### MASTER DAVID KARSTADT

9th Degree Black Belt

Grand Master Instructor
Master Karstadt began Black Belt
training in the martial arts in 1976.
He first opened the doors of Arizona International Taekwon-Do in
May, 1986. Since then, Grand
Master Karstadt and his staff
have been changing peoples
lives with their unique style of



teaching and personal attention to the development of their students physical and mental strengths. Master Karstadt has personally trained more than 12,000 students and promoted over 400 students to the respected level of Black Belt.

Grand Master Karstadt has coached the USA Team 1995 to present and has produced many World Champions. His knowledge and skill in the art are unsurpassed. Master Karstadt's years of training, teaching and wisdom are respected worldwide.

The training academy is state of the art, providing a safe, clean and friendly atmosphere. The curriculum taught is the very best available. Our instructors and staff are the very best and you will see why after your very first class.



Grand Master David Karstadt Master John Karstadt

Official Members of the TAEKWON-DO HALL OF FAME



# MASTER JOHN KARSTADT 7th Degree Black Belt

International Instructor
4X World Champion Gold Medalist
John Karstadt began his Black Belt
training at the age of 4. He is an
internationally recognized competitor and demonstrator. Master
Karstadt led the men's USA Team
to Gold Medal victory in the 2004

Taekwon-Do World Championships. He is an extraordinary instructor and public speaker. Master Karstadt delivers "World Champion" seminars and is an amazing mentor and role model for our students.



SUN	MON	TUE	WED	THU	FRI	SAT
		8:00-9:00am CONDITIONING Strength & Fitness		8:00-9:00am CONDITIONING Strength & Fitness		8:00-9:00am CONDITIONING Strength & Fitness
1:00-4:00 SPECIALTY WORKSHOPS SELF DEFENSE PRIVATE and GROUP TRAINING	4:00-4:45 BEGINNER White Belt Yellow Stripe Yellow Belt	4:00-4:30 NEW STUDENT by APPOINTMENT	4:00-4:45 BEGINNER White Belt Yellow Stripe Yellow Belt	4:00-4:30 NEW STUDENT by APPOINTMENT	Private Instruction	10:00-10:30 NEW STUDENT by APPOINTMENT
	4:45-5:30 INTERMEDIATE Green Stripe Green Belt	4:30-5:00 LII NINJAS Homework is due!	4:45-5:30 INTERMEDIATE Green Stripe Green Belt	4:30-5:00 Lil NINJAS Word of the Week!		10:30-11:00 BASIC TRAINING Grade 10 - White Belt New Student Specific Training
	Blue Stripe		Blue Stripe			11:00-11:55 All Belt Training OPEN TRAINING  12:00-12:45 FREE STYLE SPARRING Coming Soon!  ar code for the "ZOOM" sses on line by joining:
	5:30-6:30 ADVANCED/ELITE Blue Belt and Above	5:15-6:15 All Belt <u>JUNIOR</u> Training	5:30-6:30 ADVANCED/ELITE Blue Belt and Above	5:15-6:15 All Belt <u>JUNIOR</u> Training		
	6:30-7:00 BASIC TRAINING Grade 10 - White Belt New Student Specific Training	6:15-7:15 All Belt ADULT Training	6:30-7:00 BASIC TRAINING Grade 10 - White Belt New Student Specific Training	6:15-7:15 All Belt <u>ADULT</u> Training	class training class	
					KARSTADT TAEKWONDO MEMBERS Facebook page	

PEEWEES (4-6)	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
ALL STARS	WHITE BELT	GREEN STRIPE	BLUE BELT	BLACK STRIPE
ALL STRIPES	YELLOW STRIPE	GREEN BELT	RED STRIPE	PRELIMINARY 1,2,3
	YELLOW BELT	BLUE STRIPE	RED BELT	ALL BLACK BELT

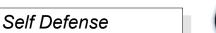
#### IMPORTANT TRAINING NOTES

- Observe "SOCIAL DISTANCING" guidelines.
- Sanitize BEFORE and AFTER class.
- DO NOT attend class if experiencing a fever or cough.
- Arrive 5 minutes before class starts.
- Warm up while waiting for class to begin.
- Wear a clean and complete uniform to class.
- You must be in uniform to train. No exceptions.
- Karstadt TKD T-Shirts may be worn in class during warmer months.
- Students must stay on the workout floor for the entire class unless excused by the instructor.

 Advise the instructors in advance if you have an injury or need early dismissal.

faceboo

- Practice and stretch at home 20 minutes every day. Ask your Instructor for training hints.
- To enter your training late, remain at the edge of the mats with your hand raised until called by the instructor. Then ask permission to enter.
- Please do not attempt to coach your child or get your child's attention during class unless it is an emergency.
- Filming is acceptable during classes.
- Class and event dates/times may be subject to change.





Fitness For Life!

# COMMITMENT

# **TAEKWON-DO**

- ATTITUDE
- BEHAVIOR
- CHARACTER
- CONFIDENCE
- RESPECT
- SELF DISCIPLINE
- BETTER GRADES



All Ages 4 and up - Age Specific Classes!



Weekly Leadership / Instructor Skills Training Unlimited Class Attendance 10% Discounted Private Lessons, Seminars & Gear

#### **BLACK BELT TRAINING**

Complete Certified Black Belt Curriculum 2 Classes per Week - Saturday Bonus Class

#### PRIVATE INSTRUCTION

Available with GrandMaster Karstadt & KTKD Instructor Staff by Appointment Schedule at the front desk

**Enroll TODAY! Special Introductory** 4 Weeks for \$69

--- Plus ---Your Taekwon-Do Uniform Included FREE

Visit our Schools! See why our Certified Instructors are considered the VERY BEST!

Family & Group Rates

## SUCCEED







CALL TO SCHEDULE A FREE INTRODUCTORY WITH GRANDMASTER KARSTADT TODAY! 602-264-2300

TAEKWON-DO



Official Member



**David Karstadt** Grand Master Instructor - 9th Degree Black Belt

# KARSTADT TAEKWON-DO

TRADITIONAL ITF TAEKWON-DO

Martial Arts in the Valley over 40 years

**MARTIAL ARTS FITNESS & STRENGTH** PERSONAL & GROUP TRAINING PRIVATE SELF-DEFENSE **SELF-EMPOWERMENT LEADERSHIP LIFE SKILLS** 



**Grand Master Instructor** David Karstadt - 9th Degree Black Belt

Master John Karstadt - 7th Degree Black Belt

#### **USA-UNIFIED TAEKWON-DO**

General Choi, Hong Hi - TKD Founder Grand Master Kwang S. Hwang ITF K-9-1 Grand Master David Karstadt Unified TKD A-9-1

www.usa-unifiedtaekwondo.com

