

Woodbury National Karate



Director/Mstr. Instr: Ms. Paula Aburto
Master Instructor: Mr. Jesse Zaragoza

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Manager/Head Instructor:
Mr. Roane Zaragoza
Lead Instructor: Mr. Joram Zaragoza
Instructor: Ms. Nicole Kellen

Eff: Tuesday, September 3rd, 2024

Asst Instructors: Mr. Mark Collins,
Mr. Ryker Pace, Ms. Surraane Fufa

Children Ages 4 - 7 (Little Masters)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White to Dbl Gold Stripe	4:30—5:00 PM		4:30—5:00 PM	4:30—5:00 PM		9:30 to 10:00 AM
Sgl Green to Dbl Blue Stripe	4:30—5:00 PM	4:30—5:00 PM			4:30—5:00 PM*	9:30 to 10:00 AM
Sgl Red and Higher		4:30—5:00 PM		5:00—5:45 PM *Y	4:30—5:00 PM*	10:00—10:45 AM*Y
Children's Promotions						9:10—9:30 AM

*Sparring

Youth Ages 8—12 (Beginning & Intermediate Belts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White Belts (Beginners)	5:00—5:45 PM		5:00—5:45 PM	5:00—5:45 PM		10:00—10:45 AM
Gold & Green Stripe (Beginners)	5:00—5:45 PM		5:00—5:45 PM	5:00—5:45 PM		10:00—10:45 AM
Green & Purple Stripe	5:45—6:30 PM*	5:00—5:45 PM		5:45—6:30 PM	5:00—5:45 PM*	10:45—11:30 AM
Purple & Blue Stripe	5:45—6:30 PM*	5:00—5:45 PM		5:45—6:30 PM	5:00—5:45 PM*	10:45—11:30 AM
Blue & Red Stripe	5:45—6:30 PM*	5:45—6:30 PM*		5:45—6:30 PM	5:00—5:45 PM*	10:45—11:30 AM
YOUTH DEFENSE & PADSTRIKES			5:45—6:30 PM			

*Sparring

*Beg. BO

*Sparring

Teen and Adult 13 & UP (Beginning & Intermediate Belts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White, Gold & Green Stripe (Beginners)			6:30—7:20 PM	6:30—7:20 PM		11:30—12:20 PM
Green & Purple Stripe	6:30—7:20 PM*		6:30—7:20 PM	6:30—7:20 PM		11:30—12:20 PM
Purple & Blue Stripe	6:30—7:20 PM*		6:30—7:20 PM	6:30—7:20 PM		11:30—12:20 PM
Blue & Red Stripe	6:30—7:20 PM*	5:45—6:30 PM		6:30—7:20 PM		11:30—12:20 PM
Teen/Adult SPARRING Green & Up	6:30—7:20 PM*					1:20 —2:20 PM

*Sparring

*Beg. BO

*Sparring

Advanced Belt Levels (All Ages)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Red & Brown Stripe	6:30—7:20 PM*	6:30 —7:20 PM		7:20—8:00 PM	5:45 PM Form	1:20 —2:20 PM
Brown Belt	6:30—7:20 PM*	6:30 —7:20 PM		7:20—8:00 PM	6:30 PM BO	1:20 —2:20 PM
Single Black Stripes	6:30—7:20 PM*	7:20—8:45PM		7:20—8:00 PM	7:15 PM Form	1:20 —2:20 PM
Double Black Stripes	6:30—7:20 PM*	7:20—8:45PM		7:20—8:00 PM	All Adv. Forms	1:20 —2:20 PM
Teen/Adult ALL levels & Youth RED and UP — PADSTRIKES						12:20 —1:10 PM

*Sparring

BLACK BELTS & KRAV MAGA

*Sparring

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st Deg Black Belts	7:20—8:10 PM		7:20—8:15 PM	8:00—9:00 PM		12:20 —1:10 PM
2nd Deg Black Belts & Up	8:10—9:00 PM		7:20—8:15 PM	8:00—9:00 PM		12:20 —1:10 PM
Teen/Adult SPARRING Green & Up	6:30—7:20 PM*					1:20 —2:20 PM*
KM -ADV SELF DEFENSE Brown & UP			8:15—9:00 PM			12:20 —1:10 PM