



# South Minneapolis National Karate

## Might For Right!!!



Jeff Sidner - 6th Degree Black Belt  
Owner/Head Instructor:

Mr.

Instructors:  
Mr. Ethan Hyslop - 2nd Degree Black Belt  
Owen Johnson - 2nd Degree Black Belt  
Deasy - 4th Degree Black Belt  
Lemon - 3rd Degree Black Belt

Mr.  
Ms. Kelly  
Ms. Emily

Office Manager:  
Ms. MaryAnne Kaveckis

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www.nationalkarate.com

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:00	4:30		4:30		10:20
1 & 2 Gold Stripes	5:00		4:30	4:30		9:30
Green Stripes & Higher	4:30**		5:00		4:30	9:30

Sparring\*\*

children's exam 10:00

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:30			5:00	5:00	10:50
Gold Belt	5:30	5:00			5:30	10:50
Green Stripe	5:30	5:00			5:30	10:50
Green Belt		5:30**	5:30	5:30		11:20**
Purple Stripe		5:30**	5:30	5:30		11:20**
Purple Belt		5:30**	5:30	6:00		11:20**
Blue Stripe		5:30**	5:30	6:00		11:20**
Blue Belt	6:00	5:30**		6:00		11:20**
Red Stripe	6:00	5:30**		6:00		11:20**
Red Belt		6:10	6:00**		6:00	12:00**
Brown Stripe		6:10	6:00**		6:00	12:00**
Brown Belt		6:10	6:00**		6:00	12:00**
Single/Double Black Stripes		6:50	6:00**		6:00	12:00**
Black Belt	7:20			7:20		12:00**

Sparring\*\*

Sparring\*\*

Sparring\*\*

Curriculum Rotation: Week 1 - White self-defense    Week 2 - Pretest    Week 3 - Red basics    Week 4 - Blue form    Week 5 - TBD

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:30	11:30 am (all levels) - Eden Prairie NK	11:30	11:30 am (all levels) - Eden Prairie NK	12:40
Green & Up		12:10		12:10**		1:20**

Sparring\*\*

Sparring\*\*

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:30		6:40		6:40	12:40
Gold Belt	6:30		6:40		6:40	12:40
Green Stripe	6:30		6:40		6:40	12:40
Green Belt	6:30		7:30**		6:40	1:20**
Purple Stripe	6:30		7:30**		6:40	1:20**
Purple Belt	6:30		7:30**		6:40	1:20**
Blue Stripe	6:30		7:30**		6:40	1:20**
Blue Belt	6:30		7:30**		6:40	1:20**
Red Stripe	6:30		7:30**		6:40	1:20**
Red Belt/Brown Str	8:10		7:30**	8:10		1:20**
Brown Belt	8:10		7:30**	8:10		1:20**
Single/Double Black Stripes	8:10		7:30**	8:10		1:20**
Black Belt	7:20	6:50	7:30**	8:10		1:20**
Kickboxing				7:20		8:30

Sparring\*\*

Sparring\*\*

NK School Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hopkins NK	8:00 pm*		6:10 pm			9:00 am
W. Bloomington NK		6:00 pm		7:50 pm		11:50 am*
Eden Prairie NK	6:30 pm		8:00 pm*			
Edina NK	7:45 pm					1:00 pm
S. Mpls NK		7:40 pm		6:30 pm		8:30 am*

Kickboxing\*

Kickboxing\*

Kickboxing\*

### Krav Maga and Kickboxing Classes (Ages 17 and Up)