

National Karate

Executive Director: Joe Boone
 Office Manager: Matia Solomon
 Instructors:
 Vincent Xiong, Sylvan Blake

www.nationalkarate.com

9770 Schreiber Terrace N.
 Brooklyn Park, MN
 763-424-8868

*sparring

Children Ages 4-6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:30		5:00	5:15		9:00
Gold Stripes	4:30		5:00	5:15		9:00
Green & Up		4:30	5:00		4:30	9:00

*sparring

Youth Ages 7-12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:00		5:45	5:00	9:30
Gold Belt		5:00		5:45	5:00	9:30
Green Belt	5:00		5:35	4:30		10:00*
Purple Belt	5:00		5:35	4:30		10:00*
Blue Stripe		5:35	4:30	4:30		10:00*
Blue Belt		5:35	4:30	4:30		10:00*
Red Belt			6:10	4:30	5:35	10:45*
Brown Belt			6:10	4:30	5:35	10:45*
1 st Deg Black Belt	6:10			7:00*	6:15	10:45*
2 nd Deg & Up	6:50			7:00*	7:00	10:45*

*sparring

Adult/Teen Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:35	6:10	12:00 PM	6:20		
Gold Belt	5:35	6:10	12:00 PM	6:20		
Green Belt	5:35	6:10/7:00*	12:00 PM	6:20		11:20*
Purple Belt	5:35	6:10/7:00*	12:00 PM	6:20		11:20*
Blue Stripe	5:35	6:10/7:00*	12:00 PM	6:20		11:20*
Red Belt	5:35	6:10/7:00*	12:00 PM	6:20		11:20*
Brown Belt	5:35	6:10/7:00*	12:00 PM	6:20		11:20*
1 st Deg Black Belt	6:10	7:00*	12:00 PM		6:15	11:20*
2 nd Deg & Up	6:50	7:00*	12:00 PM		7:00	11:20*

Krav Maga/Cardio Kickboxing (13 yrs & Up)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels	07:30 PM		07:00 PM			08:00 AM