

National Karate

Might for Right!

Director/Lead Instructor Mr. Tom Sexton
 Head Instructors
 Ms. Bri Stouder, Ms. Mia Johnson

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Effective 1-16-2023

Children's Class

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt (intro) 4-6	4:45		4:45			10:30
1 & 2 Gold Stripes	4:45		4:45			10:30
Green Stripes & Higher	4:45		4:45			10:30
Red Stripes & Higher	4:45		4:45			10:30

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt (intro) 7-12	5:15*		5:15*			11:00
Gold Belt	5:15*		5:15*			11:00
Green Stripe	5:15*		5:15*			11:00
Green Belt	6:00*		6:00*			11:30
Purple Stripe	6:00*		6:00*			11:30
Purple Belt	6:00*		6:00*			11:30
Blue Stripe	6:00*		6:00*			11:30
Blue Belt		5:00*		5:00*		12:45
Red Stripe		5:00*		5:00*		12:45
Red Belt		5:45*		5:00*		12:45
Red/Brown Stripe		5:45*		5:00*		12:45
Brown Belt/Black Str		5:45*		5:00*		12:45
Double Black Stripe		5:45*		5:00*		12:45
Black Belts						9:45*
				5:45* Youth Sparring		12:00* Youth Sparring All Levels

Adult Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:45*		6:45*			9:00*
Gold Belt	6:45*		6:45*			9:00*
Green Stripe	6:45*		6:45*			9:00*
Green Belt/Purple Str	6:45*		6:45*			9:00*
Purple Belt/Blue Str	6:45*		6:45*			9:00*
Blue Belt	6:45*		7:30*			9:00*
Red Belt	6:45*		7:30*			9:00*
Brown Belt	6:45*		7:30*			9:00*
Brown 1 Blk Stripe	6:45*		7:30*			9:00*
Brown 2 Blk Stripe	6:45*		7:30*			9:00*
Black Belts		6:30*		6:30*		9:45*
Kickboxing	7:30*					
Teen/Adult Sparring		7:15*		7:15*		

* 45 min class

*45 min class

*45 min class

*45 min class

*45 min class