



CUTTING EDGE KEMPO KARATE

CuttingEdgeKempo.com



As of January 1, 2016

**** Sign Up Special ****
ONLY \$ 99.95!
Includes *TWO MONTHS*
of *Unlimited Classes*
& a free custom Uniform!

Monday, Tuesday & Wednesday

Young Warriors	(White – ½ Green 5-7 yrs.)	4:30 - 5:15
Young Adults	(White – ½ Green 8-12 yrs.)	5:25 - 6:25
Advanced Young Adult	(Green – Black 8-12 yrs.)	6:30 - 7:30
Adults	(All Ranks)	7:40 - 8:40

Thursday

Young Warriors	(White – ½ Green 5-7 yrs.)	4:30 - 5:15
Young Adults	(White – ½ Green 8-12 yrs.)	5:25 - 6:25
Advanced Adults	(Green and Up)	6:30 - 7:30
A.P.A.C. Knife	(This class is separate from Kempo Training, see Sensei Nick for Info)	7:45 – 8:45

Friday

Green Young Adults	(Green – ½ Brown 8-12 yrs.)	4:30 - 5:30
Brown Young Adults	(Brown – Black 8-12 yrs.)	5:35 - 6:35
Beginner Adults	(White – Blue Stripe 14+ yrs.)	6:40 - 7:40

Saturday & Sunday

Adults	(All Ranks)	9:30 - 10:30
Young Warriors	(White – ½ Green 5-7 yrs.)	10:45 - 11:30
Young Adults	(White – ½ Green 8-12 yrs.)	11:45 - 12:45
Advanced Young Adult	(Green & Up 8-12 yrs.)	12:50 - 1:50

**975 Main Street
Holbrook, NY 11741
631.585.6111**

CuttingEdgeKempo.com
Facebook.com/holbrook.kempo



CUTTING EDGE KEMPO KARATE

CuttingEdgeKempo.com



As of January 1, 2016

**** Sign Up Special ****

ONLY \$ 99.95!

Includes *TWO MONTHS* of
unlimited classes & a free
custom Uniform!

Young Warriors

(White – ½ Green 5 - 7 yrs.)

Monday	4:30 - 5:15
Tuesday	4:30 - 5:15
Wednesday	4:30 - 5:15
Thursday	4:30 - 5:15
Saturday	10:45 - 11:30
Sunday	10:45 - 11:30

Advanced Young Adults

(Green - Black 8 – 12 yrs.)

Monday	6:30 – 7:30
Tuesday	6:30 – 7:30
Wednesday	6:30 – 7:30
Saturday	12:50 – 1:50
Sunday	12:50 – 1:50

Green Young Adults

(Green – ½ Brown 8 – 12 yrs.)

Friday	4:30 – 5:30
--------	-------------

Brown Young Adults

(Brown – Black 8 – 12 yrs.)

Friday	5:35 – 6:35
--------	-------------

Young Adults

(White – ½ Green 8 - 12 yrs.)

Monday	5:25 – 6:25
Tuesday	5:25 – 6:25
Wednesday	5:25 – 6:25
Thursday	5:25 – 6:25
Saturday	11:45 – 12:45
Sunday	11:45 – 12:45

Adults

(All Ranks)

Monday	7:40 – 8:40
Tuesday	7:40 – 8:40
Wednesday	7:40 – 8:40
Saturday	9:30 – 10:30
Sunday	9:30 – 10:30

Beginner Adults

(White – Blue Stripe)

Friday	6:40 – 7:40
--------	-------------

Advanced Adults

(Green through Black)

Thursday	6:30 – 7:30
----------	-------------

A.P.A.C. Knife

(18+ Equipment required, see
Sensei Nick for Info)

Thursday	7:45 - 8:45
----------	-------------

975 Main Street
Holbrook, NY 11741
631.585.6111

CuttingEdgeKempo.com
Facebook.com/holbrook.kempo