



# National Karate Schools

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 Co - Director: Ms. Rachel Choice

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Effective: 5/20/2024

*SPARRING CLASS						
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		5:00 PM		5:00 PM		9:00 AM
GOLD STRIPES		5:30 PM		5:30 PM		9:30 AM
GREEN & PURPLE STRIPES		5:30 PM		5:30 PM		9:30 AM

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		6:00 PM		6:00 PM		10:00 AM
GOLD BELTS		6:00 PM		6:30 PM		10:30 AM
GREEN BELTS		*6:30 PM		6:30 PM		10:30 AM
PURPLE BELTS		*6:30 PM		6:30 PM		11:10 AM
BLUE BELTS		*6:30 PM		6:30 PM		11:10 AM
RED STRIPES						11:10 AM
RED & BRN STRIPES						11:50 AM
BROWN BELTS						11:50 AM
BLACK STRIPES						11:50 AM
BLACK BELTS						11:50 AM

ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & GOLD BELTS		7:10 PM		7:10 PM		
GREEN & PURPLE BELTS		*8:20 PM		7:10 PM		
BLUE & RED STRIPE		*8:20 PM		7:10 PM		
RED BELTS		*8:20 PM		8:20 PM		
BROWN & BLACK STRIPES		*8:20 PM		8:20 PM		
1ST DEGREE BLACK BELTS		*8:20 PM		8:20 PM		
2ND DEGREE & UP		*8:20 PM		8:20 PM		

**\*SPARRING CLASS**

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KRAV MAGA	
TUESDAY	THURSDAY
7:50 PM	7:50 PM

13 years and up



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