

Dojo Karate - Elk River

763-441-2467

Master Stormoen
6th Degree Black Belt

Mr. Duncan
3rd Degree Black Belt

Mr. Hauer
3rd Degree Black Belt

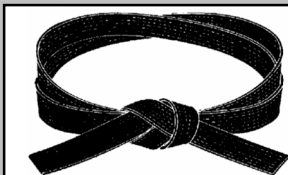
Mr. Jex
2nd Degree Black Belt

Ms. Eason
2nd Degree Black Belt

Ms. O'Leary
1st Degree Black Belt

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Assistant Black Belts Mr. Pratt Mr. Jensen Ms. Leech	11:00 All Belts Adult	Kickboxing Master Falenschek 5th Degree Black Belt	11:00 All Belts Adult		9:15 All Belts Adult
	11:45 All Belts Juniors		11:45 All Belts Junior		10:00 White, Gold, & Green Junior
Join our Facebook group! Dojo Karate Elk River					10:30 Sparring Junior
Email us at elkriver@dojokarate.com WWW.DOJOKARATE.COM					11:15 Purple & Above Juniors
Effective June 24th, 2019					11:45 Character Development Master's Club
4:00 INTRO	4:00 INTRO	4:00 INTRO	4:00 INTRO	4:00 INTRO	12:00 Pre-test Starts 8 weeks before Grad.
4:30 Mighty Tigers/Dragons Preschool	4:30 Mighty Dragons Preschool	4:30 Mighty Tigers/Dragons Preschool	4:30 Mighty Dragons Preschool	4:30 White, Gold, & Green Junior	Birthday Parties!! Private Lessons! Visit the office for more details
5:00 INTRO / Private Class More details in the Office	5:00 Purple, Blues, & Reds Junior	5:00 INTRO / Private Class More details in the Office	5:00 Purple, Blues, & Reds Junior	5:00 Purple & Above Junior	
5:15 White, Gold, & Green Junior	5:30 Cardio & Conditioning Junior - Master's Club	5:15 White, Gold, & Green Junior	5:30 Cardio Kickboxing Junior - Master's Club	5:30 Weapons Training Black Belt Club/Master's Club	
5:45 Ground Self-Defense Master's Club	6:00 INTRO / Private Class More details in the Office	5:45 Purple, Blues, & Reds Junior	6:00 INTRO / Private Class More details in the Office	6:00 All Belts Adults	
6:15 Purple, Blues, & Reds Junior	6:15 White, Gold, & Green Junior	6:15 Brown & Black All Ages	6:15 White, Gold, & Green Junior	Required Equipment All Classes Hand & Foot Pads Sparring Classes All Sparring Gear Cardio Kickboxing Gloves & Cardio Shirt Grappling BJJ Uniform	
6:45 Brown & Black All Ages	6:45 Ground Self-Defense Adult	7:00 Tricks & Tumbling Master's Club	6:45 Brown & Above - Forms & Details All Ages		
7:30 All Belts Adult	7:15 Brown & Black All Ages	7:45 Cardio Kickboxing Adult - Master's Club	7:30 Brown & Above - Exodus & Bo All Ages	Requirements for Promotion *4 Black Stripes * Hand & Foot Pads * At least 1 Red Stripe * Be current on Tuition	
8:15 Sparring Adult	8:00 All Belts Adult	8:30 All Belts Adult	7:45 All Belts Adult		

Basic Program
1-2 classes per week



Black Belt Program

3 classes per week
Sparring Classes
Advanced Training
Weapons Training
Earn your Black Belt!!

Master's Program

- Unlimited Classes
- Black Uniform
- Weapons Training
- Advanced Martial arts Training
- Leadership Training
- Grappling Classes
- Kickboxing Classes

Graduation day is the 2nd Tuesday of every month. No evening classes on graduation day. All graduation fees are due before graduation.