

JAPAN KARATE ASSOCIATION OF NEW YORK

P.O. BOX 230962

NEW YORK, NEW YORK 10023

(212) 799-5500

JKAOFNY@GMAIL.COM

PRACTICE SCHEDULE

(as of 9/1/19)

Tuesdays	7:00 – 8:30 PM	Beginners/Combination	MMAC
Thursdays	7:15 – 8:15 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

CLASS DESCRIPTION

Beginners: first month of instruction (12 classes)

Intermediate: white & green belts

Advanced: brown & black belts

Combination: all belts

DOJO LOCATIONS

Manhattan Movement & Arts Center (MMAC): 248 West 60th Street
New York, NY 10023

[\(Map\)](#)

Studio Maestro (MAESTRO): 48 West 68th Street
New York, NY 10023

[\(Map\)](#)