

**JAPAN KARATE ASSOCIATION OF NEW YORK**  
**P.O. BOX 230962**  
**NEW YORK, NEW YORK 10023**  
**(212) 799-5500**  
**JKANEWYORK@YAHOO.COM**

**PRACTICE SCHEDULE**  
(as of 11/22/18 & subject to change)

Tuesdays	7:00 – 8:30 PM	Beginners/Combination	MMAC
Thursdays	5:00 – 6:00 PM	Combination	NJ
	6:00 – 7:00 PM	Beginners	NJ
	7:00 – 8:00 PM	Beginners/Combination	MMAC
Fridays	6:00 – 7:00 PM	Beginners/Intermediate	MAESTRO
	7:00 – 8:30 PM	Advanced	MAESTRO
Saturdays	9:45 – 11:00 AM	Combination	MAESTRO
Sundays	10:00 – 11:30 AM	Beginners/Combination	MMAC

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**CLASS DESCRIPTION**

Beginners: first month of instruction (12 classes)

Intermediate: white & green belts

Advanced: brown & black belts

Combination: all belts

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**DOJO LOCATIONS**

Manhattan Movement & Arts Center (MMAC):	248 West 60th Street New York, NY 10023	<a href="#">(Map)</a>
Studio Maestro (MAESTRO):	48 West 68th Street New York, NY 10023	<a href="#">(Map)</a>
Japanese Children's Society (NJ):	8 Bayview Avenue Englewood Cliffs, NJ 07632	<a href="#">(Map)</a>