

USA KARATE

School Director
John Lysaght

Anoka/Andover
763-427-0440

Instructor:

Dominick Tuff

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>GRADUATION IS THE 2ND MONDAY OF EVERY MONTH. THERE ARE NO CLASSES ON GRADUATION DAY.</p> <p>Effective 6/9/14</p>	12:00 ALL BELTS J, A		12:00 ALL BELTS J, A		9:00 WHITE J
					9:30 SUPERKIDS
					10:00 GOLD THRU A. BLUE J
				5:00 SPARRING J	10:45 WEAPONS E
5:00 RED/BROWN J	5:00 GOLD/GREEN J	5:00 PURPLE/BLUE J	5:00 RED/BROWN J	5:30 TUMBLING/TRICKS J, A	11:15 WHITE A
5:30 PURPLE/BLUE J	5:30 WHITE J	5:30 GOLD/GREEN J	5:30 PURPLE/BLUE J	6:00 GOLD THRU A. BLUE A	11:45 GOLD THRU A. BLUE A
6:00 GOLD/GREEN J	6:00 SUPERKIDS	6:00 RED/BROWN J	6:00 SUPERKIDS	6:45 TOURNAMENT PREP A	12:30 RED/BROWN/BLACK PRE TEST
6:30 SUPERKIDS	6:30 PURPLE/BLUE J	6:30 SUPERKIDS	6:30 GOLD/GREEN J	7:30 ALLSTARS	1:15 OPEN GYM / PERSONAL TRAINING
7:00 RED/BROWN/BLACK A	7:00 RED/BROWN J	7:00 SPARRING A	7:00 WHITE J	<p>Ask about our referral program and opportunities for private training!</p> <p>Weapons and sparring are available for green belts and above.</p> <p>The WEAPONS class wil focus on the bo and bokken on the 1st/3rd Saturdays, and the nuchaku and kama on the 2nd/4th.</p>	
7:45 GOLD THRU BLUE A	7:30 ROCKSTARS	7:45 GOLD THRU A. BLUE A	7:30 RED/BROWN/BLACK A		
8:30 WHITE A	8:15 RED/BROWN/BLACK A	8:30 WHITE A	8:15 GOLD THRU A. BLUE A		
9:00 OPEN GYM / PERSONAL TRAINING	9:00 OPEN GYM / PERSONAL TRAINING	9:00 OPEN GYM / PERSONAL TRAINING	9:00 OPEN GYM / PERSONAL TRAINING		