

Dojo Karate - Elk River

763-441-2467

Master Stormoen
6th Degree Black Belt

Mr. Pratt
3rd Degree Black Belt

Mr. Pratt
2nd Degree Black Belt

Mr. Blanchard
2nd Degree Black Belt

Ms. Pitman
1st Degree Black Belt

Mr. Duncan
3rd Degree Black Belt

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Join our Facebook group! <i>Dojo Karate Elk River</i> Effective Sept 22th, 2025</div> <div>Email us at elkriver@dojokarate.com WWW.DOJOKARATE.COM</div>					9:00 - 9:45 Sparring Adult
					9:45 - 10:15 White Belts Gold Belts Green Belts
					10:15 - 10:45 Purple Belts All Blue Belts Red Belts
					10:45 - 11:00 Leadership Class Acuity sign up not needed
					11:00 - 11:45 Ad. Red Belts All Brown Belts Black Belts
4:30 - 5:00 Mighty Tigers/Dragons	4:30 - 5:00 Mighty Tigers/Dragons	4:30 - 5:00 Mighty Tigers/Dragons	4:30 - 5:00 Mighty Tigers/Dragons	4:30 - 5:00 Mighty Tigers/Dragons	<div>Birthday Parties!! Private Lessons! Visit the office for more details</div>
5:05 - 5:35 White Belts Gold Belts Green Belts	5:05 - 5:45 Sparring Junior	5:05 - 5:35 Purple Belts All Blue Belts Red Belts	5:05 - 5:35 White Belts Gold Belts Green Belts	5:05 - 5:35 White Belts Gold Belts Green Belts	
5:40 - 6:10 Purple Belts All Blue Belts Red Belts	5:50 - 6:20 Purple Belts All Blue Belts Red Belts	5:40 - 6:10 Beginner Weapons	5:40 - 6:25 Ad. Red Belts All Brown Belts Black Belts	5:40 - 6:10 Conditioning Tricks & Tumbling Master's Program	
6:15 - 7:00 Ad. Red Belts All Brown Belts	6:25 - 6:55 White Belts Gold Belts Green Belts	6:15 - 6:45 White Belts Gold Belts Green Belts	6:30 - 7:00 Advanced Weapons Master's Club	6:15 - 6:45 Kickboxing All Ages Master's Program	
7:00 - 7:30 Black Belts	6:55 - 7:35 Grappling	6:45 - 7:15 Ad. Red Belts All Brown Belts Black Belts	7:00 - 7:30 Purple Belts All Blue Belts Red Belts		
7:30 - 8:15 All Adults	7:35 - 8:20 Ad. Red Belts All Brown Belts Black Belts	7:15 - 7:45 Exodus & Bo	7:30 - 8:15 All Adults	<div><div><div><i>Required Equipment</i> All Classes Sparring Classes Cardio Kickboxing</div><div><i>Requirements for Promotion</i> *4 Black Stripes</div></div><div><div>Hand & Foot Pads All Sparring Gear Gloves & Cardio Shirt</div><div>* Hand & Foot Pads</div></div></div>	

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.