

# South Elgin National Karate

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**EFFECTIVE 6-1-2023**

4-7 YR OLD	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS	5:00		6:00			9:30 AM
GOLD BELTS	5:30		4:00 / 4:30			10:00 AM
GREEN AND UP	4:00		5:00			8:30 AM

Green and Up: Please bring Sparring Gear

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		11:30 AM
PURPLE AND BLUE		5:30		5:00		11:30 AM
BLUE W/ RED THRU RED W/ BROWN STRIPE				4:00	5:00	1:00 PM
BROWN - DOUBLE BLACK		6:30			4:00	1:00 PM
BLACK BELTS (8 -14 Yr Olds)	6:00		6:30		7:00	
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		7:30	11:30 AM	8:30		
BLACK BELTS (15+ Years Old)	8:30		8:30			

SPARRING	MON	TUES	WED	THURS	FRI	SAT
YOUTH BEGINNER SPARRING						12:00 PM
YOUTH ADVANCED SPARRING						12:30 PM
BLACK BELT SPARRING			7:30			

## OTHER CLASSES

KRAV MAGA	Tuesdays - 8:30 *Adv Class* Thursdays - 7:30 Fridays - 6:00
DEMO/COMP TEAM	1:30 - Cancelled on Exam Days
FAMILY CLASS	Saturdays - 11:00
CARDIO KICKBOXING	Mondays 7:45 - 8:30 *Wednesdays 6:15 - 7:15* *@ the SE PD Building*

