

NATIONAL KARATE

MIGHT FOR RIGHT!

Director/Head Instructor:
Ms. Dee Everett
Instructor: Ms. Vivica Floyd
Instructor: Ms. Nanette Nasol
Instructor: Mr. Bill Brown

CRYSTAL
763-533-6190

Effective: May 1 2021

Children Ages 4-6

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White		5:00p		5:00p		
Gold Stripe(s)		5:00p		5:00p		
Green Stripe(s)		5:00p		5:00p		12:00p*
Purple Str & Up		5:00p		5:00p		12:00p*

Youth Ages 7-12

sparring drills**/sparring*

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		6:00p		6:00p		11:00a**
Gold Belt		6:00p		6:00p		11:00a**
Green Stripe		6:00p		6:00p		11:00a**
Green Belt		7:00p		7:00p		12:00p*
Purple Stripe		7:00p		7:00p		12:00p*
Purple Belt		7:00p		7:00p		12:00p*
Blue Stripe		7:00p		7:00p		12:00p*
Blue Belt		7:00p		7:00p		12:00p*
Red Stripe		7:00p		7:00p		12:00p*
Red Belt	5:00*		5:00p		5:00p	12:00p*
Brown Stripe	5:00*		5:00p		5:00p	12:00p*
Brown Belt	6:00*		6:00p		6:00p	12:00p*
Blk Str/Dbk Blk	6:00*		6:00p		6:00p	12:00p*
Black Belt	7:00*		7:00p		7:00p	12:00p*

ADULTS 13+

sparring drills**/sparring*

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		6:00p		6:00p		11:00a**
Gold Belt		6:00p		6:00p		11:00a**
Green Stripe		6:00p		6:00p		11:00a**
Green Belt		7:00p		7:00p		9:20a*
Purple Stripe		7:00p		7:00p		9:20a*
Purple Belt		7:00p		7:00p		9:20a*
Blue Stripe		7:00p		7:00p		9:20a*
Blue Belt		7:00p		7:00p		9:20a*
Red Stripe		7:00p		7:00p		9:20a*
Red Belt	5:00p*		5:00p		5:00p	9:20a*
Brown Stripe	5:00p*		5:00p		5:00p	9:20a*
Brown Belt	6:00p*		6:00p		6:00p	9:20a*
Blk Str/Dbk Blk	6:00p*		6:00p		6:00p	9:20a*
Black Belt	7:00p*		7:00p		7:00p	9:20a*