

NATIONAL KARATE

MIGHT FOR RIGHT!

Director:

Mr. Elias Lemon

Head Instructor: Mr. Justin Viner

Instructors: Mr. Tor Anderson & Ms. Sri Akurati

PLYMOUTH

763-551-5905

Children Ages 4-6

Effective: November 1st, 2010

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	4:00		5:20	5:00		8:45
Gold Stripe(s)	4:00		5:20	5:00		8:45
Green Stripe(s)	4:30		5:50		5:10*	8:45
Purple Str & Up	4:30		5:50		5:10*	8:45

Sparring*

Youth Ages 7-12

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

Sparring*

Sparring*

Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:00		11:00		11:50
Green & Up		11:30		11:30		10:25*

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:20		6:20		6:10	11:50
Gold Belt	6:20		6:20		6:10	11:50
Green Stripe	6:20		6:20		6:10	11:50
Green Belt	6:50*	6:40		6:50		10:25*
Purple Stripe	6:50*	6:40		6:50		10:25*
Purple Belt	6:50*	6:40		6:50		10:25*
Blue Stripe	6:50*	6:40		6:50		10:25*
Blue Belt	6:50*	6:40		6:50		10:25*
Red Stripe	6:50*	6:40		6:50		10:25*
Red Belt	7:20*	7:20		6:00		10:25*
Brown Stripe	7:20*	7:20		6:00		10:25*
Brown Belt	7:20*	7:20		6:00		10:25*
Blk Str/Dbk Blk	7:20*	7:20		6:00		10:25*
Black Belt	7:20*	6:00		7:40	6:40	10:25*
Kickboxing			6:50			8:00