

# Juniors

## Beginner

No & White Belts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Yellow Belt	7:30 - 8:00	6:40 - 7:10	5:00 - 5:30	6:40 - 7:10	6:40 - 7:10	No Class

### Phase I

Yellow Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yellow/Green Belt	7:10 - 7:40	7:00 - 7:40	6:30 - 7:10	5:00 - 5:40	7:30 - 8:10	9:00 - 9:40

### Phase II

Green Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Green/Purple Belt						
Purple Belt						
Purple/Blue Belt						
Blue Belt						
Blue/Red Belt	6:40 - 7:20	5:00 - 5:40	7:00 - 7:40	8:00 - 8:40	7:00 - 7:40	10:40 - 11:20

### Phase III (Advanced)

Red Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adv. Red Belt						
Red/Brown Belt						
Brown Belt						
Adv. Brown Belt						
Brown/Black Belt						
Black Belt	5:00 - 5:40	7:30 - 8:10	8:00 - 8:40	7:00 - 7:40	5:00 - 5:40	11:10 - 11:50

<b>Jr. Sparring</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	No class	No class	7:30 - 8:10	7:30 - 8:10	No Sparring	No Class

<b>Super Kids</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 - 6:30	6:00 - 6:30	5:50 - 6:20	6:00 - 6:30	6:00 - 6:30	10:00 - 10:30

<b>Adults</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 - 8:45	8:00 - 8:45	8:30 - 9:15	8:30 - 9:15	8:00 - 8:45	12:10 - 12:55

<b>Black Belt Pre-Test</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1:00 - 1:30



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**Program Director**  
Jacob Roell

[jroell@usa-karate.net](mailto:jroell@usa-karate.net)  
952-233-5323  
Call/Text

**Sparring:** Green Belts and above. A Sparring package is required to participate.

**Effective April 22, 2018**