

# National Karate

9464 HEMLOCK LN N  
MAPLE GROVE, MN  
763-424-8868

Owner/Director: Mr. Joe Boone  
Office Manager: Ms. Susan Landry  
Instructors: Mr. Vincent Xiong, Mr. Cass Blake,  
Mr. Sean Bighia, Ms. Bailey Guggisberg

[www.nationalkarate.com](http://www.nationalkarate.com)

## Children Ages 4-6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:00			5:00	5:45	9:00
1 & 2 Gold Stripes	5:00			5:00	5:45	9:00
Green & Purple St	5:00			5:00	5:30*	9:00
Blue Stripes & up	5:00			5:00	5:30*	9:00
Introductory						

\*sparring

Workout Room 1

Workout Room 2

## Youth Ages 7-12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:00		6:15	5:00	9:30
Gold Belt		5:00		6:15	5:00	9:30
Green Stripe		5:00		6:15	5:00	9:30
Green Belt	5:30		5:45		5:00	10:00*
Purple Stripe	5:30		5:45		5:00	10:00*
Purple Belt	5:30		5:45		5:00	10:00*
Blue Stripe		5:00	5:00	6:15		10:00*
Blue Belt		5:00	5:00	6:15		10:00*
Red Stripe		5:00	5:00	6:15		10:00*
Red Belt			6:15	5:30*	6:15	10:45*
Brown Stripe			6:15	5:30*	6:15	10:45*
Brown Belt			6:15	5:30*	6:15	10:45*
Blk Str/Dbk Blk			6:15	5:30*	6:15	10:45*
1 <sup>st</sup> Deg	6:50			5:30*	6:15	10:45*
2 <sup>nd</sup> Deg	6:50				7:00	10:45*

\*sparring

## Adult/Teen Day Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts		12:00 PM		12:00 PM		

## Adult/Teen Evening & Sat. Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:00	5:30		6:45		
Gold Belt	6:00	5:30		6:45		
Green Belt	6:00	5:30/6:30*		6:45		11:20*
Purple Belt	6:00	5:30/6:30*		6:45		11:20*
Blue Stripe	6:00	5:30/6:30*		6:45		11:20*
Blue Belt	6:00	6:30*		6:45		11:20*
Red Belt	6:00	6:30*		7:00		11:20*
Brown Belt	6:00	6:30*		7:00		11:20*
Blk Str/Dbk Blk	6:00	6:30*		7:00		11:20*
1 <sup>st</sup> Deg	6:50	6:30*			6:15	11:20*
2nd Deg	6:50	6:30*			7:00	11:20*
3rd & Higher	6:50	6:30*			7:45	11:20*
Krav Maga/Cardio Kbox	7:30	7:15**	7:00	7:45**		8:00AM

\*sparring

\*\*instructor approval required