



National ★ Karate

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Director: Mr. Bruce Nelson
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www.nationalkarate.com

www.facebook.com/nkrochester

Effective: 12/1/2022

CHILDREN (5 -7 YEARS)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1		5:40 PM		5:40 PM		
Level 2		5:10 PM			4:30 PM	
Level 2 & 3			5:40 PM			

Level 1 - No Belt, White Belt

Level 2 - Gold Stripe, Double Gold, Single Green & Double Green

Sparring for level 2 & 3 at 5:30 Friday

Level 3 - Purple Stripe & Above

YOUTH SCHEDULE (8 - 13 YEARS) * Weapons ** Sparring

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts	5:00 PM		6:10 PM		5:00 PM	9:30 AM
Gold Belt	4:30 PM		5:10 PM		5:00 PM	9:30 AM
Green Stripe	4:30 PM		5:10 PM		5:30 PM **	10:00 AM
Green Belt	4:30 PM		5:10 PM		5:30 PM **	10:00 AM
Purple Stripe	5:30 PM		4:30 PM		5:30 PM **	10:00 AM
Purple Belt	5:30 PM		4:30 PM		5:30 PM **	10:00 AM
Blue Stripe	5:30 PM		4:30 PM		6:00 PM **	10:00 AM
Blue Belt		6:10 PM		4:30 PM *	6:00 PM **	10:40 AM
Red Stripe		6:10 PM		4:30 PM *	6:00 PM **	10:40 AM
Red Belt		6:10 PM		4:30 PM	6:00 PM **	10:40 AM
Brown Stripe		6:10 PM		4:30 PM	6:00 PM **	10:40 AM
Brown Belt		4:30 PM		5:00 PM	6:30 PM **	11:20 AM
Black Stripes		4:30 PM *		5:00 PM	6:30 PM **	11:20 AM
Black Belt		4:30 PM *		5:00 PM	6:30 PM **	11:20 AM

ADULT SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts	7:00 PM		6:40 PM	7:00 PM		11:20 AM
Gold Belt	7:00 PM	7:30 PM **	6:40 PM	7:00 PM		11:20 AM
Green Stripe	7:00 PM	7:30 PM **	6:40 PM	7:00 PM		11:20 AM
Green Belt	7:00 PM	7:30 PM **	6:40 PM	7:00 PM		11:20 AM
Purple Stripe	7:00 PM	7:30 PM **	6:40 PM	7:00 PM		11:20 AM
Purple Belt	7:00 PM	7:30 PM **	6:40 PM	7:00 PM		11:20 AM
Blue Stripe	7:00 PM	7:30 PM **	6:40 PM	7:00 PM		11:20 AM
Blue Belt	7:00 PM	7:30 PM **	6:40 PM *	7:00 PM		11:20 AM
Red Stripe	7:00 PM	7:30 PM **	6:40 PM	7:00 PM		11:20 AM
Red Belt	7:00 PM	7:30 PM **	6:40 PM	7:00 PM		11:20 AM
Brown Stripe	7:00 PM	7:30 PM **	6:40 PM	7:00 PM		11:20 AM
Brown Belt	7:00 PM	7:30 PM **	6:40 PM	7:00 PM		11:20 AM
Black Stripes	6:10 PM *	7:30 PM **		6:10 PM *		11:20 AM
Black Belt	6:10 PM *	7:30 PM **		6:10 PM		11:20 AM