

*Welcome to Master Schmitt's
School of Martial Arts
&
The Dubuque Karate Club
Since 1970*



*Master Ronald D. Schmitt
4th Degree Black Belt*

*Master David J. Schmitt
7th Degree Black Belt*

“Discover Your Inner Warrior”

-1-

MASTERY

Begin Your Journey Today!

***MEN *WOMEN *TEENS *CHILDREN**

Experience The Difference.....

Get ready for adventures in living! Join our exciting martial arts programs and embark on a journey of one of the most powerful experiences of your life.



CLASSES FOR THE ENTIRE FAMILY!

A family that trains together stays together! At the Dubuque Karate Club, we offer many programs that will fit your family needs. Achieve the benefits of greater health, fitness, and self-defense awareness while experiencing family bonding. Master Schmitt's School of Martial Arts is renowned for creating family unity, which is vital in today's society.

***FUN *EXCITING *EMPOWERING *EDUCATIONAL**

We utilize a state of the art teaching method customized for modern times. Each class is built upon dynamic energy that is applicable to the individual and an accelerated training style. It is **Fun, Exciting, Empowering, and Educational!** Our martial arts' program is beneficial for all ages, from as young as 4 years old to 50+ years young. Our ultimate Martial Arts Cardio fitness classes are also offered throughout the year to augment your training if desired!

MARTIAL ARTS EXCELLENCE SINCE 1970

Nearly 40 years of Martial Arts Excellence! Since 1970 Master David J. Schmitt's Dubuque Karate Club has produced some of the finest world class Blacks Belts and Champions in the Midwest.



Our Programs & Classes

Students and enthusiasts of martial arts have many reasons for training in the martial arts. Some are drawn to the physical fitness and weight loss aspects of training; others seek to add discipline and self control to their life; others are concerned about safety and self-defense.

Whether you are interested in our programs for mental or physical benefits, the DKC offers a number of programs that will help your developmental needs as well as your busy schedule.

All family members are invited!



Martial Arts for Adults

Master Schmitt's School of Martial Arts system is a mix of traditional and contemporary martial arts that offers not only an effective self -defense program,

but a means for personal development and discipline that can lead to success in other areas of your life. You will learn to become a peak performer in the martial arts, combative arts and performing arts. Our advanced Adults system is a blend of mixed martial arts, knife defense, gun defense, club defense, ground defense, and weapons training including dagger, staff, and sword.

Benefits of our martial arts training:

- * Release stress and tension
- * Provides means of self defense
- * Builds sound body and sound mind
- * Enhances conditioning, flexibility, agility, coordination
- * Aides weight reduction, increases endurance
- * Can lower heart rate
- * Develops confidence, respect, discipline, character, concentration, leadership
- * Promotes feeling of well being
- * Increases self esteem
- * Train at your own pace
- * Energize your life in a fun and exciting way



Martial Arts for Teens

Teenagers will learn to concentrate and focus their energy constructively, which increases success in and out of school, including better grades.

Our system will help you teach your teens the following:

- * Provide a safe and positive environment
- * Promote conflict avoidance
- * Awareness of negative peer pressure
- * Develop goal setting
- * Higher self esteem
- * Promote better school grades
- * Greater understanding of respect & discipline
- * Develop positive and successful attitude
- * Teamwork and team building
- * Learn to give unconditional love
- * They will learn the Black Belt Success System
- * Physical Fitness!
- * Classes are fun, exciting, educational, and empowering

**Martial Arts for
Children
5 - 7 years old**



“Little Dragons today, leaders tomorrow”.

Our specialized Little Dragons Program is an age-specific curriculum that is professionally designed to teach children important life skills in a fun, exciting and enriching manner. Our secret to teaching your child coordination, concentration and self-control is a unique method we like to call “Edu-tainment.” This philosophy utilizes the excitement and fun of the Little Dragons Martial Arts skills to teach key life lessons that you would want your child to know.

Your child will learn more than just how to kick and punch. Little Dragon activities show children the benefits of good behavior, but best of all, our curriculum will help them see the value of teamwork, good manners, and trying their best in and outside of the classroom. Our mission: to build self- esteem & confidence in every child! This is the foundation for future success in all aspect of life.



Martial Arts for Kids: 8 - 12 years old

Our goal is to build our kids from the “inside out”. This means that our first goal is to build confidence, self-discipline and self-esteem.

Once our students are armed with these characteristics, they will participate and apply full effort with the “Yes I Can” attitude. We also understand your desire to have a child that will use common sense before using his or her skills for self-defense.

Our students maintain a healthy lifestyle while maintaining a healthy outlook on life. Martial Arts build strong bodies and strong values. We are proud to help parents develop children who value honesty, courtesy, respect for authority and the ability to say “No” to unhealthy peer pressure. Teens and children will learn to concentrate and focus their energy constructively which results in better schoolwork and grades. Physically, the karate kid’s martial arts classes train in a blend of Tang Soo Do (the for-runner of Tae Kwon Do) and Japanese Karate. In the advanced ranks they practice weapons training. Our classes are high energy, educational, & empowering!



Black Belt Success

Our system is designed to see everyone make steady progress toward optimum physical and mental development. This progress is measured through a built-in goal system and incentive program with structured belt levels. The steps to Black Belt are referred to as 'The Black Belt Success System.

In the beginning phases, the belts represent short- term goals that are obtained by learning basic techniques and Hyungs “forms”, and follows general guidelines. The individual gains knowledge as they gain confidence in the ability to achieve goals and gradually learn to set more difficult, long term goals. As they climb the ladder toward Black Belt, knowledge and skill will increase as well as the capacity to concentrate and learn.

These higher levels of development require a pursuit of a stronger mind and a more physically fit body, as well as an increase in regular practice and class attendance.

Weapons Academy



Welcome to our all new martial arts weapons academy

- Nov. 6th 2007 Master Ron Schmitt Created “The Tactical Martial Arts Weapons Academy”
- Designed around “The Busido Code” meaning “The Way of the Warrior” the same code practiced by The Samurai Warrior & implemented into the U.S Army in 1990.
- Weapons Used in this Course: Filipino Stick Fighting, Nunchaku, Bo Staff, Sword Training, Tactical Knife Fighting, Gun Defenses, Sai, Kama, Tonfa (PR-24) and much more.
- This exciting program also focuses on weapons sparring, joint lock manipulation, disarms, submissions, theory and applications, competition, along with the history and philosophy of each weapon.
- Ages: 12 years and older
- Call for an appointment today: **(563) 583-8256**



CODES FOR THE MARITAL ARTIST

Parents please help your child learn the following Tang Soo Do codes. These codes are recited after each class.

5 CODES OF TANG SOO DO

1. Loyalty to Country
2. Obedience to Parents
3. Honor Friendship
4. No retreat in battle
5. In fighting choose with sense and honor

ATKI CODE OF CONDUCT

1. I shall seek truth
2. Develop my highest moral character
3. Strive for humility
4. Love my country
5. Sacrifice myself for justice
6. Contribute by example to the acceptance of Tang Soo Do as the most genuine of martial arts
7. Develop my endurance
8. Value confidence and peace of mind