

National Karate

912

Might for Right!

Co-Directors: Dan McDonough & Dave Stelton
 Instructors: Chris Kickhafer
 Sam Forthun

Cottage Grove

Assistant Instructors:
 Mike Porter
 Barry Maxwell
 Chris Meyer

651-769-0088
 Updated January 2019

Little Masters (7 & Under)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belt		5:15		5:45		12:15
Gold Stripe(s)		5:45		5:15		11:45
Green Stp & Up		5:45		5:15		11:45
		Sparring 6:15				

Youth Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:15		5:45		12:15
Gold Belt	5:45		5:15			10:30
Green Belt	5:45		5:15			10:30
Purple Belt	5:15		5:45			10:30
Blue Belt	5:15		5:45			10:30
Red Belt	6:15		6:15			11:00
Brown Belt	6:15		6:15			11:00
1st Deg. Black Belt		7:45		7:00		9:45
Adv. Black Belt		7:45		6:15		9:45
		Youth Sparring 6:15				

Adult Schedule

Evenings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (am)
No/White Belt	7:00		7:45			9:00
Gold Belt	7:00		7:45			9:00
Green Belt	7:00		7:45			9:00
Purple Belt	7:00		7:45			9:00
Blue Belt	7:45		7:00			9:00
Red Belt	7:45		7:00			9:00
Brown Belt	7:45		7:00			9:00
1st Deg. Black Belt		7:45		7:00		9:45
Adv. Black Belt		7:45		6:15		9:45
		Adult Sparring 7:00				

For more information, go to www.nationalkarate.com