National Karate

Might for Right!

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Effective February 25th, 2011

Children Ages 4-6

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1	4:30	4:30		5:00		10:00
Level 2	4:30	4:30		5:00		10:00
Level 3	5:00	5:00	4:30			10:00
Level 4	5:00	5:00	4:30			10:00

Youth Ages 7-12

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

**Sparring* **Sparring*

Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:30		11:30		12:20
Green & Up		11:30		11:30		12:50

Adult Evening Classes

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

**Sparring* **Pad Strikes/Fitness*