

USA KARATE

School Director
John Lysaght

Office Director
Sara Mitzuk

Anoka/Andover
427-0440

Instructor
Pat Childs

Asst. Instructor
Callie Laska

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:30 ALL BELTS (SK)		11:30 ALL BELTS (SK)		9:00 ALL BELTS (SK)
	12:00 ALL BELTS (A)		12:00 ALL BELTS (A)		9:30 WHITE (J)
<p>One free private lesson is available per belt. Groups of private lessons may be purchased.</p>					10:00 GOLD/GREEN (J)
					10:30 SPECIAL (E)
					11:00 PURPLE/BLUE (J)
					11:30 WHITE (A)
4:30 GOLD/GREEN (J)	4:30 PURPLE/BLUE (J)	4:30 GOLD/GREEN (J)	4:30 PURPLE/BLUE (J)	4:30 WHITE (J)	12:00 GOLD THRU A. BLUE (A)
5:00 PURPLE/BLUE (J)	5:00 GOLD/GREEN (J)	5:00 WHITE (J)	5:00 ALL BELTS (SK)	5:00 SPARRING (J)	12:45 SPARRING (A)
5:30 WHITE (J)	5:30 FREE INTRO	5:30 PURPLE/BLUE (J)	5:30 FREE INTRO	5:30 RED (E)	1:30 TOURNAMENT CLASS (INVITE)
6:00 RED (E)	6:00 ALL BELTS (SK)	6:00 BROWN/BLACK (E)	6:00 GOLD/GREEN (J)	6:15 BROWN/BLACK (E)	
6:45 BROWN/BLACK (E)	6:30 GOLD THRU A. BLUE (A)	6:45 WHITE (A)	6:30 BROWN (E)	7:00 ALL BELTS (SK)	
7:30 GOLD THRU A. BLUE (A)	7:15 RED (E)	7:30 GOLD THRU A. BLUE (A)	7:15 BLACK (E)	<p>SK = SUPERKIDS, J = JUNIORS A = ADULTS, E = EITHER Weapons and sparring are available for greens belts and above, and jiu-jitsu for all. Full sparring gear is required for red belts and above. The SPECIAL class will focus on the bo and bokken on the 1st/3rd Saturdays, and the nuchaku and kama on the 2nd/4th.</p>	
8:15 WHITE (A)	8:00 BLACK (E)	8:15 RED (E)	8:00 GOLD THRU A. BLUE (A)		

GRADUATION IS THE 2ND MONDAY OF EVERY MONTH. THERE ARE NO CLASSES ON GRADUATION DAY.

3/2/2009