National Karate

Might for Right!

Director/Head Instructor:
Ms. Dee Everett
Instructor: Mr. Mark Kohls
Instructor: Mrs: Kristan Kohls
Instructor:Ms. Zoe Hyslop
Instructor: Mr. Rylee Vierzba

Crystal 763-533-6190

Children Ages 4-6

Effective: Sept 1 2026

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White		5:00p		5:00p		
Gold Stripe(s)		5:00p		5:00p		
Green Stripe(s)	5:00p	5:00p		5:00p		11:00a*
Purple Str & Up	5:00p	5:00p		5:00p		11:00a*

Youth Ages 7-12

*sparring drills**/sparring**

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:30p		5:30p		10:30a**
Gold Belt		5:30p		5:30p		10:30a**
Green Stripe		5:30p		5:30p		10:30a**
Green Belt	5:00p	6:15p		6:15p		11:00a*
Purple Stripe	5:00p	6:15p		6:15p		11:00a*
Purple Belt	5:00p	6:15p		6:15p		11:00a*
Blue Stripe	5:00p	6:15p		6:15p		11:00a*
Blue Belt	5:00p	6:15p		6:15p		11:00a*
Red Stripe	6:00p	6:15p		6:15p		12:00p*
Red Belt	6:00p	7:00p	5:00p			12:00p*
Brown Stripe	6:00p	7:00p	5:00p			12:00p*
Brown Belt	6:00p	7:00p	6:00p			12:00p*
Blk Str/Dbl Blk	6:00p	7:00p	6:00p			12:00p*
Black Belt	6:00p		7:00p	7:00p		12:00p*

ADULTS 13+

sparring drills**/sparring *

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:30p		5:30p		10:30a**
Gold Belt		5:30p		5:30p		10:30a**
Green Stripe		5:30p		5:30p		10:30a**
Green Belt	7:00p	6:15p		6:15p		9:30a*
Purple Stripe	7:00p	6:15p		6:15p		9:30a*
Purple Belt	7:00p	6:15p		6:15p		9:30a*
Blue Stripe	7:00p	6:15p		6:15p		9:30a*
Blue Belt	7:00p	6:15p		6:15p		9:30a*
Red Stripe	7:00p	6:15p		6:15p		9:30a*
Red Belt	7:00p	7:00p	5:00p			9:30a*
Brown Stripe	7:00p	7:00p	5:00p			9:30a*
Brown Belt	7:00p	7:00p	6:00p			9:30a*
Blk Str/Dbl Blk	7:00p	7:00p	6:00p			9:30a*
Black Belt	7:00p		7:00p	7:00p		9:30a*
INTRO			5:30p	5:30p		