

South Elgin National Karate

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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					

FOR ALL SOLID BELT LEVEL CLASSES. PLEASE BRING SPARRING GEAR TO EVERY CLASS.

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

SPARRING	MON	TUES	WED	THURS	FRI	SAT
ALL LEVELS SPARRING			5:00 / 8:30			11:00 AM

KRAV MAGA & KICKBOXING	MON	TUES	WED	THURS	FRI	SAT
KRAV MAGA		8:00		7:00		
CARDIO KICKBOXING			*6:00		7:00	

Wednesday KB classes are located at the South Elgin Annex Building