

Best Martial Arts Institute



Check the website for updates concerning when we will be in our new dojo at 795 Almaden. Until then, all classes meet at 2101 Bailey Hill Road for practice at our Churchill location.

Students may attend any classes for their level or any lower level class.

Children

<p>Karate / Taekwondo Level 1 Ages 4-11</p> <p>Monday & Wednesday 5:45 - 6:30 Monday -- Thursday 5:00 - 5:45 Tuesday & Thursday 3:15 - 4:00 Saturday 10:15 - 11:00 a.m.</p>	<p>Karate / Taekwondo Level 2 Ages 4-11</p> <p>Monday & Wednesday 3:15 - 4:00 Monday -- Thursday 5:00 - 5:45</p> <p>Level 3 Ages 4-11</p> <p>Monday & Wednesday 5:00 - 5:45 & 5:45 - 6:30</p>
<p>Karate / Taekwondo Beginners (1st month) Ages 12 to Adult</p> <p>Wednesday & Friday 12:00 - 1:00</p> <p>Monday & Wednesday 4:00 - 5:00 & 6:30 - 7:30</p> <p>Tuesday & Thursday 6:00 - 7:00</p>	<p>Karate / Taekwondo White - Black Belt Ages 12 to Adult</p> <p>Monday, Wednesday, & Friday 12:00 - 1:00 & 4:00 - 5:00 Monday & Wednesday 6:30 - 7:30 (sparring optional) Tuesday & Thursday 6:00 - 7:00</p> <p>Karate / Taekwondo Yellow - Black Belt Ages 12 to Adult</p> <p>Tuesday & Thursday 4:00 - 5:00</p>



Karate / Taekwondo

Teen/Adult

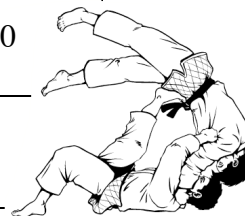


Systema

<p>Russian Systema - Ages 16 to Adult Wednesday 7:30 - 9:00 p.m. <i>Minimum of six months martial arts experience required.</i></p>
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Judo

<p>Judo Level 1 Ages 6-11</p> <p>Tuesday & Thursday 5:00 - 5:45</p>	<p>Judo Level 2 Ages 6-11</p> <p>Tuesday & Thursday 5:00 - 6:00</p>
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<p>Judo Ages 12 to Adult Tuesday & Thursday 6:00 - 7:00</p>



Aikido

<p>Aikido Ages 13 to Adult Tuesday & Thursday 7:00 - 8:30 p.m. Saturday 8:45 - 10:15 a.m.</p>
