

SO. MPLS NATIONAL KARATE

DIRECTOR: MR. JEFF SIDNER
INSTRUCTOR: MR. RON TOBIN

MIGHT FOR RIGHT!

4608 Nicollet Ave. S.
 Minneapolis, MN 55409 612-
 822-4985
www.nationalkarate.com

Children Ages 4-6

Effective February 1st, 201

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory	5:00	5:00	4:00	4:00	4:30	10:00
White Belt	4:00	5:00		4:40		9:30
1 & 2 Gold Stripes	4:00		4:30	4:40		9:00
Green Stripes & Higher	4:30		5:00**		4:00	9:00

Sparring**

Childrens Exam 10:00

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory	5:00	5:00	4:00	4:00	4:30	10:00
White Belt		4:30		5:40	4:30	10:30
Gold Belt	5:20			5:40	5:00	10:30
Green Stripe	5:20			5:40	5:00	10:30
Green Belt		5:30**	5:30	5:10		11:00**
Purple Stripe		5:30**	5:30	5:10		11:00**
Purple Belt		5:30**	5:30	5:10		11:00**
Blue Stripe		6:00**	6:00	6:10		11:00**
Blue Belt		6:00**	6:00	6:10		11:00**
Red Stripe		6:00**	6:00	6:10		11:00**
Red Belt	5:50		6:30		5:40	11:40**
Brown Stripe	5:50		6:30		5:40	11:40**
Brown Belt	5:50		6:30		5:40	11:40**
Single/Double Black Stripes	5:50	6:30			5:40	11:40**
1st Degree Black Belt		7:20		7:20		11:40**
2nd Degree Black Belt		7:20	7:10	7:20		11:40**

Sparring**

Sparring**

Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:30		11:30		12:20
Green & Up		12:10		12:10		1:10**

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:40		8:00		6:20*	12:20
Gold Belt	6:40		8:00		6:20*	12:20
Green Stripe	6:40		8:00		6:20*	12:20
Green Belt	7:20			6:40	6:20*	1:10**
Purple Stripe	7:20			6:40	6:20*	1:10**
Purple Belt	7:20			6:40	6:20*	1:10**
Blue Stripe	7:20			6:40	6:20*	1:10**
Blue Belt	7:20			6:40	6:20*	1:10**
Red Stripe	7:20			6:40	6:20*	1:10**
Red Belt/Brown Str	8:10**	8:10		8:10	6:20*	1:10**
Brown Belt	8:10**	8:10		8:10	6:20*	1:10**
Single/Double Black Stripes	8:10**	6:30		8:10	6:20*	1:10**
1st Degree Black Belt	8:10**	7:20		7:20	6:20*	1:10**
2nd Degree Black Belt & Up	8:10**	7:20	7:10	7:20	6:20*	1:10**

Sparring**

Fitness Class*

Sparring**