



SOUTH ELGIN NATIONAL KARATE — SCHEDULE —



EFFECTIVE: 5-4-2026

4-7 YR OLD

	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS	5:00		6:00			10:00 AM
GOLD BELTS	5:30		4:20			9:30 AM
GREEN AND UP	4:00		5:00			8:30 AM

8-12 YR OLD

	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS		5:00		6:00		10:30 AM
GOLD AND GREEN		4:00		6:30		11:00 AM
PURPLE AND BLUE		5:30		5:00		11:00 AM
BLUE W/ RED THRU RED W/ BROWN STRIPE				4:00	5:00	12:15 PM
BROWN - DOUBLE BLACK		6:30			4:00	12:15 PM
YOUTH BLACK BELTS	6:00		6:30		7:00	

13 & UP

	MON	TUES	WED	THURS	FRI	SAT
WHITE THROUGH DOUBLE BLACK STRIPE		7:30 PM	12:30 PM	8:30 PM		
TEEN / ADULT BLACK BELTS	8:45 PM		12:30 PM / 8:30 PM			

★ OTHER CLASSES ★

Beginner Krav Maga

Thursdays - 7:30 PM
Fridays - 6:00 PM

Advanced Krav Maga

Tuesdays - 8:30 PM

TEAM NK Practice*

Saturdays - 1:15 PM

Candidate Class

Mondays - 7:00 PM

Beginner Sparring Class

Wednesdays - 7:30 PM

Advanced Sparring Class*

Mondays - 7:45 PM

Zach Winder Will Run the **Advanced Sparring Class** the 1st and 3rd Monday of the Month.

***See Mr. Drescher to Join**



Scan The QR Code Above To SEE What Gear You'll Need On Today!



IMPORTANT

FOR ALL GREEN AND UP & SOLID BELT LEVEL CLASSES. PLEASE BRING SPARRING GEAR TO EVERY CLASS.

SOUTH ELGIN NATIONAL KARATE



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Director:

Michael Drescher

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Instructors:

Mandi Oie / Jim Steele / Rob Taluc / Reggie Wilkins
Ethan Vinson / Elijah Rojas / Donovan Powers / Mike Rosenblum
Samahi Shah / Cole Leciejewski / Clara Baker / Nathaniel Long
Charlotte Elliff / Olivia Cesario / Asmara Sheikh



TRAIN HARD. BUILD CONFIDENCE. BECOME YOUR BEST.

