



# National Karate Schools

Director: Mr. Arnaldo Rosas  
 Head Instructor: Mr. Parker Taitel  
 Instructors: Mr. Eric Fernandez, Ms. Clare Herrig  
 Asst. Instructor: Ms. Camille Chiappetta, Mr. Tristan Fissette

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

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4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		5:20		5:20		9:15 AM
GOLD STRIPE			5:40		5:50	9:15 AM
GREEN STRIPE	5:20				*5:15	8:45 AM
PURPLE & UP			4:30		*5:15	8:45 AM

**Maximum of two classes per week for 4 - 7 yr olds.  
 Maximum of three classes per week for Solid Belts.**

**\*SPARRING CLASS**

8-12 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		6:30		5:50		9:45 AM
GOLD BELTS	5:50		5:00			9:45 AM
GREEN BELTS	5:50		5:00		*4:30	*10:30 AM
PURPLE BELTS	4:35		6:10		*4:30	*10:30 AM
BLUE BELTS	4:35		6:10		*4:30	*11:15 AM
BLUE W/ RED STRIPE	4:35			6:20	*4:30	*11:15 AM
RED BELTS		4:40		6:20	*4:30	*11:15 AM
RED W/ BRN STRIPE		4:40		6:20	*4:30	*11:15 AM
BROWN BELTS		5:50		4:40		*12:00 PM
BLACK STRIPES		5:50			6:25	*12:00 PM
DOUBLE BLACKS		5:50			6:25	*12:00 PM

10 - 14 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st DEGREES	*6:30	7:50				12:45 PM
2nd & 3rd DEGREES	*6:30			7:50		12:45 PM

ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS	8:00		6:50		8:00PM Intro	
GOLD BELTS	8:00		6:50		7:15	
GREEN BELTS	*7:15		6:50		7:15	
PURPLE BELTS	*7:15		6:50		7:15	
BLUE BELTS	*7:15		6:50		7:15	
RED BELTS	*7:15		6:50		7:15	
BROWN BELTS	*7:15		6:50		7:15	
BLACK STRIPES	*7:15		6:50		7:15	
Black Belts	*7:15		8:30	7:50		



## KRAV MAGA

Tuesday	Thursday
7:00PM	7:00PM

KRAV MAGA 18 years and up

## CARDIO KICKBOXING

Wednesday
7:40 PM

Kickboxing 16 years and up