



# NEW GENERATION KARATE

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Franklin Square, NY 11010

(516) 488-8700

[www.NewGenerationKarate.com](http://www.NewGenerationKarate.com)

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## Class Schedule Effective July 1, 2017

### Juniors Classes - Little Dragons (ages 4-6) & Karate Kids (ages 7-12)

*\*\*\*Little Dragons may train in the Karate Kids Beginner class if there is a scheduling conflict\*\*\**

*\*\*\*\*\* Little Dragons & Karate Kids may train up to 3 CLASSES per week. \*\*\*\*\**

Belt	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Little Dragons	---	4:45-5:30	---	4:45-5:30	---	10:30-11:15
Karate Kids White-Yellow	4:45-5:30	---	4:45-5:30	---	4:45-5:30	11:30-12:15
Karate Kids Orange-Purple	5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	Karate Kids All Ranks
Karate Kids Green-Purple	6:30-7:00 Sparring/ Randori	6:30-7:00 Sparring/ Randori	6:30-7:00 Sparring/ Randori	6:30-7:00 Sparring/ Randori	6:30-7:00 Sparring/ Randori	12:30-1:00 Sparring/ Randori

### Adult Classes - Ages 13 & Up

*\*\*\*Children Purple Belt and Above can come to any Adult Classes\*\*\**

Belt	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Adults All Ranks	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	9:30-10:30am
Adults Orange and Up	8:00-8:30 Sparring/ Randori	8:00-8:30 Sparring/ Randori	8:00-8:30 Sparring/ Randori	<i>Personal Protection/ Self Defense/ Defensive Tactics All Ranks</i>	8:00-8:30 Sparring/ Randori	<i>Birthday Parties Available!</i>
Adults Green-Black	---	---	8:30-9:30 Vale Tudo	8:30-9:30 Sparring	---	
Adults Black Belt	---	8:30-9:30	---	---	---	

*8 out of 10 of our new students were recommended to us by someone who already takes classes here... WE REALLY APPRECIATE THAT! Don't keep martial arts a secret.*

*Bring someone you care about to class. Train Hard!!!*

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