

# National Karate

**DIRECTOR : MR. RON TOBIN**  
**INSTRUCTOR: MR. GEORGE KENNEY**  
**ASST. INSTRUCTOR: MS. FLUSEMANN,**  
**MR. BARBER, MS. LACY, MS. BENNING**

## Might for Right!

**SHOREWOOD**  
**23630 HIGHWAY 7**  
**952-474-5656**

**SHOREWOOD@NATIONALKARATE.COM**  
 Effective: 1/5/18

### Children Ages 4-6

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory						
Level 1	4:30	5:00	5:00			8:45
Level 2	4:30	5:00	5:00			8:45
Level 3			5:00	4:00*	4:30	8:45
Level 4			5:00	4:00*	4:30	8:45 / 10:20*
						<b>Sparring*</b>
Level 1 = White	Level 2 = Gold Stripes	Level 3 = Green / Purple Stripes	Level 4 = Blue Stripes and Higher			

### Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		4:30		6:00	5:00	9:15
Gold Belt		4:30		6:00	5:00	9:15
Green Stripe		4:30		6:00	5:00	9:15
Green Belt		5:30	5:30	5:20*		9:45*
Purple Stripe		5:30	5:30	5:20*		9:45*
Purple Belt		5:30	5:30	5:20*		9:45*
Blue Stripe	5:40		5:30	5:20*		9:45*
Blue Belt	5:40		5:30	5:20*		11:00*
Red Stripe	5:40		5:30	5:20*		11:00*
Red Belt	5:00			4:40*	5:40	11:00*
Brown Stripe	5:00			4:40*	5:40	11:00*
Brown Belt		6:20**		4:40*	5:40	11:00*
Blk Str/DbI Blk		6:20**		4:40*	5:40	11:00*
Black Belt	6:20		6:50	7:20*		11:00*
2nd Deg & Up	7:00	7:00		7:20*		<b>Screening**</b>

### Adult/Youth Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday
Adults		12:00		12:00	

### Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory						<b>Kickboxing / Sparring</b>
White Belt		7:40	6:00		6:20	11:45
Gold Belt		7:40	6:00		6:20	11:45
Green Stripe		7:40	6:00		6:20	11:45
Green Belt		7:40	7:40	6:50	6:20	11:45
Purple Stripe		7:40	7:40	6:50	6:20	11:45
Purple Belt		7:40	7:40	6:50	6:20	11:45
Blue Stripe		7:40	7:40	6:50	6:20	11:45
Blue Belt		7:40	7:40	6:50	6:20	11:45
Red Stripe		7:40	7:40	6:50	6:20	11:45
Red Belt		7:40	7:40	6:50	6:20	11:45
Brown Stripe		7:40	7:40	6:50	6:20	11:45
Brown Belt		6:20**	7:40	6:50	6:20	11:45
Blk Str/DbI Blk		6:20**	7:40	6:50	6:20	11:45
Black Belt	6:20		6:50	7:20*		11:45
2nd Deg & Up	7:00	7:00		7:20*		11:45
Kickboxing			6:00			<b>Sparring*</b>