# National Karate 

Director: Mr. James Halonen

Effective 01-02-24
Belt Level

| Tiny Tots |
| :---: |
|  |
| No $/$ White Belt |
| Gold Stripe |
| Green Stripe |
| Purple \& Up |

Monday \begin{tabular}{c}
Tuesday <br>

\hline \multicolumn{4}{l}{| Wednesday |
| :---: |
| Tiny Tots Ages 3-4 |} <br>

\hline
\end{tabular}



Children Ages 5-7


Youth Ages 7-12

| Belt Level |
| :---: |
| No $/$ White Belt |
| Gold Belt |
| Green Belt |
| Purple Belt |
| Blue Belt |
| Red Belt |
| Brown Belt |
| Black Belt |


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 5:30pm |  | 6:00pm |  | 9:30am |
| 5:30pm |  |  |  | 5:30pm | 9:30am |
| 6:000m* |  | 6:00pm |  | 5:30pm | 11:00am |
| 6:00pm* | 6:00pm |  |  | 6:00pm | 11:00am |
| 6:00pm* | 6:00pm |  |  | 6:00pm | 11:00am |
| 6:45pm | 6:45pm |  | 6:30pm* | 6:30pm |  |
| 6:45pm | 6:45pm |  | 6:30pm* | 6:30pm |  |
|  | 7:30pmSD |  | 6:30*-8:00pm |  |  |

## Family Class

Family Class

|  | 5:30pm |  |
| :--- | :--- | :--- | :--- | :--- |


| Belt Level |
| :---: |
| White Belt - HS |
| Ages 13 and up |


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 11:00am |  |  |  |
|  |  | 11:00am |  |  |  |


| Belt Level |
| :---: |
| No $/$ White Belt |
| Gold Belt |
| Green Belt |
| Purple Belt |
| Blue Belt |
| Red Belt |
| Brown Belt |
| Black Belt |


| Monday | Tuesday | Teen \& Adult Ev Wednesday |  |
| :---: | :---: | :---: | :---: |
| 7:30pm |  | 6:30pm |  |
| 7:30pm | 7:30pmSD | 6:30pm |  |
| 7:30pm | 7:30pmSD | 6:30pm |  |
| 7:30pm | 7:30pmSD | 6:30pm |  |
| 7:30pm | 7:30pmSD | 6:30pm |  |
| 7:30pm | 7:30pmSD | 7:15pm |  |
| 7:30pm | 7:30pmSD | 7:15pm |  |
|  | 7:30pmSD | 7:15pm |  |
| * Sparring | SD SelfDefense |  |  |


*HS-homeschool ages 7 and up
Private Lessons Available by Appointment

