

National Karate

MANGER : MR. RON TOBIN

ASSISTANT INSTRUCTOR: MS. MYLISSA STALEY

ASST. INSTRUCTOR: MR. BRENDON OBRIEN

Might for Right!

SHOREWOOD

23630 HIGHWAY 7

952-474-5656

SHOREWOOD@NATIONALKARATE.COM

Children Ages 4-6

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory						
Level 1	4:00	4:30		5:20		8:45
Level 2	4:00	4:30		5:20		8:45
Level 3	4:30				4:00	8:45
Level 4	4:30			4:20*	4:00	8:45
						Sparring*
Level 1 = White	Level 2 = Gold Stripes		Level 3 = Green / Purple Stripes		Level 4 = Blue Stripes and Higher	

Youth Ages 7-12

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

Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts		12:00		11:00		11:45
		12:30		11:00		11:45

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory						Kickboxing / Sparring
White Belt		6:20	6:20		5:50	11:45
Gold Belt		6:20	6:20		5:50	11:45
Green Stripe		6:20	6:20		5:50	11:45
Green Belt	7:30*	6:50		6:20	6:30	10:20*
Purple Stripe	7:30*	6:50		6:20	6:30	10:20*
Purple Belt	7:30*	6:50		6:20	6:30	10:20*
Blue Stripe	7:30*	6:50		6:20	6:30	10:20*
Blue Belt	7:30*	6:50		6:20	6:30	10:20*
Red Stripe	7:30*	6:50		6:20	6:30	10:20*
Red Belt	7:30*	6:50		6:20	6:30	10:20*
Brown Stripe	7:30*	6:50		6:20	6:30	10:20*
Brown Belt	7:30*	5:30		6:20	6:30	10:20*
Blk Str/DbI Blk	7:30*	5:30		6:20	6:30	10:20*
Black Belt	7:30*	7:30	6:50	7:00		10:20*
Kickboxing			6:20			11:45
						Sparring*