

Class Schedule

Karate Classes

Monday & Wednesday

4:30 – 5:15 pm Executive*

5:30 – 6:25 pm Youth**

6:30 – 7:25 pm Adults

Saturday

11:00 – 11:55 pm Adult

12:00 – 12:55 pm Youth**



Weapons Classes

Tuesday

5:00 - 6:00 pm

Saturday

10:00 – 10:55 am

Sparring/Chanbara Class

Saturday 1:00 – 1:45 pm

Executives: 40 & over* Youth: 11 & under**

JIM HAWKES KARATE

Traditional Karate with a Modern Approach



James H. Hawkes, 10th Dan
Founder

Sue Hawkes, Kyoshi
7th Degree Black Belt
Instructor

405 Montano Rd NE, Suite 5
Albuquerque, NM 87107

Mailing Address:

P.O. Box 8643

Albuquerque, NM 87198

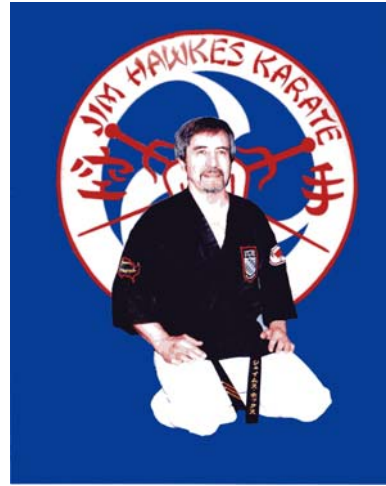
(505) 249-0991

www.jimhawkeskarate.com

www.facebook.com/jimhawkeskarate

Class Benefits:

1. Our reward system improves self esteem
2. Our class structure teaches discipline
3. Our activities channel energy
4. Our classes enhance assertiveness
5. Our program teaches lifetime self defense skills
6. Our program is Fun!



Sensei Jim Hawkes was a 10th Degree Black Belt. He had over 50 years experience teaching in the martial arts. His karate school is the longest established school in New Mexico. In the 1960's and 1970's he was a nationally known competitor and was rated in the top 10 fighters by Black Belt Magazine for three years in a row. He won or placed in over 250 tournaments. Sensei Hawkes was a Founder of the United States Karate Alliance and a member of the Trias International Society and Alliance Hall of Fame. He was rated as one of the top three coaches of the year by both the United States Karate Association and the United States Karate Alliance. He coached numerous junior and adult world & national champions. Sensei Hawkes was a former police officer. He taught numerous police tactics, personal defense and self-defense courses.

When Sensei Hawkes passed away in March of 2012, his wife, Sue Hawkes, continued running the karate school. Ms. Hawkes is a 7th Degree Black Belt, a member of the Hawkes International Society, and is a board member of the NM State Karate Alliance and the International Karate Kobudo Federation.

More Class Benefits:

1. Our workouts are a great way to get in shape.
2. Our classes relieve stress.
3. Our practice sessions build self confidence.
4. What we teach could save your life.
5. Family workouts
5. Our program is Fun!

