National Karate

Might for Right!

Head Instructor:
Mr. David Kuntz

CoSprings
719-465-2383

Children Ages 4-6

Effective: June 2015

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
intros						
White		5:40		4:30	5:40	9:00
Gold Stripe(s)		5:40		4:30	5:40	9:00
Green Stripe(s)	5:00****		5:40		5:10	9:00
Purple Str & Up	5:00****		5:40		5:10	9:00

Sparring*

Youth Ages 7-12

Sparring*/pad strikes+

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		4:30	5:10		6:10	11:10
Gold Belt		4:30	5:10		6:10	11:10
Green Stripe		4:30	5:10		6:10	11:10
Green Belt	5:30****		4:30	5:00		10:30
Purple Stripe	5:30****		4:30	5:00		10:30
Purple Belt	5:30****		4:30	5:00		10:30
Blue Stripe	5:30****		4:30	5:00		10:30
Blue Belt	5:30****		4:30	5:00		10:30
Red Stripe	5:30****		4:30	5:00		10:30
Red Belt	5:30****	5:00		5:40	4:30	10:30
Brown Stripe	5:30****	5:00		5:40	4:30	10:30
Brown Belt	5:30****	5:00		5:40	4:30	10:30
Blk Str/Dbl Blk	5:30****	5:00		5:40	4:30	10:30
kick box						10:30

Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold						
Green & Up						

Adult Evening Classes

Sparring*

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:10		6:10		6:40	9:40****
Gold Belt	6:10		6:10		6:40	9:40*****
Green Stripe	6:10		6:10		6:40	9:40:****
Green Belt	6:50*****	6:20		6:30		9:40*****
Purple Stripe	6:50*****	6:20		6:30		9:40*****
Purple Belt	6:50*****	6:20		6:30		9:40*****
Blue Stripe	6:50*****	6:20		6:30		9:40*****
Blue Belt	6:50*****	6:20		6:30		9:40*****
Red Stripe	6:50*****	6:20		6:30		9:40*****
Red Belt	6:50*****		6:40	7:10		9:40*****
Brown Stripe	6:50*****		6:40	7:10		9:40*****
Brown Belt	6:50*****		6:40	7:10		9:40*****
Blk Str/Dbl Blk	6:50*****		6:40	7:10		9:40*****
Black Belt	6:50*****		7:20	7:10		9:40*****
Karate Body		7:30		7:45		Pad striking/sparring
	intro-	intro-	intro-	intro-	intro-	intro-