

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 Blue Stripe	4:30-5:00 Lil NINJAS Homework is due!	4:45-5:30 INTERMEDIATE Green Stripe Green Belt Blue Stripe	4:30-5:00 Lil NINJAS Word of the Week!		10:30-11:00 BASIC TRAINING Grade 10 - White Belt New Student Specific Training
	5:30-6:30 ADVANCED/ELITE Blue Belt and Above	5:15-6:15 All Belt JUNIOR Training	5:30-6:30 ADVANCED/ELITE Blue Belt and Above	5:15-6:15 All Belt JUNIOR Training		11:00-11:55 All Belt Training OPEN 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 ADULT Training		12:00-12:45 FREE STYLE SPARRING Coming Soon!

Members: Get your code for the "ZOOM" class training classes on line by joining:
KARSTADT TAEKWONDO MEMBERS
Facebook page



PEEWEEES (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.
- 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.

Self Defense



Fitness For Life!

COMMITMENT

TAEKWON-DO

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

Men ♦ Women ♦ Children

All Ages 4 and up - Age Specific Classes!



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BLACK BELT TRAINING

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SUCCEED



*Official Member of the
TAEKWON-DO
HALL of FAME*



GrandMaster David Karstadt's
KARSTADT TAEKWON-DO
www.azkicks.com
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CALL TO SCHEDULE A FREE INTRODUCTORY WITH GRANDMASTER KARSTADT TODAY! 602-264-2300



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