

USA Karate - Maple Grove
Allan J. Kunstmann
Master Instructor

7498 East Fish Lake Road
 Maple Grove MN 55311

February 29th 2016

763-420-8333
akunstmann@usa-karate.net
www.usa-karate.net

Belt Rank	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Super Kids 3 and 4 years			5:10				9:30
White Belt	Junior 5 to 11 years	6:30	5:45	5:10	6:30	5:10	10:05
	Adult 12 years and up		7:40 Work out Class Day Class 11:45	8:10	7:05 Day Class 11:45	5:45	
Gold Belt	Junior 5 to 11 years	6:30	5:45	5:10	6:30	5:10	10:05
	Adult 12 years and up		7:40 Work out class Day Class 11:45	8:10	7:05 Day Class 11:45	5:45	
Green Belt	Junior 5 to 11 years	5:55	7:05	6:30	5:10	6:30 Sparring	10:50
	Adult 12 years and up	8:05	7:40 Work out class Day Class 11:45		7:05 Day Class 11:45		
Purple Belt	Junior 5 to 11 years	5:55	7:05	6:30	5:10	6:30 Sparring	10:50
	Adult 12 years and up	8:05	7:40 Work out class Day Class 11:45		7:05 Day Class 11:45		
Blue Belt	Junior 5 to 11 years	5:55	7:05	6:30	5:10	6:30 Sparring	10:50
	Adult 12 years and up	8:05	7:40 Work out class Day Class 11:45		7:05 Day Class 11:45		
Red Belt	Junior 5 to 11 years	5:10	6:20	5:45	5:45	6:30 Sparring	12:30
	Adult 12 years and up	8:05	7:40 Work out class Day Class 11:45	8:10	7:05 Day Class 11:45		
Brown Belt	Junior 5 to 11 years	5:10	6:20	5:45	5:45	6:30 Sparring	12:30
	Adult 12 years and up	8:05	7:40 Work out class Day Class 11:45	8:10	7:05 Day Class 11:45		
Black Belt	Junior 5 to 11 years	7:15	6:20	7:20	5:45	6:30 Sparring	11:40
	Adult 12 years and up		7:40 Work out class Day Class 11:45		7:05 Day Class 11:45		

Remember that karate is always more fun with a friend! Share the Art with a friend!