



Hopkins National Karate



Owner:

Mr. Jeff Sidner - 7th Degree Black Belt

School Manager / Head Instructor:

Ms. Emi Lemon - 4th Degree Black Belt

Instructors:

Ms. Nicole Tursich - 2nd Degree Black Belt

Mr. Kenneth Goodwater - 2nd Degree Black Belt

Might For Right!!!

1422 Mainstreet
Hopkins, MN 55343
Office 952-546-3002
Cell 612-470-6390
hopkins@nationalkarate.com
www.nationalkarate.com

** Effective
September 6, 2022*

Office Manager: Ms. Tammy Goodwater

Children Ages 4-6

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:30 - 5:00					
1 & 2 Gold Stripes			5:05 - 5:35		4:30 - 5:00	10:30 - 11:00
Green Stripes & Higher	5:05 - 5:35 ** <i>Sparring / Drills**</i>					

Youth Ages 7-11

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt						
Gold Belt	5:40 - 6:10			5:05 - 5:35	5:05 - 5:35	11:00 - 11:30
Gold/Green Belt						
Green Belt		5:05 - 5:35				
Green/Purple Belt		5:40 - 6:10 **	5:40 - 6:10	5:40 - 6:10		
Purple Belt						
Purple/Blue Belt						
Blue Belt	6:15 - 6:45	5:40 - 6:10 **	6:15 - 6:45	6:15 - 6:45		11:30 - 12:15 **
Blue/Red Belt					5:40 - 6:10	
Red Belt						
Red/Brown Belt	6:45 - 7:30	5:40 - 6:10 ** 6:15 - 6:45				
Brown Belt			6:45 - 7:30			
Brown/Single-Db/ Black Belts		6:45 - 7:30		6:45 - 7:30 Screen Prep		
1st Degree Black Belt			7:30 - 8:15	7:30 - 8:15		9:00 ** or 11:30 **
2nd Degree & Higher Black Belt		7:30 - 8:15				

*Sparring / Drills***

Teen & Adult Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt						
Gold Belt					6:15 - 6:45	9:45 - 10:30
Gold/Green Belt						
Green Belt						
Green/Purple Belt	7:30 - 8:15		8:15 - 9:00			
Purple Belt						
Purple/Blue Belt						
Blue Belt					6:45 - 7:30	
Blue/Red Belt						
Red Belt						
Red/Brown Belt						9:00 - 9:45 **
Brown Belt		6:45 - 7:30	6:45 - 7:30			
Brown/Single-Db/ Black Belts				6:45 - 7:30 Screen Prep		
1st Degree Black Belt			7:30 - 8:15	7:30 - 8:15		
2nd Degree & Higher Black Belt		7:30 - 8:15				
Krav Maga (Tue/Thurs) Sparring (Mondays) Kick Boxing/Strikes (Sat)	8:15 - 9:00 **	8:15 - 9:00		8:15 - 9:00		8:15 - 9:00 AM

*Sparring / Drills***

*Sparring / Drills***

*Sparring / Drills***

ZOOM INFORMATION

CLASS DAY/TIME	Meeting ID	Password	
Hopkins ALL	898 5680 1090	NKHOPKINS	All classes use the same code
Krav Maga (South MPLS)	848 3851 0249	NKSMPLS	Krav classes are led from South Minneapolis