

NATIONAL KARATE

MANAGER/HEAD INSTRUCTOR: MR. MATTHEW JARVI

MIGHT FOR RIGHT!

(952) 941-8722

INSTRUCTOR: MR. GEORGE POTTER

INSTRUCTOR: MS. KAIRSTIN TWIGHT

Children Ages 4-6

Effective 6/1/10

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:00		5:10			9:00
1 & 2 Gold Stripes	4:00		5:10			9:00
Green & Purple Stripes		4:30		5:10**		9:00
Blue Stripes & Higher		4:30		5:10**		9:00
				<i>Sparring**</i>		

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:00	5:40		4:30	9:30
Gold Belt		5:00	5:40		4:30	9:30
Green Stripe		5:00	5:40		4:30	9:30
Green Belt	5:10**		4:30	4:30		10:00
Purple Stripe	5:10**		4:30	4:30		10:00
Purple Belt	5:10**		4:30	4:30		10:00
Blue Stripe	5:10**	5:30		4:30		10:00
Blue Belt	5:10**	5:30		4:30		10:00
Red Stripe	5:10**	5:30		4:30		10:00
Red Belt	4:30**			5:40	5:00	10:40
Brown Stripe	4:30**			5:40	5:00	10:40
Brown Belt	4:30**			5:40	5:00	10:40
Blk Str/Dbk Blk	4:30**	6:10***		5:40	5:00	10:40
Black Belt	6:20**		7:40		6:20	10:40
Screening Prep Class***						<i>Sparring**</i>

Adult Day Classes 13 & Up

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		10:30		10:30		
Green & Up		11:00		11:00		

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory		4:30	5:40			9:30
White Belt	5:50		6:10		5:40	11:20*
Gold Belt	5:50		6:10		5:40	11:20*
Green Stripe	5:50		6:10		5:40	11:20*
Green Belt	6:20/7:10**	7:00		6:20		11:20*/12:10**
Purple Stripe	6:20/7:10**	7:00		6:20		11:20*/12:10**
Purple Belt	6:20/7:10**	7:00		6:20		11:20*/12:10**
Blue Stripe	6:20/7:10**	7:00		6:20		11:20*/12:10**
Blue Belt	6:20/7:10**	7:00		6:20		11:20*/12:10**
Red Stripe	6:20/7:10**	7:00		6:20		11:20*/12:10**
Red Belt	6:20/7:10**	6:10***		7:10		11:20*/12:10**
Brown Stripe	6:20/7:10**	6:10***		7:10		11:20*/12:10**
Brown Belt	6:20/7:10**	6:10***		7:10		11:20*/12:10**
Blk Str/Dbk Blk	6:20/7:10**	6:10***		7:10		11:20*/12:10**
Black Belt	6:20/7:10**		7:40		6:20	11:20*/12:10**
Kickboxing			6:50*			11:20*
					0:00	<i>Kickboxing* Sparring**</i>