



# National



# Karate

3526 55th St NW  
 Rochester, MN 55901  
 Northwest Plaza  
 Phone (507) 280- 6546

Director: Mr. Bruce Nelson  
 Instructors: Mr.Chad King,  
 Mr. Brendan Rasinski,  
 Mr. Robert Degen, & Mr.Tony Slonaker

**Schedule Effective: 2/01/11**

[www.nationalkarate.com](http://www.nationalkarate.com)

## CHILDREN 5 -7 YEARS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1		5:40		5:40		
Level 2		5:10			4:30	
Level 3			5:40			9:00

Level 1 - No, White

Level 2 - Gold Stripe, Double Gold, Single Green & Double Green

Level 3 - Purple Stripe & Above

Sparring for level 2 & 3 at 5:30 Friday

## YOUTH SCHEDULE 8 - 12 YEARS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners	5:00		6:10		5:00	9:30
Gold Belt	4:30		5:10		5:00	10:00
Green Stripe	4:30		5:10		5:30 **	10:00
Green Belt	4:30		5:10		5:30 **	10:00
Purple Stripe	5:30		4:30		5:30 **	10:30
Purple Belt	5:30		4:30		5:30 **	10:30
Blue Stripe	5:30		4:30		5:30 **	10:30
Blue Belt		6:10		4:30 *	5:30 **	11:00
Red Stripe		6:10		4:30 *	5:30 **	11:00
Red Belt		6:10		4:30	6:10 **	11:00
Brown Stripe		6:10		4:30	6:10 **	11:00
Brown Belt		4:30		5:00	6:10 **	11:40
Black Stripes		4:30 *		5:00	6:10 **	11:40
Black Belt		4:30 *		5:00	6:10 **	12:20

## ADULT DAY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners			11:30		11:30	See Below
Gold & Up			11:30		11:30	

## ADULT EVENING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners	7:00		7:30	7:00 ***		12:20
Gold Belt	7:00	7:40 **	6:40	7:00 ***		12:20
Green Stripe	7:00	7:40 **	6:40		6:50 ****	12:20
Green Belt	7:00	7:40 **	6:40		6:50 ****	12:20
Purple Stripe	7:00	7:40 **	6:40		6:50 ****	12:20
Purple Belt	7:00	7:40 **	6:40		6:50 ****	12:20
Blue Stripe	7:00	7:40 **	6:40		6:50 ****	12:20
Blue Belt	7:00	7:40 **	6:40 *		6:50 ****	12:20
Red Stripe	7:00	7:40 **	6:40		6:50 ****	12:20
Red Belt	7:00	7:40 **	6:40		6:50 ****	12:20
Brown Stripe	7:00	7:40 **	6:40		6:50 ****	12:20
Brown Belt	7:00	7:40 **	6:40		6:50 ****	12:20
Black Stripes	6:10 *	7:40 **		6:10 *	6:50 ****	12:20
Black Belt	6:10 *	7:40 **		6:10	6:50 ****	12:20
Kickboxing		6:50 ***		7:00 ***		

\* Weapons

\*\* Sparring

\*\*\* Kickboxing

\*\*\*\* Open Practice