



South Minneapolis National Karate



MIGHT FOR RIGHT!!!

Owner, Director & Head Instructor:
Ms. Emily Lemon - 4th Degree Black Belt

Instructor:
Ms. Juliana Welter - 2nd Degree Black Belt

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Children Ages 4-6

*Effective Aug. 1, 2023

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

Sparring**

ZOOM Classes:

Meeting ID: 848 3851 0249

Password: NKSMPLS

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		5:30 - 6:00		5:00 - 5:30		10:30 - 11:00
Gold Belt	5:30 - 6:00		5:00 - 5:30		5:30 - 6:00	10:30 - 11:00
Green Stripe	5:30 - 6:00		5:00 - 5:30		5:30 - 6:00	10:30 - 11:00
Green Belt		5:00 - 5:30	5:30 - 6:00**	5:30 - 6:00		11:00 - 11:30**
Purple Stripe		5:00 - 5:30	5:30 - 6:00**	5:30 - 6:00		11:00 - 11:30**
Purple Belt		5:00 - 5:30	5:30 - 6:00**	5:30 - 6:00		11:00 - 11:30**
Blue Stripe	6:00 - 6:30	6:00 - 6:30**		6:00 - 6:30		11:00 - 11:30**
Blue Belt	6:00 - 6:30	6:00 - 6:30**		6:00 - 6:30		11:00 - 11:30**
Red Stripe	6:00 - 6:30	6:00 - 6:30**		6:00 - 6:30		11:00 - 11:30**
Red Belt		6:30 - 7:20	6:00 - 6:40**		6:00 - 6:40	11:30 - 12:10**
Brown Stripe		6:30 - 7:20	6:00 - 6:40**		6:00 - 6:40	11:30 - 12:10**
Brown Belt		6:30 - 7:20	6:00 - 6:40**		6:00 - 6:40	11:30 - 12:10**
Single/Double Black Stripes		7:20 - 8:10*	6:00 - 6:40**		6:00 - 6:40	11:30 - 12:10**
Black Belt	7:20 - 8:10		7:20 - 8:10	7:20 - 8:10		11:30 - 12:10**

Sparring**
Screening Prep*

Sparring**

Sparring**

ZOOM Classes:

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Adult Classes (Ages 13 & Up)

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:30 - 7:20		6:40 - 7:20	6:30 - 7:20		12:10 - 1:00
Gold Belt	6:30 - 7:20		6:40 - 7:20	6:30 - 7:20		12:10 - 1:00
Green Stripe	6:30 - 7:20		6:40 - 7:20	6:30 - 7:20		12:10 - 1:00
Green Belt	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Purple Stripe	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Purple Belt	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Blue Stripe	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Blue Belt	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Red Stripe	6:30 - 7:20		6:40 - 7:20 & 8:10 - 9:00**		6:40 - 7:20	1:00 - 1:50**
Red Belt/Brown Str	8:10 - 9:00	6:30 - 7:20	8:10 - 9:00**	8:10 - 9:00	6:00 - 6:40	1:00 - 1:50**
Brown Belt	8:10 - 9:00	6:30 - 7:20	8:10 - 9:00**	8:10 - 9:00	6:00 - 6:40	1:00 - 1:50**
Single/Double Black Stripes	8:10 - 9:00	7:20 - 8:10*	8:10 - 9:00**	8:10 - 9:00	6:00 - 6:40	1:00 - 1:50**
Black Belts	7:20 - 8:10		7:20 - 8:10 & 8:10 - 9:00**	7:20 - 8:10		1:00 - 1:50**
Pad Strikes/Kickboxing		8:10 - 9:00				8:45 - 9:30

Screening Prep*

Sparring**

Sparring**