

-NATIONAL KARATE

MANAGER: MS. DIANA MCHENRY

MIGHT FOR RIGHT!

PHONE:
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INSTRUCTOR MR. RYAN CHRISTENSON

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Children Ages 4-6

Effective 10-3-2011

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:00	5:00		5:15		10:15
1 & 2 Gold stripes	4:00	5:00		5:15		10:15
1 & 2 Green stripes	4:30		5:10*		5:40	10:15
Purple Stripe and Up	4:30		5:10*		5:40	10:15

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TAL	5:50			4:45		9:45
White Belt		4:30		5:45	4:30	10:45
Gold Belt		4:30		5:45	4:30	10:45
Green Stripe		4:30		5:45	4:30	10:45
Green Belt		5:30*	5:40	4:00		11:15*/12:00
Purple Stripe		5:30*	5:40	4:00		11:15*/12:00
Purple Belt		5:30*	5:40	4:00		11:15*/12:00
Blue Stripe		5:30*	5:40	4:00		11:15*/12:00
Blue Belt		5:30*	5:40	4:00		11:15*/12:00
Red Stripe		5:30*	5:40	4:00		11:15*/12:00
Red Belt	5:00		4:30		5:00*	11:15*/12:00
Brown Stripe	5:00		4:30		5:00*	11:15*/12:00
Brown Belt	5:00		4:30		5:00*	11:15*/12:00
Blk Str/Dbk Blk	5:00		4:30		5:00*	11:15*/12:00
Black Belt		6:10	7:00		5:00*	11:15*/12:00

Day Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White-Green stripe		11:30		11:30		9:00
Green & Up		12:00		12:00		9:00

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TAL	5:50			4:45		9:45
White Belt	6:20		7:50		6:20	9:00
Gold Belt	6:20		7:50		6:20	9:00
Green Stripe	6:20		7:50		6:20	9:00
Green Belt	7:00*		6:20	7:00		9:00
Purple Stripe	7:00*		6:20	7:00		9:00
Purple Belt	7:00*		6:20	7:00		9:00
Blue Stripe	7:00*		6:20	7:00		9:00
Blue Belt	7:00*		6:20	7:00		9:00
Red Stripe	7:30*		6:20	7:00		9:00
Red Belt	7:30*	7:30		6:15		9:00
Brown Stripe	7:30*	7:30		6:15		9:00
Brown Belt	7:30*	7:30		6:15		9:00
Blk Str/Dbk Blk	7:30*	7:30		6:15		9:00
Black Belt	7:30*	6:10	7:00			9:00
Kickboxing		6:50				9:00
Women's Sparring				7:40		