



National Karate Schools

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www.ChicagoNK.com

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Email: nationalkarateaurora@gmail.com - Effective Date: 10/1/24

*SPARRING CLASS	ZOOM ID : 637-043-0667				PASSWORD : 970572		*SPARRING CLASS
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE BELTS	4:30PM		4:30PM			9:00AM	
GOLD STRIPES	5:00PM		5:00PM			9:00AM	
GREEN & PURPLE STRIPES	5:30PM			4:30PM		*9:30AM	
BLUE & UP STRIPES			5:30PM		4:30PM	*9:30AM	
8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE BELTS		6:30 PM			5:00PM	10:00AM	
GOLD BELTS		4:30PM			5:30PM	10:30AM	
GREEN BELTS		4:30PM			5:30PM	*11:10AM	
PURPLE BELTS				5:50PM	6:10 PM	*11:10AM	
BLUE BELTS				5:50PM	6:10 PM	*11:10AM	
BLUE W / RED STRIPES		5:10 PM		5:10PM		*11:50AM	
RED BELTS		5:10 PM		5:10PM		*11:50AM	
RED W / BROWN STRIPES		5:10 PM		5:10PM		*11:50AM	
BROWN BELTS		5:50 PM		6:30PM		*11:50AM	
BLACK STRIPES	6:00PM			7:10PM	6:50PM Candidate Class	*12:30PM	
BLACK BELTS			6:00PM			*12:30PM	
ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE & GOLD BELTS	6:40PM	7:00 PM			7:30 PM		
GREEN & PURPLE BELTS	6:40PM		*7:20PM		7:30 PM		
BLUE & RED STRIPE	6:40PM		*7:20PM		7:30 PM		
RED BELTS	7:20PM		*7:20PM		7:30 PM		
BROWN & BLACK STRIPES	7:20PM		*7:20PM		7:30 PM		
BLACK BELTS 1ST DEGREES	8:00PM	7:40 PM	6:00PM /*8:00PM				
BLACK BELTS 2nd & UP	8:00PM	8:20 PM	6:00PM /*8:00PM				
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Krav Maga	
WEDNESDAY	FRIDAY
6:40PM	8:10 PM

13 yrs & up