

# USA KARATE

School Director  
John Lysaght

Program Director  
Brenda Thomas

*Anoka*  
763-427-0440

Effective:  
10/1/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 WHITE/GOLD/GREEN E
					9:30 SUPERKIDS
					10:00 PURPLE/BLUE E
					10:30 SPARRING E
		J = JUNIORS	A = ADULTS		
4:45 WHITE/GOLD/GREEN J	4:45 SUPERKIDS	4:45 RED J	4:45 WHITE/GOLD/GREEN J	5:00 PURPLE/BLUE J	11:15 RED/BROWN/BLACK E
5:15 PURPLE/BLUE	5:15 WHITE/GOLD/GREEN J	5:15 BROWN/BLACK J	5:15 SUPERKIDS	5:30 GOLD/GREEN E	12:00 PRE-TEST E
5:45 TRICKING J	5:45 PURPLE/BLUE J	6:00 WHITE/GOLD/GREEN J	5:45 PURPLE/BLUE J	6:00 RED/BROWN/BLACK E	
6:15 WEAPONS J	6:15 RED J	6:30 GROUND SELF-DEFENSE	6:15 BROWN/BLACK J	<p>Graduation is the second Tuesday of every other month. No classes on graduation day.</p> <p>All students should bring hand pads and foot pads to each class. Red belts and above should bring a bo to each class.</p> <p>Weapons and sparring classes are available to green belts and above.</p>	
6:45 RED/BROWN/BLACK J	6:45 BROWN/BLACK J	7:15 PURPLE/BLUE E	7:00 RED J		
7:30 ASSISTANT TRAINING (BY INVITE ONLY)	7:30 BEGINNER TEAM	7:45 ALL BELTS A	7:30 ALL BELTS A		
8:00 ALL BELTS A	8:15 ALL BELTS A				