

# Woodbury National Karate

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Director/Head Instr.: Ms. Paula Aburto  
Sr. Head Instructor: Mr. Jesse Zaragoza  
Asst Mgr/Instructor: Mr. Aaron McCauley  
Asst. Instr: Mr. Nathan Schussler  
Mr. Tom Schumacher  
Jr. Assts.: Mr. Joram Zaragoza &  
Mr. Roane Zaragoza

## Might for Right!

Newsblog: [www.woodburnationalkarate.wordpress.com](http://www.woodburnationalkarate.wordpress.com)

Find us on Facebook!

Hours: Tuesday & Thursday 10:30 am to 1:00 pm  
Monday - Thursday 4:00 pm.to 9:00 pm  
Friday 4:00 pm to 8:00 pm  
Saturday 9:00 am to 3:00 pm

Effective March 1st, 2012

### Children Ages 4-6

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Masters (3 yrs)						9:00 AM
White Belt	4:30 PM		4:30 PM	4:00 PM		9:30 AM
Sgl Gold Stripes	4:30 PM		4:30 PM		4:30 PM	9:30 AM
Dbl Gold Stripes	4:30 PM	4:00 PM			4:30 PM	10:20 AM
Sgl Green Stripes & Higher		4:00 PM		4:30 PM	5:00 PM **	10:20 AM
Children's Promotions						10:00 AM

\*\* Sparring

### Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:00 PM	4:30 PM			5:30 PM	10:50 AM
Gold & Green Stripe	5:00 PM	4:30 PM			5:30 PM	10:50 AM
Green & Purple Stripe	5:45 PM		5:00 PM	5:00 PM		11:30 AM **
Purple & Blue Stripe		5:00 PM	5:00 PM	5:00 PM		11:30 AM **
Blue & Red Stripe		5:00 PM	5:00 PM	5:45 PM <i>Bo</i>		11:30 AM **
Red & Brown Stripe		5:45 PM	5:45 PM		6:00 PM	12:15 PM **
Brown Belt		5:45 PM	5:45 PM	5:45 PM <i>Bo</i>	6:00 PM	12:15 PM **
Single/Double Black Stripes	6:30 PM		5:45 PM		6:00 PM	12:15 PM **
Black Belt			5:45 PM	6:30 PM	6:45 PM	12:15 PM **

\*\* Sparring

### Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:00 AM		11:00 AM		
Green & Up		12:00 PM		12:00 PM		see below

### Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PadStrikes - All Levels						1:00 PM
White Belt		6:30 PM	6:30 PM	8:00 PM		1:00 PM
Gold & Green Stripe		6:30 PM	6:30 PM	8:00 PM		1:00 PM
Green & Purple Stripe	7:20 PM	8:00 PM			6:45 PM	1:50 PM**
Purple & Blue Stripe	7:20 PM	8:00 PM			6:45 PM	1:50 PM**
Blue & Red Stripe		8:00 PM		7:20 PM <i>Bo</i>	6:45 PM	1:50 PM**
Red & Brown Stripe		7:10 PM	7:10 PM		6:45 PM	1:50 PM**
Brown Belt		7:10 PM	7:10 PM	7:20 PM <i>Bo</i>	6:45 PM	1:50 PM**
Single/Double Black Stripes	6:30 PM		7:10 PM		6:45 PM	1:50 PM**
Black Belt	8:00 PM		7:10 PM	6:30 PM	6:45 PM	1:50 PM**
Sparring			7:50 PM**		7:30 PM**	1:50 PM**

\*\* Sparring

Please bring your gear - including weapons - to all classes.

For sparring classes, please arrive at least 10 - 15 minutes early in order to get your gear on before class starts.

National Karate T-Shirts only allowed in Sparring and Pad Strikes- full uniform required in all other classes.

## Exam Day Saturday of the Month

See Announcement Board for Exam Schedule.