

-NATIONAL KARATE

DIRECTOR/HEAD INSTRUCTOR:
MR.DAVID KUNTZ

MIGHT FOR RIGHT!

CRYSTAL
763-533-6190

INSTRUCTOR: MS.DEE EVERETT

INSTRUCTOR: MS. JESICA ALSTRUP

Children Ages 4-6

Effective: October 1st, 2009

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory	6:00					9:15
White	4:10		5:40	5:00		8:45
Gold Stripe(s)	4:10		5:40	5:00		8:45
Green Stripe(s)	4:40*****		6:10		4:10	8:45
Purple Str & Up	4:40*****		6:10		4:10	8:45

*Sparring**

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory	6:00					9:15
White Belt		4:30		5:30	5:20	10:20
Gold Belt		4:30		5:30	5:50	10:20
Green Stripe		4:30		5:30	5:50	10:20
Green Belt		5:00*****	5:00	4:20		10:20
Purple Stripe		5:00*****	5:00	4:20		10:20
Purple Belt		5:00*****	5:00	4:20		10:20
Blue Stripe		5:30*****	5:00	4:20		10:20
Blue Belt		5:30*****	5:00	4:20		10:20
Red Stripe		5:30*****	5:00	4:20		10:20
Red Belt	5:10*****		4:20		4:40	11:00
Brown Stripe	5:10*****		4:20		4:40	11:00
Brown Belt	5:10*****		4:20		4:40	11:00
Blk Str/DbI Blk	5:10*****		7:10		4:40	11:20
Black Belt			7:50		7:00	

*Sparring**

*Sparring**

Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:00		11:00		9:40
Green & Up		11:00		11:00		9:40

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:15		6:40		6:30	9:15
Gold Belt	6:15		6:40		6:30	9:40
Green Stripe	6:15		6:40		6:30	9:40
Green Belt	6:45*****	5:40		6:50		9:40
Purple Stripe	6:45*****	5:40		6:50		9:40
Purple Belt	6:45*****	5:40		6:50		9:40
Blue Stripe	6:45*****	5:40		6:50		9:40
Blue Belt	6:45*****	5:40		6:50		9:40
Red Stripe	6:45*****	5:40		6:50		9:40
Red Belt	6:45 *****	6:20		6:00		9:40
Brown Stripe	6:45 *****	6:20		6:00		9:40
Brown Belt	6:45 *****	6:20		6:00		9:40
Blk Str/DbI Blk	6:45*****	6:20	7:10	6:00		9:40
Black Belt	7:35		7:50		7:00	