



November 2022 Schedule

651-769-0088

Co-Directors: Dan McDonough Dave Stelton
Sr Instructors: Gary Hui Sam Forthun
 Joel Forthun
Instructors: Mike Porter John Dugas
 Mark Balandin
Assist. Instructors: Gary Hansen Dawn LeVesque
 Brandon Boyd Magdalene Dugas
 Kenzie Kluz Valerie McDonough
 Kolmellen Monroe Sydney Schwartz
 Mel Williams JoAnna Collins

	Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Masters	White Belt		5:00		5:30		12:15
	Single Gold Stripe		5:00		5:30		12:15
	Double Gold Stripe		5:30		5:00		12:45
	Single Green Stripe		5:30		5:00		12:45
	Dbl Green Stripe		5:30		5:00		12:45
	Purple Stripe & Up		5:30		5:00		12:45
	Youth Schedule	White Belt	5:30		5:30		
Gold Belt		5:30		5:30			10:00
Gold/Green		5:00		6:00			10:30
Green Belt		5:00		6:00			10:30
Purple Belt		6:00		5:00			11:00
Blue Belt		6:00		5:00			11:00
Red Belt		6:30		6:30			11:30
Brown Belt		6:30		6:30			11:30
Teen / Adult Schedule	White Belt	7:15		7:15			8:30
	Gold Belt	7:15		7:15			8:30
	Green Belt	7:15		7:15			8:30
	Purple Belt	7:15		7:15			8:30
	Blue Belt	7:15		7:15			8:30
	Red Belt	7:15		7:15			8:30
	Brown Belt	8:00		8:00			8:30
	Black Belt		6:45		6:45		9:15
	Adv Black Belt		6:45		6:00		9:15
Sparring	Ages 4-9		5:30			** 5:30 **	Ages 4-9
	Ages 8-13		6:00			** 6:00 **	Ages 8-13
	Ages 12+		7:30			** 6:45 **	Ages 12+

For more information, go to <https://www.nationalkarate.com/locations/cottage-grove>.

**** Fridays classes require full set of NK approved sparring gear. ****