



Kempo Martial Arts Dojo

**500 W. MONTAUK HIGHWAY LINDENHURST NY 11757
631-321-1386**

Monday

Intermediate Young Warriors	(Blue – Green Stripe 4-7yrs.)	4:15 – 5:00
Intermediate Young Adults	(Blue- Green Stripe 8 - 12yrs.)	5:15 – 6:00
Shidoshi Training	(Shidoshi Members)	6:15 – 7:00
Open Teen & Adults	(All Ranks 13+ yrs.)	7:15 – 8:15

Tuesday

Beginner Young Warriors	(White - Orange 4 - 7yrs.)	4:15 – 5:00
Beginner Young Adults	(White -Orange 8 - 12yrs.)	5:15 – 6:00
Intermediate Young Adults	(Blue - Green Stripe 8 - 12yrs.)	6:15 – 7:00
Advanced Young Adults	(Brown & Up 8 - 12yrs.)	7:15 – 8:15
Open Teen & Adults	(All Ranks 13+ yrs.)	8:15 – 9:15

Wednesday

Intermediate Young Warriors	(Blue – Green Stripe 4-7yrs.)	4:15 – 5:00
Beginner Young Adults	(White -Orange 8 - 12yrs.)	5:15 – 6:00
Advanced Young Adults	(Brown & Up 8 - 12yrs.)	6:15 – 7:15
Open Teen & Adults	(All Ranks 13+ yrs.)	7:15 – 8:15

Thursday

Beginner Young Warriors	(White - Orange 4 - 7yrs.)	4:15 – 5:00
Beginner Young Adults	(White -Orange 8 - 12yrs.)	5:15 – 6:00
Intermediate Young Adults	(Blue - Green Stripe 8 - 12yrs.)	6:15 – 7:00
Advanced Young Adults	(Brown & Up 8 - 12yrs.)	7:15 – 8:15
Open Teen & Adults	(All Ranks 13+ yrs.)	8:15 – 9:15

Friday

Private Training	(All Ranks 4 & Up)	Appointment Only
Events and Seminars	(All Ages.)	Inquire Within

Saturday

Demo Practice	(Evolution Members)	8:45 – 10:00
Adv. & Int. Young Adults	(Green & Up 8 - 12yrs.)	10:15 – 11:15
Beg. & Int. Young Adult	(White – Blue Stripe 8-12yrs.)	11:30 – 12:15
Beginner Young Warriors	(White - Orange 4 - 7yrs.)	12:30 – 1:15
Intermediate Young Warriors	(Blue – Green Stripe 4-7yrs.)	1:30 - 2:15

Sunday

Open Teen & Adults	(All Ranks 13+ yrs.)	9:00 – 10:00
Adv. & Int. Young Adults	(Green & Up 8 - 12yrs.)	10:15 – 11:15
Beg. & Int. Young Adult	(White - Blue Stripe 8-12yrs.)	11:30 – 12:15

NASSAU

Franklin Square
380 Franklin Avenue
516-358-1649

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

Levittown/Wantagh
74 Gardiners Avenue
516-796-0320

Valley Stream
337 N Central Avenue
516-256-0003

SUFFOLK

Eastport
585 Montauk Highway
631-909-8750

Lindenhurst
500 West Montauk Hwy
631-321-1386

Smithtown/ Hauppauge
922 Wheeler Road
631-979-3541

Beginner Young Warriors
Intermediate Young Warriors

(White- Orange 4 - 7yrs.)
(Blue – Green Stripe 4-7yrs.)

12:30 – 1:15
1:30 - 2:15