## **Class Schedule**

## **Karate Classes**

#### Mondays & Wednesdays

3:30 – 4:15 pm Executives\* 5:30 – 6:15 pm Teen/Adult

#### <u>Tuesdays & Thursdays</u>

4:30 – 5:15 pm Dragon Warriors\*\* 5:30 – 6:15 pm Youth\*\*\*





Mondays & Wednesdays 4:30 – 5:15 pm

\*Executives: 50 years young & over \*\*Dragon Warriors: 5 yr olds & up \*\*\*Youth: 8 yr olds & up

# JIM HA WKES KARATE

Traditional Karate with a Modern Approach

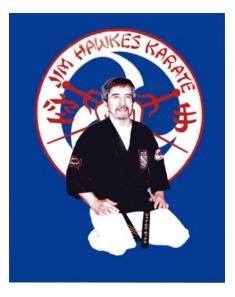


Sue Hawkes, Kyoshi 7th Degree Black Belt Instructor/Sensei

In memory of James H. Hawkes 10<sup>th</sup> Dan, Founder

3401 Candelaria NE, Suite B Albuquerque, NM 87107

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#### **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 10<sup>th</sup> 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. Kyoshi Hawkes is a 7<sup>th</sup> Degree Black Belt in Shorin Ryu and a 4<sup>th</sup> Degree Black Belt in Okinawa Kenpo Kobudo. She is president of the U.S. Association of Martial Artists, and is a board member of both the NM State Karate Alliance and the International Karate Kobudo Federation.



### **Faculty:**

*(Shorin Ryu)* Sue Hawkes, 7<sup>th</sup> Dan Rick Nathanson, 8<sup>th</sup> Dan Cassandra Shults, 7<sup>th</sup> Dan Carol Montoya, 7<sup>th</sup> Dan James Foghorn, 6<sup>th</sup> Dan Kerrie Rasmussen, 5<sup>th</sup> Dan Amanda Rombin, 5<sup>th</sup> Dan Will Rombin, 2<sup>nd</sup> Dan

*(TaeKwonDo)* Amanda Bolton - 3rd Dan

*(Okinawa Kenpo Kobudo)* Cassandra Shults, 6<sup>th</sup> Dan Sue Hawkes, 4<sup>th</sup> Dan Kerrie Rasmussen, 4<sup>th</sup> Dan Amanda Rombin, 4<sup>th</sup> Dan