



South Minneapolis National Karate



Owner/Head Instructor:
Mr. Jeff Sidner - 7th Degree Black Belt

Senior Instructors:
Mr. Ron Tobin - 6th Degree Black Belt
Ms. Kelly Deasy - 4th Degree Black Belt

Instructors:
Ms. Juliana Welter - 1st Degree Black Belt
Mr. Dominic Johnson - 1st Degree Black Belt

MIGHT FOR RIGHT!!!

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Children Ages 4-6

*Effective Jul. 1, 2022

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:05 - 5:35	4:30 - 5:00		4:30 - 5:00		10:15 - 10:45
1 & 2 Gold Stripes	5:05 - 5:35		4:30 - 5:00		5:05 - 5:35	10:15 - 10:45
Green Stripes & Higher	4:30 - 5:00**		4:30 - 5:00		5:05 - 5:35	9:30 - 10:00

Sparring**

Children's Exam - 10:00 am

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:40 - 6:10		5:05 - 5:35	5:40 - 6:10	10:45 - 11:15
Gold Belt	5:40 - 6:10		5:05 - 5:35		6:15 - 6:45	10:45 - 11:15
Green Stripe	5:40 - 6:10		5:05 - 5:35		6:15 - 6:45	10:45 - 11:15
Green Belt		5:05 - 5:35	5:40 - 6:10**	5:40 - 6:10		11:15 - 11:45**
Purple Stripe		5:05 - 5:35	5:40 - 6:10**	5:40 - 6:10		11:15 - 11:45**
Purple Belt		5:05 - 5:35	5:40 - 6:10**	5:40 - 6:10		11:15 - 11:45**
Blue Stripe	6:15 - 6:45	6:15 - 6:45**		6:15 - 6:45		11:15 - 11:45**
Blue Belt	6:15 - 6:45	6:15 - 6:45**		6:15 - 6:45		11:15 - 11:45**
Red Stripe	6:15 - 6:45	6:15 - 6:45**		6:15 - 6:45		11:15 - 11:45**
Red Belt		6:45 - 7:30	6:15 - 6:45**		6:45 - 7:30	11:50 - 12:30**
Brown Stripe		6:45 - 7:30	6:15 - 6:45**		6:45 - 7:30	11:50 - 12:30**
Brown Belt		6:45 - 7:30	6:15 - 6:45**		6:45 - 7:30	11:50 - 12:30**
Single/Double Black Stripes		7:30 - 8:15	6:15 - 6:45**		6:45 - 7:30	11:50 - 12:30**
Black Belt	7:30 - 8:15		7:30 - 8:15	7:30 - 8:15		11:50 - 12:30**

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Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:30	11:30 am (all levels) -	11:30	11:30 am (all levels) -	12:30 - 1:15
Green & Up		12:15	Eden Prairie NK	12:15	Eden Prairie NK	1:15 - 2:00**

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:45 - 7:30		6:45 - 7:30		7:30 - 8:15*	12:30 - 1:15
Gold Belt	6:45 - 7:30		6:45 - 7:30		7:30 - 8:15*	12:30 - 1:15
Green Stripe	6:45 - 7:30		6:45 - 7:30		7:30 - 8:15*	12:30 - 1:15
Green Belt	6:45 - 7:30		8:15 - 9:00**	6:45 - 7:30	7:30 - 8:15*	1:15 - 2:00**
Purple Stripe	6:45 - 7:30		8:15 - 9:00**	6:45 - 7:30	7:30 - 8:15*	1:15 - 2:00**
Purple Belt	6:45 - 7:30		8:15 - 9:00**	6:45 - 7:30	7:30 - 8:15*	1:15 - 2:00**
Blue Stripe	6:45 - 7:30		8:15 - 9:00**	6:45 - 7:30	7:30 - 8:15*	1:15 - 2:00**
Blue Belt	6:45 - 7:30		8:15 - 9:00**	6:45 - 7:30	7:30 - 8:15*	1:15 - 2:00**
Red Stripe	6:45 - 7:30		8:15 - 9:00**	6:45 - 7:30	7:30 - 8:15*	1:15 - 2:00**
Red Belt/Brown Str	8:15 - 9:00		8:15 - 9:00**		7:30 - 8:15*	1:15 - 2:00**
Brown Belt	8:15 - 9:00		8:15 - 9:00**		7:30 - 8:15*	1:15 - 2:00**
Single/Double Black Stripes	8:15 - 9:00	7:30 - 8:15	8:15 - 9:00**		7:30 - 8:15*	1:15 - 2:00**
Black Belts	7:30 - 8:15		7:30 - 8:15	7:30 - 8:15	7:30 - 8:15*	1:15 - 2:00**
Krav Maga		8:15 - 9:00		8:15 - 9:00	7:30 - 8:15*	

Sparring**

Pad Strikes*

Sparring**