NATIONAL KARATE
BLOOMINGTON

Owner: Mr. Matthew Jarvi
Owner/Director: Mrs. Kairstin Jarvi

Instructors:
Mrs. Wendy Breuer
Mr. Chris Kickhafer
Ms. Lilia Ledesma
Mrs. Anna Smith-Ford

Assistant Instructors:
Mr. Carter Klein
Mr. Sullivan Scholtes

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Bloomington, MN 55437
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Effective 02.01.2026

Little Masters (4 - 6)

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:00 - 5:30	5:00 - 5:30			9:00 - 9:30
1 & 2 Gold Stripes						
Green & Blue Stripes						
Red Stripes & Higher						

Youth (7 - 12)

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:30 - 6:00		5:00 - 5:30	5:30 - 6:00	9:30 - 10:00
Gold Belt						
Green Stripe						
Green Belt	5:00 - 5:40**	6:00 - 6:30	5:30 - 6:00	5:30 - 6:00		10:30 - 11:10**
Purple Stripe						
Purple Belt						
Blue Stripe						
Blue Belt					5:00 - 5:30	
Red Stripe						
Red Belt	5:40 - 6:20**		6:00 - 6:40	6:00 - 6:40	6:00 - 6:40	11:10 - 11:50**
Brown Stripe						
Brown Belt						
Blk Str/Dbl Blk						
1st & 2nd Degree	7:10 - 8:00**	7:30 - 8:30		7:30 - 8:30	7:40 - 8:30	11:50 - 12:30
3rd Degree and Up			7:40 - 8:30			

Sparring**

Sparring**

Teen & Adult (13+)

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		6:30 - 7:00	6:40 - 7:10		6:40 - 7:10	10:00 - 10:30
Gold Belt						
Green Stripe						
Green Belt	7:10 - 8:00**					11:50 - 12:30**
Purple Stripe						
Purple Belt						
Blue Stripe						
Blue Belt						
Red Stripe						
Red Belt		7:00 - 7:30	7:10 - 7:40		7:10 - 7:40	
Brown Stripe						
Brown Belt						
Blk Str/Dbl Blk						
1st & 2nd Degree		7:30 - 8:30		7:30 - 8:30	7:40 - 8:30	
3rd Degree and Up			7:40 - 8:30			
Kickboxing	6:20 - 7:10*			6:40 - 7:30*		

Kickboxing*
Sparring**

Kickboxing*

Sparring**

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Bloomington National Karate
Academy of Marial Arts