

THURSDAY

5:30 PM Registration Opens - *Nicollet Promenade, Main Floor*

FRIDAY

11:00 AM Registration Opens - *Nicollet Promenade, Main Floor*

BLACK BELTS:

11:00 AM "AA" - Demonstration Team Competition - Followed by:
"AA" - Synchronized Team Competition - Weapons and Forms
12:30 PM "AA" - Traditional Challenge - YOUTH/ADULT
1:00 PM "AA" - Open Weight Sparring - YOUTH/ADULT - Followed by:
"AA" - Team Sparring
4:00 PM "AA" - CMX Weapons and Forms - YOUTH/ADULT

UNDER BLACK BELTS:

2:30 PM Under Black Belt Creative Weapons
3:15 PM Under Black Belt Creative Form
4:00 PM Under Black Belt Musical Weapons
4:45 PM Under Black Belt Musical Form
5:30 PM Under Black Belt Extreme Weapons
6:15 PM Under Black Belt Extreme Form

NATIONAL KARATE ACADEMY OF MARTIAL ARTS INTRAMURAL:

5:00 PM Little Masters - Basics and All Youth/Teen/Adult divisions
6:30 PM Little Masters - Sparring

SATURDAY

7:30 AM Registration Opens - *Nicollet Promenade, Main Floor*
8:00 AM Mega Team (All Belt Levels) - Beginner and Intermediate - *Nicollet Ballroom*
Mega Team (All Belt Levels) - Advanced - *Nicollet Ballroom*

BLACK BELTS:

9:00 AM "AA" Black Belt Youth Traditional Weapons & Forms, followed by Sparring
"A" Black Belt Youth Traditional Weapons & Forms, followed by Sparring
11:45 AM Special Needs Divisions (all belts) - Followed by Open Performance Divisions (all belts)
12:00 PM "AA" Adult Traditional Weapons and Forms
"AA" 30+ Creative Weapons and Forms
"A" Adult Weapons and Form
12:00 PM "AA" Black Belt Youth Divisional Grand Champions Runoffs
1:30 PM "AA" & "A" Adult Black Belt Women Sparring
2:30 PM "AA" & "A" Adult Black Belt Men Sparring

UNDER BLACK BELTS:

9:00 AM 11 and Younger Under Black Belt Traditional Weapons
9:45 AM 11 and Younger Under Black Belt Traditional Form
11:45 AM Special Needs Divisions (all belts) - Followed by Open Performance Divisions (all belts)
11:45 AM 12-17 & Adult Under Black Belt Traditional Weapons
12:15 AM 12-17 & Adult Under Black Belt Traditional Form, followed by sparring

7:00 PM **Diamond Nighttime Finale - Nicollet Ballroom**
10:00 PM Diamond Party - Everyone Welcome! - *Nicollet Promenade*