

South Elgin National Karate

Director: Michael Drescher
Head Instructor: Natalie Kusnierewicz
Office Admin: Cathy Drescher



1272 West Spring Street, South Elgin, IL 60177
md@nationalkarate.com
(847) 741 -6565
www.chicagonk.com



Indoor Classes

Effective 10-19-2020

ALL INSIDE CLASSES WILL BE AVAILABLE TO STUDENTS VIA ZOOM DURING
THE SCHEDULED CLASS TIMES MEETING ID: 354 383 3297 PASSWORD: 1976

4-7 YR OLD	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS AND GOLD	3:30 / 4:00		3:30 / 4:30			9:30 AM
GREEN AND UP	4:30		4:00			9:00 AM

REQUIREMENTS FOR INSIDE CLASSES: FULL UNIFORM, BELT, AND FACEMASK

8-12 YR OLD	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS	5:00					10:00 AM
GOLD AND GREEN		4:00		6:00		
PURPLE AND BLUE		5:00		5:00		
BLUE W/ RED STRIPE				4:00	5:00	
RED & BROWN STRIPE				4:00	5:00	
BROWN - DOUBLE BLACK		6:00			4:00	
BLACK BELTS	6:00		6:00		6:00	
Candidate Class	7:00					

STUDENTS WITHIN OUR SOLID BELT PROGRAM, WE WOULD LIKE A FAMILY MEMBER TO
PARTICIPATE IN THE FIRST 5-10 MINUTES OF THE CLASS TO ACT AS AN ATTACKER SO WE
CAN START THE CLASS OFF WITH SELF-DEFENSE WITH CONTACT.

13 & UP	MON	TUES	WED	THURS	FRI	SAT
WHITE - DOUBLE BLACK		7:00		8:00		
BLACK BELTS	8:00		7:30		6:00	

SPARRING & WEAPONS CLASS	MON	TUES	WED	THURS	FRI	SAT
ALL LEVELS SPARRING			5:00 / 8:30			11:00 AM
8+ YEARS WEAPONS CLASS			7:00			

THE SPARRING AND KRAV MAGA CLASSES ARE PHYSICAL CONTACT CLASSES.
STUDENTS MUST HAVE BEEN APPROVED BY STAFF BEFORE JOINING THE CLASS.

WE DO OFFER NON-CONTACT OPTIONS WITHIN THE CLASSES

KRAV MAGA	MON	TUES	WED	THURS	FRI	SAT
KRAV MAGA		8:00		7:00		