



Kempo Martial Arts Dojo

www.KempoMartialArts.net

As of February 13, 2010

Monday

Open Adults	10:30 - 11:30 AM
YA Brown - Black Belt	4:30 - 5:30
YA Blue Belt	5:45 - 6:45

Beginner Adult	6:50 - 7:50
Intermediate Adult	7:55 - 8:55

Tuesday

Young Warriors	4:30 - 5:15
Beginner Young Adults	5:30 - 6:30

YA Brown - Black Belt	6:45 - 7:45
Advanced Adults	8:00 - 9:00

Wednesday

YA Green	4:30 - 5:30
YA Green Stripe	5:45 - 6:45

Beginner Adult	6:50 - 7:50
Intermediate Adult	7:55 - 8:55

Thursday

Young Warriors	4:30 - 5:15
Beginner Young Adults	5:30 - 6:30

YA Blue Belt	6:45 - 7:45
Advanced Adults	8:00 - 9:00

Friday

All Students (Except BYA) Require Full Sparring Gear

Beginner Young Adults	4:30 - 5:30
All YA Blue Spar	5:35 - 6:20

YA Green - Black Belt Spar	6:30 - 7:15
Blue & Up Adults Spar	7:30 - 8:15

Saturday

Open Adults	9:30 - 10:30 AM
YA Green Belts	10:45 - 11:45 AM
YA Green Stripe	11:50 - 12:50

Young Warriors	12:55 - 1:40
YA Blue Belts	1:45 - 2:45
YA All Brown & Black	2:50 - 3:50

Sunday

Open Adults	9:30 - 10:30 AM
Young Warriors	10:35 - 11:20 AM

Open YA (White - Blue Stripe)	11:25 - 12:25
YA Green Belts	12:30 - 1:30
YA Green Stripe	1:35 - 2:35

Beginner Young Adults = White, Yellow & Orange Belts

Beginner Adults = White, Yellow & Orange Belts

Intermediate Adults = Blue, Blue Stripe & Green Belts

Advanced Adults = Green Stripe through Black Belts

NASSAU

Franklin Square
380 Franklin Avenue
516-358-1649

Hicksville
26-28 West Village Green
516-520-5110

Levittown
54 Division Avenue
516-796-0320

Valley Stream
1690 Central Court
516-256-0003

Wantagh
1136 Wantagh Avenue
516-735-4889

SUFFOLK

Farmingdale
976 Fulton Street
516-753-6635

Holbrook
390 Furrows Road
631-585-6111

Lindenhurst
294 East Montauk Hwy
631-321-1386

Manorville
460-6 Country Road 111
631-395-6876

Smithtown
530 Smithtown Bypass
631-979-3541



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Young Warriors

Ages 5 - 7, White - Orange

Tuesday 4:30 - 5:15
Thursday 4:30 - 5:15
Saturday 12:55 - 1:40
Sunday 10:35 - 11:20

Beginner Young Adults

Ages 8 - 12, White - Orange

Tuesday 5:30 - 6:30
Thursday 5:30 - 6:30
Friday 4:30 - 5:30

Open Young Adults

Ages 8 - 12, White - Blue Stripe

Sunday 11:25 - 12:25

All Blue Belt Young Adults

Ages 8 - 12, Blue and Blue Stripe Belts

Monday 5:45 - 6:45
Thursday 6:45 - 7:45
Saturday 1:45 - 2:45

All Brown & Black Belt YA

Ages 8 - 12, Brown - Black

Monday 4:30 - 5:30
Tuesday 6:45 - 7:45
Saturday 2:50 - 3:50

Sparring

---- FRIDAY ----

All Blue 5:35 - 6:20
Green - Black 6:30 - 7:15
Adults(BI & Up) 7:30 - 8:15

Green Belt Young Adults

Ages 8 - 12, Green

Wednesday 4:30 - 5:30
Saturday 10:45 - 11:45
Sunday 12:30 - 1:30

Green Stripe Young Adults

Ages 8 - 12, Green Stripe

Wednesday 5:45 - 6:45
Saturday 11:50 - 12:50
Sunday 1:35 - 2:35

Beginner Adult

Teen & Up, White - Orange ONLY

Monday 6:50 - 7:50
Wednesday 6:50 - 7:50

Intermediate Adult

Teen & Up, Blue - Green ONLY

Monday 7:55 - 8:55
Wednesday 7:55 - 8:55

Advanced Adults

Teen & Up, Green Stripe - Black

Tuesday 8:00 - 9:00
Thursday 8:00 - 9:00

Open Adult

Teen & Up, ALL RANKS WELCOME

Monday 10:30 - 11:30 AM
Saturday 9:30 - 10:30 AM
Sunday 9:30 - 10:30 AM

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