# Dojo Karate - Elk River 763-441-2467

**Master Stormoen** 6th Degree Black Belt

Monday

Junior

5:15

INTRO / Private Class

More details in the Office

5:30

All Blue & All Red

Junior

6:00

INTRO / Private Class

More details in the Office

6:15

Brown & Black

All Ages

7:00

White to Red

Adult

7:45

Sparring

Adult

Mr. Duncan 3rd Degree Black Belt

Mr. Hauer 3rd Degree Black Belt

2nd Degree Black Belt

Mr. Kemna 1st Degree Black Belt

Friday

Ms. Eason 2nd Degree Black Belt

Saturday

9:30

White, Gold, Green, & Purple

Junior

10:00

Sparring

Junior 10:45

Blue & Above Junior

**Teen Black Belts** Ms. Rollins

Tuesday 11:15 All Belts Adult 12:00 ΑII **Juniors** 

Junior

Wednesday **Kickboxing** Mr. Falenschek

11:15 All Belts Adult 12:00 ΑII Junior

3:45

INTRO

4:15

Mighty Dragons

Green & Above

4:45

All Blue & All Red

Junior

Thursday

Like us on Facebook

Dojo Karate Elk River

Jan 1st, 2018 3:45

INTRO

4:30

White to Green

Junior

5:00

Purple & Above

Junior

5:30

Weapons Training

BBC/Master's Club

6:00

All Belts

Adults

11:15 INTRO / Private Class More details in the Office 11:30

**Character Development** 

Master's Club Members

11:45

All Belts/Pre-test

Adult

Email us at elkriver@dojokarate.com WWW.DOJOKARATE.COM 3:45 3:45 3:45 **INTRO INTRO** INTRO 4:15 4:15 Mighty Tigers/Dragons Mighty Dragons Green & Above Beginner 4:45 4:45

4:15 Mighty Tigers/Dragons Beginner 4:45 White, Gold, Green, & Purple All Blue & All Red White, Gold, Green, & Purple

> 5:15 5:15 5:15 INTRO / Private Class INTRO / Private Class Cardio & Conditioning Junior - Master's Club More details in the Office More details in the Office 5:45 5:30 5:30 White, Gold, Green, & Purple All Blue & All Red Private Class More details in the Office Junior Junior 6:00 6:00 6:00

Junior

Brown & Black White, Gold, Green, & Purple All Browns All Ages All Ages Junior 6:30 6:30 6:30 INTRO / Private Class Tricks & Tumbling INTRO / Private Class Master's Club More details in the Office More details in the Office 6:45 7:15 6:45 Black Belts White to Red Brown & Black - Forms & Details All Ages Adult All Ages

8:00

Cardio Kickboxing

Adult BBC & Master's

8:00 White to Red Adult

7:30

Ground Self-Defense

Master's Club

All Classes Cardio Kickboxing

Sparring Classes Grappling Hand & Foot Pads All Sparring Gear Gloves & Cardio Shirt Cardio Shirt

## Requirements for Promotion

Required Equipment

\*4 Black Stripes \* At least 1 Red Stripe

\* Hand & Foot Pads \* Be current on Tuition

# Master's Program



Unlimited Classes Black Uniform Weapons Training Advanced Martial arts Training Leadership Training

#### NEW STUDENTS START HERE

FREE UNIFORM \$14.95 ONE MONTH OF CLASSES

### Starter's Program

2-3 classes per week



**Black Belt Club** 4 classes per week Earn your Black Belt!! **Sparring Classes** 

7:30

White to Red

Adult

Graduation day is the second Tuesday of every month. No evening classes on graduation day. All grad fees are due.