

National Karate

long lake

Manager/Instructor: Mr. Joe Huber
 Instructor: Mr. Stephen Rufer

Effective
 6/1/09

Children Ages 4 - 6

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1		4:00		4:40		9:00
Level 2		4:30		5:10	5:10*	9:00

* SPARRING

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:30	5:00	5:20		4:00	9:30
through	4:30	5:00	5:20		4:00	9:30
Green Stripe Belt	4:30	5:00	5:20		4:00	9:30
Green through	5:00	5:30	4:00		4:30	10:30*
Red Stripe Belt	5:00	5:30	4:00		4:30	10:30*
Red Belt	5:40		4:40	4:00	5:40	10:30*
through	5:40		4:40	4:00	5:40	10:30*
DbI Blk Stripe	5:40		4:40	4:00	5:40	10:30*
Black Belt		6:50	7:00	6:50	5:40	10:30*

* SPARRING

Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:30		11:30		10:00
Green & Up		12:00		12:00		11:20/12:00*

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:20		6:30	5:40	6:20	10:00
Through	6:20		6:30	5:40	6:20	10:00
Green Stripe Belt	6:20		6:30	5:40	6:20	10:00
Green Belt	6:50	7:30	5:50	7:30		12:00*
Through	6:50	7:30	5:50	7:30		12:00*
Red Stripe Belt	6:50	7:30	5:50	7:30		12:00*
Red Belt	7:30	6:10	7:40	6:10		12:00*
Through	7:30	6:10	7:40	6:10		12:00*
DbI Blk Stripe	7:30	6:10	7:40	6:10		12:00*
Black Belt	7:30	6:50	7:00	6:50		12:00*
Kickboxing						11:20

* SPARRING

952/404-2820

Email: www.longlake@nationalkarate.com

Might for Right!