



# Japan Karate-Do Organization is an Official Karate-do School of the USA.

JKO Schools are official members of the USA NKF.  
 USA National Karatedo Federation is the National Governing Body for Sports Karate in the USA.  
 USA NKF is the sole member for Karate Sports in the US Olympic Committee.  
 JKO produces USA National Champions and International Champions every year!



**Kacie Pou**  
 2014 Pan American Jr.  
 Sparring Gold Medalist



**Adrian Chang**  
 2014 Black Belt  
 Sparring  
 National Champion

*Give Your Child  
 the Essential Tools  
 Required for Success!*

The children ages 3 to 6 years old class is one hour long.  
 The first 30 minutes of class time will be an obstacle course for developing Endurance, Balance, Tumbling, Jumping, to increase strength and agility and also to build body core.  
 The last 30 minutes of class will practice correct Karate-Do techniques with politeness and discipline.



Obstacle Course for 3 to 6 yrs old



Kai (5), Knuckle Push Ups



Kai (5), Sparring



Rylie (6) Round House Kick

## Benefits of Authentic Japanese Karate-Do Training:

- ✓ **Self Defense:** The Ultimate Goal of authentic Karate-Do is Self Defense. Competition is only a portion of the art of Karate-Do.
- ✓ **Emphasis on Respect and Ethics:** JKO teaches practitioners to always conduct themselves with Honor and Discipline.
- ✓ **Self Esteem:** Confidence increases as you gain Physical Strength and Endurance.
- ✓ **Physical Fitness:** JKO training includes exercises that strengthen and tone muscles while increasing flexibility. It is an excellent aerobic activity.
- ✓ **Stress Reduction:** Karate-do requires mental concentration which allows the participant to escape momentarily from their daily routine.  
 JKO offers multiple 60 minute classes 6 days a week.



## Japan Karate-Do Organization

**For a free trial class,  
 Call/Text 858-414-7371**



**JKO World Headquarters**



**www.jko.com**  
**Email: jkokaratedo@gmail.com**  
**6108 Avenida Encinas, Suite A**  
**Carlsbad, CA 92011 USA**

### JKO Carlsbad 2016 Summer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-1:00pm Adults		12-1:00pm Adults		12-1:00pm* Adults	10-11:00am All Children
1-2:00pm Iai-Do		1-2:00pm Iai-Do			11:00am-12pm Teens/Adults
4:00-5:00pm Children 3-6 yrs old	4:30-5:30pm Children 3-6 yrs old	4:00-5:00pm Children 3-6 yrs old	4:30-5:30pm Children 3-6 yrs old	4:00-5:00pm Children 3-6 yrs old	12-1:30pm Iai-Do
5:00-6:00pm Children	5:30-6:30pm Children	5:00-6:00pm Children	5:30-6:30pm Children	5:00-6:00pm Children	
6:00-7:00pm Teens/Adults	6:30-7:30pm Teens/Adults	6:00-7:00pm Teens/Adults	6:30-7:30pm Teens/Adults	6:00-7:00pm* Teens/Adults	

Effective 7/1/2016

\*Please confirm the class with Hanshi, class may not be held on regular basis.

Children 3-6 years old Children 7-11 years old Teens / Adults

Time and schedule may change without prior notice.

Hanshi Miki reserves the right to move students based on which class will best help them progress in karate.