



# National ★ Karate

2711 Commerce Dr. NW  
 Rochester, MN 55901  
 Phone (507) 280- 6546

Director: Mr. Bruce Nelson  
 Instructors: Ms. T. Brantner,  
 Mr. H. Emmanuelli, Ms. A. Hall,  
 Ms. A. Hyder, Mr. C. King, & Ms. N. Wood

[www.nationalkarate.com](http://www.nationalkarate.com)

[www.facebook.com/nkrochester](http://www.facebook.com/nkrochester)

Effective: 8/01/2019

## CHILDREN (5 - 7 YEARS)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1		5:40		5:40		
Level 2		5:10			4:30	
Level 3			5:40			9:00

Level 1 - No Belt, White Belt

Level 2 - Gold Stripe, Double Gold, Single Green & Double Green

Sparring for level 2 & 3 at 5:30 Friday

Level 3 - Purple Stripe & Above

## YOUTH SCHEDULE (8 - 12 YEARS) \* Weapons \*\* Sparring

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts	5:00		6:10		5:00	9:30
Gold Belt	4:30		5:10		5:00	9:30
Green Stripe	4:30		5:10		5:30 **	9:30
Green Belt	4:30		5:10		5:30 **	9:30
Purple Stripe	5:30		4:30		5:30 **	10:00
Purple Belt	5:30		4:30		5:30 **	10:00
Blue Stripe	5:30		4:30		6:00 **	10:00
Blue Belt		6:10		4:30 *	6:00 **	10:40
Red Stripe		6:10		4:30 *	6:00 **	10:40
Red Belt		6:10		4:30	6:00 **	10:40
Brown Stripe		6:10		4:30	6:00 **	10:40
Brown Belt		4:30		5:00	6:30 **	11:20
Black Stripes		4:30 *		5:00	6:30 **	11:20
Black Belt		4:30 *		5:00	6:30 **	11:20

## ADULT DAY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts			11:30		11:30	11:20
Gold & Up			11:30		11:30	11:20

## ADULT EVENING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts	7:00		6:40	7:00		
Gold Belt	7:00	7:30 **	6:40	7:00		
Green Stripe	7:00	7:30 **	6:40	7:00		
Green Belt	7:00	7:30 **	6:40	7:00		
Purple Stripe	7:00	7:30 **	6:40	7:00		
Purple Belt	7:00	7:30 **	6:40	7:00		
Blue Stripe	7:00	7:30 **	6:40	7:00		
Blue Belt	7:00	7:30 **	6:40 *	7:00		
Red Stripe	7:00	7:30 **	6:40	7:00		
Red Belt	7:00	7:30 **	6:40	7:00		
Brown Stripe	7:00	7:30 **	6:40	7:00		
Brown Belt	7:00	7:30 **	6:40	7:00		
Black Stripes	6:10 *	7:30 **		6:10 *		
Black Belt	6:10 *	7:30 **		6:10		