

New students are welcome to join at any time. Because the study of martial arts can become a long-term investment, it is recommended that you observe or participate in a class, talk with the instructor, and then decide if the studio and style are right for you.

Call DeJohnette Martial Arts Academy at (760) 453-9819 and arrange a time to visit. Classes are for student ages 12 - Adult.

Sign up for a FREE 4-week Introductory course.

Join us each Wednesday and Friday from 6:45 PM until 8:00 PM.



DeJohnette Martial Arts Academy

1205 N. Melrose Drive
Vista, California 92083

(760) 453-9819
www.dejohnette.net/karate



DeJohnette Martial Arts Academy

Black Belt Excellence

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About Us

DeJohnette Martial Arts Academy began as a childhood dream. In 1968 three high school friends enrolled into a karate program at the local YMCA. Inspired by the art and the emphasis on discipline and respect, they promised each other that one day they would open a karate school to help other kids find the "path to enlightenment."

They grew up and eventually went their separate ways, each pursuing his own path. And then of course, *life happened*. Their childhood dream faded into memory. Long years passed and memories were forgotten. Childhood promises remained unfulfilled.

Thirty years later, something miraculous occurred. A five-year-old brought a flyer home from school, and presented it to his parents. It was a special offer from a local martial arts instructor, Thomas Thai KSN. *That* was their first encounter with Soo Bahk Do Moo Duk Kwan.

In 1999 Mr. Darno DeJohnette Sr. joined his son in the practice of Soo Bahk Do. After receiving his black belt in April 2006 Mr. DeJohnette Sr. began teaching karate at the Mottino Family YMCA in Oceanside, CA. In April 2008 he was promoted to E Dan (Black Belt 2nd degree), and was certified as an instructor in the U.S. Soo Bahk Do Moo Duk Kwan Federation in 2009.

In June 2010 Mr. DeJohnette Sr. JKN opened his Martial Arts Academy at the Boys and Girls Club in Vista, CA. In April 2011 Mr. DeJohnette Sr. JKN was promoted to the rank of Sam Dan (Black Belt 3rd degree).

When the doors of the new martial arts studio opened, it was the realization of a childhood dream. *Promises had been kept.*

Goals

Sometimes in the pursuit of our dreams we become distracted, and lose sight of our goals. We make promises to ourselves and to others. But instead of fulfilling those promises, we make excuses to explain why they were broken.

At DeJohnette Martial Arts Academy we will help you develop the strength, courage and endurance to reach your goals. We will teach you to focus your mind and body. We will train you to control your energy and your *fear*.



With each new technique your mind, body and spirit will be nourished.

Over time you will learn that martial arts is not just about kicking and punching. The physical routines help develop and strengthen self-defense skills. But these are only external manifestations of something far more powerful.

The ultimate goal of martial arts training is to build both mental and physical strength, so the practitioner can resolve internal or external conflict with grace and ease.

Values



History defines us. We understand who we are by knowing our history (past).

Tradition is that which is inherited from our ancestors.

Discipline / Respect are the foundation of human relations.

Philosophy is the set of ideas or beliefs that creates our character and our morality.

Technique is the manner in which our basic physical movements are used.

Key Concepts

1. *Courage*
2. *Concentration*
3. *Endurance*
4. *Honesty*
5. *Humility*
6. *Control of Power*
7. *Tension / Relaxation*
8. *Speed Control*

