

# South Elgin National Karate

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**EFFECTIVE 3-1-2023**

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

SPARRING	MON	TUES	WED	THURS	FRI	SAT
YOUTH BEGINNER SPARRING						12:00 PM
YOUTH ADVANCED SPARRING						12:30 PM
ADULT SPARRING			8:30			

OTHER CLASSES	MON	TUES	WED	THURS	FRI	SAT
KRAV MAGA		8:30		7:30	6:00	
COMPETITION / DEMO TEAM	1:30 PM ON SATURDAYS. THIS CLASS IS CANCELLED ON EXAM DAYS					
CARDIO KICKBOXING	7:45 PM		6:00 WEDNESDAYS AT THE SOUTH ELGIN PARK DISTRICT BUILDING			
FAMILY CLASS	11:00 AM ON SATURDAYS. CLASS STARTS JANUARY 7TH 2023					