

Dojo Karate - Elk River

763-441-2467

Master Stormoen
6th Degree Black Belt

Mr. Pratt
2nd Degree Black Belt

Mr. Pratt
1st Degree Black Belt

Mr. Blanchard
1st Degree Black Belt

Ms. Pitman
Advanced Belt

Mr. Duncan
3rd Degree Black Belt

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|---|---|---|---|--|--|
| | 10:30 All Belts All Ages | | 10:30 All Belts All Ages | | 9:00 Sparring Adult | |
| <p>Email us at elkriver@dojokarate.com WWW.DOJOKARATE.COM</p> | | | | <p>Join our Facebook group! Dojo Karate Elk River Effective September 5th, 2023</p> | | 9:45 White Belts Gold Belts Green Belts |
| | | | | | | 10:15 Sparring Junior |
| 4:30 Mighty Tigers/Dragons | 4:30 Mighty Tigers/Dragons | 4:30 Mighty Tigers/Dragons | 4:30 Mighty Tigers/Dragons | 4:30 Ad. Red Belts All Brown Belts Black Belts | 11:00 Leadership Class Master's Program Aquity sign up not needed | |
| 5:05 White Belts Gold Belts Green Belts | 5:05 Ad. Red Belts All Brown Belts Black Belts | 5:05 Purple Belts All Blue Belts Red Belts | 5:05 White Belts Gold Belts Green Belts | | 5:15 Weapons Master's Club | 11:15 Ad. Red Belts All Brown Belts Black Belts |
| 5:40 Purple Belts All Blue Belts Red Belts | 5:40 White Belts Gold Belts Green Belts | 5:40 Kickboxing All Ages Master's Program | 5:40 Ad. Red Belts All Brown Belts Black Belts | 5:45 Purple Belts All Blue Belts Red Belts | <p>Birthday Parties!! Private Lessons! Visit the office for more details</p> | |
| 6:15 Ad. Red Belts All Brown Belts Black Belts | 6:15 Grappling All Ages Master's Program | 6:15 White Belts Gold Belts Green Belts | 6:30 Purple Belts All Blue Belts Red Belts | 6:15 White Belts Gold Belts Green Belts | | |
| 7:00 All Adults | 7:00 Purple Belts All Blue Belts Red Belts | 6:50 Tricks & Tumbling Ninja Ball Master's Program | 7:00 All Adults | | | |
| | | 7:20 Ad. Red Belts All Brown Belts Black Belts | | | | |

Required Equipment

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

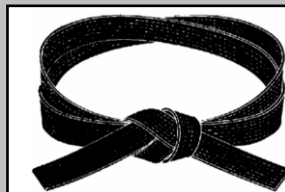
Requirements for Promotion

*4 Black Stripes * Hand & Foot Pads
 * At least 1 Red Stripe * Be current on Tuition

Master's Program



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



Black Belt Program

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

Basic Program

1-2 classes per week

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