

National Karate

DIRECTOR : MS. FLUSEMANN
INSTRUCTORS: MS. WOLFE ,
MS.FRANCIS, MS. MYERS

Might for Right!

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Children Ages 4-6

SHOREWOOD

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday
Introductory					
Level 1	5:00		5:00		
Level 2	5:00		5:00		
Level 3	5:00		5:00		
Level 4	5:00		5:00		

Level 1 = White Level 2 = Gold Stripes Level 3 = Green / Purple Stripes Level 4 = Blue Stripes

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday
White Belt		5:00		6:00	5:00
Gold Belt		5:00		6:00	5:00
Green Stripe		5:00		6:00	5:00
Green Belt		5:30	5:30	5:00	
Purple Stripe		5:30	5:30	5:00	
Purple Belt		5:30	5:30	5:00	
Blue Stripe	6:10		5:30	5:00	
Blue Belt	6:10		5:30	5:00	
Red Stripe	6:10		5:30	5:00	
Red Belt	5:30			5:00	5:40
Brown Stripe	5:30			5:00	5:40
Brown Belt		6:20**		5:00	5:40
Blk Str/Dbk Blk		6:20**		5:00	5:40
Black Belt	6:50		6:50	7:10*	
2nd Deg & Up	7:30	7:00		7:10*	

Adult/Youth Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday
Adults					

Adult Evening Classes

Sparring*

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday
Introductory					
White Belt		7:40	6:00		6:20
Gold Belt		7:40	6:00		6:20
Green Stripe		7:40	6:00		6:20
Green Belt		7:40	7:40	6:40	6:20
Purple Stripe		7:40	7:40	6:40	6:20
Purple Belt		7:40	7:40	6:40	6:20
Blue Stripe		7:40	7:40	6:40	6:20
Blue Belt		7:40	7:40	6:40	6:20
Red Stripe		7:40	7:40	6:40	6:20
Red Belt		7:40	7:40	6:40	6:20
Brown Stripe		7:40	7:40	6:40	6:20
Brown Belt		6:20**	7:40	6:40	6:20
Blk Str/Dbk Blk		6:20**	7:40	6:40	6:20
Black Belt	6:50		6:50	7:10*	
2nd Deg & Up	7:30	7:00		7:10*	
Kickboxing			6:00		

