 1993 America's Best Karate of Danville was established, continuing a tradition of excellence in Martial Arts education. For nearly two decades our students have reached the mark of excellence by setting and achieving short and long term goals. Some have become National Champions in Olympic Tae Kwon Do, others have received Sports Scholarships in Football, Soccer, Lacrosse, Tennis, Basketball and Swimming. Students from our program have reached academic prowess, earning acceptance and in some cases academic scholarships at Higher Learning Institutions such as UC Berkeley, Stanford University, UCLA, UC Davis, UC Santa Barbara, UC Santa Cruz and other outstanding schools across the nation, including Harvard, Northwestern, West Point and the Air Force Academy.

Our students have a track record of becoming leaders in their community, from Eagle Scouts to West Point Military Commanders to NASA Engineers and Professionals in varied fields, some have become educators, medical practitioners, Martial Arts School Owners.

America's Best Karate teaches a curriculum consistent with martial philosophy. Our goal is to strengthen the body through hard work and strengthen the mind through education, elevating the human spirit to improve one's quality of life.

BENEFITS OF TRAINING:

- **Self Discipline - Accountability and Consistency**
- **Self Confidence - Respect for Self and Others**
- **Self Esteem - Positive Outlook and School Performance**
- **Self Awareness - Focus, Balance and Coordination**
- **Self Determination - Goal Setting and Completion**
- **Personal Safety and Conflict Management - Alertness**
- **Self Defense - Physical Skill and Experience**
- **Environmental Safety, Health and Nutrition**

INQUIRE ABOUT:

- *Karate A to Z - Pre-K program*
- *Tae Kwon Do classes for children and adults*
- *Kobudo*
- *Hapkido*
- *Special Needs Students - ADD, ADHD, Autism*
- *Self Defense Classes*
- *Multiple family member rates*