



National Karate

Might for Right!



Senior Director: Mr. William Hill

Instructors: Ms. Delaney Brown, Ms. Kristina O'Reskie

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Children Ages 4-6

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:30		6:00	5:00	4:30	10:00
Gold Stripe	4:30		6:00	5:00	4:30	10:00
Green Stripe & Up	4:30		6:00	5:00	4:30	10:00



Youth Ages 7-12

Sparring*/Screening

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:00		4:30	6:00	10:30
Gold Belt		5:00		4:30	6:00	10:30
Green Stripe		5:00		4:30	6:00	10:30
Green Belt	5:30	4:30	5:15*			11:00*/11:40
Purple Stripe	5:30	4:30	5:15*			11:00*/11:40
Purple Belt	5:30	4:30	5:15*			11:00*/11:40
Blue Stripe	5:30	5:30	5:15*	6:00		11:00*/11:40
Blue Belt	5:30	5:30	5:15*	6:00		11:00*/11:40
Red Stripe	5:30	5:30	5:15*	6:00		11:00*/11:40
Red Belt	6:00		4:30*	5:30	5:00	12:20*/11:40
Brown Stripe	6:00		4:30*	5:30	5:00	12:20*/11:40
Brown Belt	6:00		4:30*	5:30	5:00	12:20*/11:40
Blk Str/Dbk Blk	6:00		4:30*	5:30	5:00	12:20*/11:40
Black	6:00	6:30		7:15	5:00	12:20*/11:40
TAL CLASS	5:00				5:30	



DAY CLASSES

Sparring*

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White - Green Str		11:30 - S. Mpls NK	11:30	11:30 - S. Mpls NK	11:30	
Green Belts & Up		12:10 - S. Mpls NK	11:30	12:10 - S. Mpls NK	11:30	



ADULT CLASSES

Sparring*/Screening

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TAL CLASS	5:00				6:00	Teen/Adult
White Belt	6:30	6:00	6:30		6:30	9:15
Gold Belt	6:30	6:00	6:30		6:30	8:15/9:15 AM
Green Stripe	6:30	6:00	6:30		6:30	8:15/9:15 AM
Green Belt	6:30	7:15*	6:30	6:30	7:00	8:15/9:15 AM
Purple Stripe	6:30	7:15*	6:30	6:30	7:00	8:15/9:15 AM
Purple Belt	6:30	7:15*	6:30	6:30	7:00	8:15/9:15 AM
Blue Stripe	6:30	7:15*	6:30	6:30	7:00	8:15/9:15 AM
Blue Belt	6:30	7:15*	6:30	6:30	7:00	8:15/9:15 AM
Red Stripe	6:30	7:15*	6:30	6:30	7:00	8:15/9:15 AM
Red Belt	6:30	7:15*	7:00	6:30	7:00	8:15/9:15 AM
Brown Stripe	6:30	7:15*	7:00	6:30	7:00	8:15/9:15 AM
Brown Belt	6:30	7:15*	7:00	6:30	7:00	8:15/9:15 AM
Black Stripe	6:30	7:15*	7:00	6:30	7:00	8:15/9:15 AM
Black	6:30	6:30	7:00	7:15	7:00	8:15/9:15 AM



Krav Maga Classes

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	8:00 pm*	7:50 pm		11:50 am*
Eden Prairie NK	6:30 pm					9:15
Edina NK	7:45 pm					1:00 pm
South Mpls NK		7:30 pm		6:40 pm		8:30 am*

Kickboxing*

Kickboxing*

EFFECTIVE 1/2/2019

Kickboxing*