

National Karate

Director/Head Instructor: Mr. Aaron Pallesen
 Instructor: Mr. Matt Kertzman
 Instructor: Ms. Stephanie Deloach
 Instructor: Mr. Lazaro Snyder
 Instructor: Mr. Clayton Forner

Might for Right!

1340 Crystal Lane
 Chaska, MN 55318
 952-448-7977
 www.nationalkarate.com
 Effective Nov 1st, 2010

Children's Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tot (3-5)		10:30		10:30		
White Belt (4-6)	4:00		4:30	5:30		9:00
1 & 2 Gold Stripes	4:00		4:30	5:30		9:00
Green Stripes & Higher	6:00		4:00 **	4:30		9:00
Red Stripes & Higher	6:00		4:00 **	4:30		9:00

Sparring**

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		4:30		6:00	5:30	9:30
Gold Belt		4:30		6:00	5:30	9:30
Green Stripe		4:30		6:00	5:30	9:30
Green Belt	4:30	5:00		5:00 **		10:00*
Purple Stripe	4:30	5:00		5:00 **		10:00*
Purple Belt	4:30	5:00		5:00 **		10:00*
Blue Stripe	4:30	5:40 +		5:00 **		10:00*
Blue Belt	4:30	5:40 +		5:00 **		10:00*
Red Stripe	4:30	5:40 +				10:00*
Red Belt	6:30		5:30**		4:30	11:00 **
Brown Stripe	6:30		5:30**		4:30	11:00 **
Brown Belt/Black Str	5:10		5:30**		4:30	11:00 **
Double Black Stripe	5:10		5:30**		4:30	11:00 **
Black Belt			7:00	6:30		
Kickboxing						10:30
Sword Sparring					5:00	

Bo Staff Class +

Sparring**

Sparring**

Sparring**

Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:00		11:00		11:30
Green & Up		11:30		11:30		12:00 **

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		6:50	6:00		6:00	11:30
Gold Belt		6:50	6:00		6:00	11:30
Green Stripe		6:50	6:00		6:00	11:30
Green Belt	7:20**		6:30	7:20	6:00	12:00 **
Purple Stripe	7:20**		6:30	7:20	6:00	12:00 **
Purple Belt	7:20**		6:30	7:20	6:00	12:00 **
Blue Stripe	7:20**		6:30	7:20	6:00	12:00 **
Blue Belt	7:20**		6:30	7:20	6:00	12:00 **
Red Stripe	7:20**		6:30	7:20	6:00	12:00 **
Red Belt/Brown Str	7:20**	6:10			6:00	12:00 **
Brown Belt	7:20**	6:10			6:00	12:00 **
Black Stripes	7:20**	6:10			6:00	12:00 **
Black Belt	7:20**		7:00	6:30		12:00 **
Kickboxing			7:40		6:40	

Sparring**

Kickboxing

Sparring**