



# National Karate Schools

Director: Dustin Kook  
 Assistant Director: Lance Flight  
 Head Instructor: Taryn Gombar  
 Instructors: Juli Brown, Kishan Soni, Sarah Busse  
 Asst. Instructors: Kevin Ridens, Emily Burgbacher,  
 Mandi Oie, Kelly Russell, Larissa Neumann  
[www.nationalkarate.com](http://www.nationalkarate.com)

Effective 8-8-11

## MAXIMUM CLASS ATTENDANCE IS 2 CLASSES PER WEEK

4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		5:05		5:10		10:20 AM
GOLD STRIPES		4:30		5:45	3:30	9:00 AM
GREEN STRIPES		5:40		4:00 / *4:35		9:00 AM
PURPLE		4:00		*4:35	4:40	8:30 AM
BLUE & UP		4:00			4:40	8:30/*9:35 AM

## MAXIMUM CLASS ATTENDANCE IS 3 CLASSES PER WEEK

8-12 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS	5:15		5:15			10:55 AM
GOLD BELTS	4:35				5:15	10:55 AM
GREEN BELTS	4:35		*4:00		5:15	10:55 AM
PURPLE BELTS		6:15	*4:00			11:30 AM
BLUE BELTS	*5:50	6:15				11:30 AM
RED BELTS	*5:50		4:40	7:00		9:35 AM
RED/ BROWN			4:40	7:00		9:35 / *12:15
BROWN BELTS	3:45		4:40		4:00	*12:15 PM
BLACK STRIPES	3:45		5:55		4:00	*12:15 PM
BLACK BELTS		6:50		*6:20	7:30	

13 & UP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS	6:40	ALL	6:40	ALL	6:40	
GOLD BELTS	6:40	BELTS	6:40	BELTS	6:40	
GREEN BELTS	6:40	12:00 PM	*7:25	12:00 PM	5:55	
PURPLE BELTS	6:40		*7:25	SPARRING	5:55	
BLUE BELTS	6:40		*7:25		5:55	
RED	*7:25	8:20 - BO	8:10		6:40	
BROWN	*7:25	8:20 - BO	8:10		6:40	
BLACK BELTS	*7:25 / 8:20	8:20 - BO	8:10		7:30	

Single asterisk \* = Sparring Class

## CARDIO KICKBOXING

Tuesday	Thursday	Saturday
7:30 PM	7:30 PM	7:30 AM

