

National Karate

952

Might for Right!

Co-Directors: Dan McDonough
 Dave Stelton
 Instructors: Sam Forthun
 Joel Forthun
 Assistant Instructors: Vincent Sherman
 Sophia LeVesque
 Dawn LeVesque

Gary Hui
 Mark Balandin
 Mel Williams

Cottage Grove

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 Updated July 2020

Little Masters (7 & Under)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belt				5:35		12:40
Gold Stripe		5:35		6:10		12:05
Green Stripe & Up		6:10		5:00		12:05

Youth Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:35		5:00			9:45
Gold Belt	5:35		5:00			9:45
Gold w/Green Stp	6:10		5:35			10:20
Green Belt	6:10		5:35			10:20
Purple Belt	5:00		6:10			10:55
Blue Belt	5:00		6:10			10:55
Red Belt	6:45		6:45			11:30
Brown Belt	6:45		6:45			11:30
Black Belt		6:45		7:20		

Adult Schedule

Evenings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (am)
No/White Belt	7:20		7:55			8:00
Gold Belt	7:20		7:55			8:00
Green Belt	7:20		7:55			8:00
Purple Belt	8:30		7:20			8:35
Blue Belt	8:30		7:20			8:35
Red Belt	8:30		7:20			8:35
Brown Belt	7:55		8:30			9:10
Black Belt		6:45		7:20		
Adv. Black Belt		7:20		6:45		

For more information, go to www.nationalkarate.com/locations/cottage-grove