South Minneapolis National Karate

MIGHT FOR RIGHT!!!

Owner, Director & Head Instructor:
Ms. Emily Lemon - 4th Degree Black Belt

Instructors:
Ms. Evelyn McChesney - 4th Degree Black Belt
Ms. Juliana Welter - 3rd Degree Black Belt
Mr. Dominic Johnson - 2nd Degree Black Belt

4608 Nicollet Ave. S.
Minneapolis, MN 55409
612-822-4985
southmpls@nationalkarate.com

Children Ages 4-6

*Effective April 1, 2026

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

ZOOM Classes: Meeting ID: 437 458 0561 Password: sMPLSNK

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:30 - 6:00		5:00 - 5:30	5:30 - 6:00	10:30 - 11:00
Gold Belt	5:30 - 6:00		5:00 - 5:30		5:30 - 6:00	10:30 - 11:00
Green Stripe	5:30 - 6:00		5:00 - 5:30		5:30 - 6:00	10:30 - 11:00
Green Belt		5:00 - 5:30	5:30 - 6:00	5:30 - 6:00		11:00 - 11:30**
Purple Stripe		5:00 - 5:30	5:30 - 6:00	5:30 - 6:00		11:00 - 11:30**
Purple Belt		5:00 - 5:30	5:30 - 6:00	5:30 - 6:00		11:00 - 11:30**
Blue Stripe	6:00 - 6:30	6:00 - 6:30		6:00 - 6:30		11:00 - 11:30**
Blue Belt	6:00 - 6:30	6:00 - 6:30		6:00 - 6:30		11:00 - 11:30**
Red Stripe	6:00 - 6:30	6:00 - 6:30		6:00 - 6:30		11:00 - 11:30**
Red Belt		6:30 - 7:20	6:00 - 6:40		6:00 - 6:40	11:30 - 12:10**
Brown Stripe		6:30 - 7:20	6:00 - 6:40		6:00 - 6:40	11:30 - 12:10**
Brown Belt		6:30 - 7:20	6:00 - 6:40		6:00 - 6:40	11:30 - 12:10**
Single/Double Black Stripes		7:20 - 8:10*	6:00 - 6:40		6:00 - 6:40	11:30 - 12:10**
1st Degree Black Belt	7:20 - 8:10	7:20 - 8:10		7:20 - 8:10		11:30 - 12:10**
2nd Degree Black Belt & Above	7:20 - 8:10		7:20 - 8:10	7:20 - 8:10		11:30 - 12:10**
		Screening Prep Invite Only*	*Sparring**			*Sparring**

ZOOM Classes: Meeting ID: 437 458 0561 Password: sMPLSNK

Adult Classes (Ages 13 & Up)

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:30 - 7:20		6:40 - 7:20	6:30 - 7:20		12:10 - 1:00
Gold Belt	6:30 - 7:20		6:40 - 7:20	6:30 - 7:20		12:10 - 1:00
Green Stripe	6:30 - 7:20		6:40 - 7:20	6:30 - 7:20		12:10 - 1:00
Green Belt	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Purple Stripe	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Purple Belt	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Blue Stripe	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Blue Belt	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Red Stripe	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Red Belt/Brown Str	6:30 - 7:20	6:30 - 7:20	8:10 - 9:00**	6:30 - 7:20	6:00 - 6:40	1:00 - 1:50**
Brown Belt	6:30 - 7:20	6:30 - 7:20	8:10 - 9:00**	6:30 - 7:20	6:00 - 6:40	1:00 - 1:50**
Single/Double Black Stripes	6:30 - 7:20	7:20 - 8:10*	8:10 - 9:00**	6:30 - 7:20	6:00 - 6:40	1:00 - 1:50**
1st Degree Black Belts	7:20 - 8:10	7:20 - 8:10	8:10 - 9:00**	7:20 - 8:10		1:00 - 1:50**
2nd Degree & Above Black Belts	7:20 - 8:10		7:20 - 8:10 & 8:10 - 9:00**	7:20 - 8:10		1:00 - 1:50**