



National Karate

Might for Right!



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Effective September 1st
2011

Children Ages 4-6

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:00		5:30	5:00		10:00
Gold Stripe	4:00		5:30	5:00		10:00
Green Stripe & Up	4:30		6:00 *		4:30	10:00



Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:30		4:30	6:00	10:30
Gold Belt		5:30		4:30	6:00	10:30
Green Stripe		5:30		4:30	6:00	10:30
Green Belt		4:30	4:45 *	5:30		*11:00/11:40
Purple Stripe		4:30	4:45 *	5:30		*11:00/11:40
Purple Belt		4:30	4:45 *	5:30		*11:00/11:40
Blue Stripe		5:00	4:45 *	6:00		*11:00/11:40
Blue Belt		5:00	4:45 *	6:00		*11:00/11:40
Red Stripe		5:00	4:45 *	6:00		*11:00/11:40
Red Belt	5:30		4:00 *		5:00	*12:20:
Brown Stripe	5:30		4:00 *		5:00	*12:20
Brown Belt	6:00		4:00 *		5:30	*12:20
Blk Str/Dbl Blk	6:00		4:00 *		5:30	*12:20
Black			7:15	7:15	5:30	*12:20
TAL CLASS	5:00				4:00	12:20



DAY CLASSES

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ADULT		12:00		11:30		



ADULT CLASSES

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TAL CLASS	5:00				4:00	Teen/Adult
White Belt	6:30		6:30		6:30	1:00 *
Gold Belt	6:30		6:30		6:30	1:00 *
Green Stripe	6:30		6:30		6:30	1:00 *
Green Belt	7:00 *	6:00		8:00		1:00 *
Purple Stripe	7:00 *	6:00		8:00		1:00 *
Purple Belt	7:00 *	6:00		8:00		1:00 *
Blue Stripe	7:00 *	6:00		8:00		1:00 *
Blue Belt	7:00 *	6:00		8:00		1:00 *
Red Stripe	7:00 *	6:00		8:00		1:00 *
Red Belt	7:00 *	6:45		6:30		1:00 *
Brown Stripe	7:00 *	6:45		6:30		1:00 *
Brown Belt	7:00 *	6:45		6:30		1:00 *
Black Stripe	7:00 *	6:45		6:30		1:00 *
Black	7:00 *	7:30		7:15		1:00 *
Martial Fitness			7:15			9:15