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
Try it Out! Call today! 245-0432

Class Schedule online!
www.abkfun.com

Download the
ABK Mobile App

Family Values

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 TEEN AND ADULTS: No other exercise program can compare with the positive benefits of martial arts. In addition to increased motivation and enthusiasm, you 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. Participation in the America's Best Karate program will reduce stress, increase physical endurance, and enrich countless facets of your life. Adults 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.

1914 Skypark Drive * Medford, OR 97504 * (541) 245-0432 * Fax (541) 245-1582

Americas Best Karate (North)

1914 Skypark Drive Medford, OR 97504 (Behind Lava Lanes)
www.abkfun.com 541-245-0432

Schedule As of January 2017 **Children's Classes**	**Monday** **Sparring** January May September	**Tuesday** **Sparring** February June October	**Wednesday** **Sparring** March July November	**Thursday** Sparring April August December	**Friday** **Testing Days** **No Classes** **1/27,3/10,4/21,6/27/14,8/25,10/6 11/17,12/29**	**Saturday** **Black Belt Club Seminars** **12:30 – 2:30PM Dates/Times May Vary**
Little Dragons 30 min	3:15 PM		6:00 PM	3:15 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	3:00 PM	6:00 PM	6:00 PM	10:15 AM
Brown to Red	6:00 PM	3:45 PM	3:00 PM	6:00 PM	6:00 PM	10:15 AM
Red/Black to Black **Bring all gear and weapons**	6:45 PM	6:45 PM	3:00 PM	6:45 PM	6:45 PM	10:15 AM
Adult and Teen Classes	7:30 PM	7:30 PM	6:30 PM	7:30 PM	7:30 PM	8:45 AM OPEN STUDIO

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