

AMERICA'S BEST KARATE OF DANVILLE EST.1993



CLOCKTOWER BUILDING DOWNTOWN
 PARKING LOT ENTRANCE
 321 HARTZ AVE, STE 4, DANVILLE, CA 94526
 PHONE# (925) 838-3820
 EMAIL: INFO@ABKDAN.COM
 WWW.ABKDAN.COM

Interested in training? **\$79**
 - belt and uniform (\$185 value)
 - 2 Private Lessons (30 min. each)
 - one week of group classes
Call for more information!

CLASS SCHEDULE August 29, 2016 - April 30, 2017

Hours	Monday Sparring	Tuesday Curriculum	Wednesday Curriculum	Thursday Curriculum	Friday Sparring
7:00 - 8:30				<i>Aikido of Alamo</i>	<i>Aikido of Alamo</i>
3:30 - 4:00		<i>Karate A to Z</i>		<i>Karate A to Z</i>	
4:00 - 4:45	White	Brown-Red-Red/Black	Green-GI-Purple-PI	Red/Black-Black	White
4:45 - 5:30	Yellow-Orange-Green-GI	GreenI-Purple-PurpleI-Blue	White-Yellow-Orange	White-Yellow-Orange	Purple-PI-Blue-Brown
5:30 - 6:15	Purple-PI-Blue-Brown	White-Yellow-Orange-Green	Blue-Brown-Red	Green-GreenI-Purple	Yellow-Orange-Green-GI
6:15 - 7:00	Red-Red/Black-Black	BLACKBELTS	Red/Black-Black	PurpleI-Blue-Brown-Red	Red-Red/Black-Black
7:00 - 7:45	Adult All Belts	Adult All Belts	Adult All Belts	Adult All Belts	Adult All Belts
8:00-9:30	<i>Aikido of Alamo</i>	<i>Aikido of Alamo</i>			

Saturday Hours	Saturday A.M. Conditioning & Review
9:00 - 10:00	Adult All Belts
10:00 - 10:45	BLACKBELTS
10:45 - 11:30	Brown - Red - Red/Black
11:30 - 12:15	White-Yellow-Orange-Green
12:15 - 1:00	GreenI-Purple-PurpleI-Blue
1:30 - 3:00 SPECIAL EVENTS	WORKSHOPS SELF DEFENSE CLASSES

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.

Private lessons count as 2 group classes towards testing. Private lessons may be available between the hours of 2:30 PM & 6:45 PM Monday through Friday. No classes are held on one Friday per month for belt promotion testing. Students will pretest for testing approval during the week before 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.

Welcome to Our School!

America's Best Karate was founded in 1982 by Five Time World Champion Master George Chung and Three 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 over 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 demonstrated academic prowess, earning acceptance and in some cases academic scholarships at *all* UC schools, a list of Ivy League Colleges, Military Academies and other schools across the nation.

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.

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

Testimonials

" Dear Master Lerma, I want to take a moment to thank you for all the time and effort you have devoted to our daughter. We brought her almost two years ago, a shy and very withdrawn 4 1/2 year old child. During the fourteen months she studied in your A to Z class, my husband and I watched as you patiently helped her to learn and master various moves. As a result of your patience and mentoring over the last two years, she has developed a measure of confidence that shows not only in her Karate, but also in her school work where she is an above average student. Thank you again for working with my husband and I to help our daughter develop into her full potential. We consider you a co-partner in her development, and look forward to many, many years working together. "

" Our son has autism. He has been participating in Master Lerma's program at America's Best Karate for one and a half years now. The program has been absolutely terrific for him. In Master Lerma's A to Z program for beginning children, our son immediately began working on memory, sequencing, planning, gross motor, core strength, pragmatics (rules and turn-taking), impulse control, and even academics. When graduating to the Tae Kwon Do program, his progress continued. The program motivated him tremendously, and while difficult, the earning of his first colored belt was and remains one of his biggest points of pride in his life. Ultimately, it has really helped his self-esteem, in a way that none of the other therapies has. "

" My son and daughter are in karate at ABK. Karate at ABK has been especially helpful to my son, who started in the A to Z program at age 4 and is currently a brown belt at age 7 1/2. He loves Master Lerma! As someone who is a life-long participant in organized sports, I realized early the benefits of Karate with respect of athletics. But the most important element is the discipline. Where other sports are seasonal and taught by volunteers, karate is a way of life that teaches respect and focus, both which require discipline. I asked my son and daughter what was most important about karate, and they both said discipline. My son's exact words regarding discipline were " karate is a very focused sport". My son is the boy in second grade who can't stay in his seat. The discipline environment is key, where consequences are immediate and non-negotiable, where he must fit in with the rest of the class and not deviate from instruction. Most important, an environment where he must focus on the task at hand even though he has other things on his mind. These are the things that karate provides, and the things that will serve him well the rest of his life. "

Training at ABK

America's Best Karate of Danville teaches more than Tae Kwon Do. Our traditional martial arts curriculum includes traditional and modern forms (codified patterns), non-symmetrical self defense (reality based), sparring (physical application of technique), weapons training (use and defense against weapons) and test breaking, using powerful strikes with speed and accuracy to break boards and bricks.

Our core curriculum is based on the traditional art of Tae Kwon Do, known for its kicks and footwork, it also incorporates elements of Hapkido, a grappling and throwing art as well as Okinawan and Filipino weapons. This well rounded curriculum gives our students the essential understanding of self defense concepts, as well as everyday movements for everyday life, such as bending, squatting and lifting or falling without injury.

The benefits of training in this fun, challenging and practical system include improved mental focus, balance, coordination, core strength and overall health, while at the same time fostering character development, resulting in social growth and improved life skills: self accountability, self discipline, self esteem and self expression. These are the tools necessary to achieve authentic success and well being.

We are always excited to see new students at our school. We take our relationships with each student very seriously and we are committed to helping every student in achieving their training goals.