

National Karate

952

Might for Right!

Director: Dan McDonough
 Instructors: Dave Stelton
 Chris Kickhafer

Cottage Grove

651-769-0088
 Effective: February 7, 2011

Little Masters (7 & Under)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belt		5:00		5:30		12:00
Gold Stripe(s)	5:30			5:00		11:30
Green Stp & Up	5:30			5:00		11:30
	Sparring 6:00 5-10 yrs.					

Youth Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belt		5:00		5:30		12:00
Gold Belt	5:00		6:15			10:15
Green Belt	5:00		6:15			10:15
Purple Belt	6:45		5:00			10:15
Blue Belt	6:45		5:00			10:15
Red Belt		5:30		6:00		10:45
Brown/Blk Stripes		5:30		6:00		10:45
Black		5:30		6:00		10:45
	Sparring 6:00 5-10 yrs.			Sparring 5:30 10-17 yrs.		

Evenings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (am)
No/White Belt	7:15		6:45			9:30
Gold Belt	7:15		6:45			9:30
Green Belt	7:15		6:45			9:30
Purple Belt	7:15		6:45			9:30
Blue Belt	7:15		6:45			9:30
Red Belt		6:15		6:45		9:30
Brown/Black Stps.		6:15		6:45		9:30
Black		6:15		7:30		9:30
		Adult Sparring 7:00				

For more information, go to www.nationalkarate.com