

# True ChampionZ Martial Arts

www.TrueChampionZ.com

(914) 813-8000

# Westchester Krav Maga

www.WestchesterKravMaga.com

## November 15, 2021 – January 31, 2022 ONLINE & OUTDOOR SHOTOKAN KARATE & KRAV MAGA SELF-DEFENSE CLASS SCHEDULE

New Students Please Contact Us for Registration. For Outdoor Classes please Arrive 15 minutes before your class time. Online Classes please login 5 minutes before class.

MONDAY Online + Outdoors	TUESDAY Online	WEDNESDAY Outdoors	THURSDAY Online	FRI DA Y	SATURDAY Outdoors	SUNDAY Outdoors
<p><b>Online</b> 4:30-5:00pm <b>KARATE</b> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT <b>ALL AGES</b> <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>	<p><b>Online</b> 4:45-5:15pm <b>KARATE</b> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT <b>ALL AGES</b> <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>		<p><b>Online</b> 4:45-5:15pm <b>KARATE</b> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT <b>ALL AGES</b> <i>YELLOW BELTS &amp; UP</i> (4-80+ yrs)</p>		<p><i>Outdoors at</i> <i>Davenport Park</i> 9:00am - 9:45am <b>KRAV MAGA</b> <b>ALL AGES</b> (7-80+ yrs) <i>ORANGE BELTS &amp; UP</i></p>	<p><i>Outdoors at</i> <i>Davenport Park</i> 9:00am - 9:45am <b>KRAV MAGA</b> <b>ALL AGES</b> (7-80+ yrs) <i>ORANGE BELTS &amp; UP</i></p>
	<p><b>Online</b> 5:30-6:15pm <b>KRAV MAGA</b> KIDS &amp; TEENS &amp; ADULTS &amp; FAMILY <b>ALL AGES</b> (6-80+ yrs) <i>All LEVELS</i> <i>No Belts &amp; All Belts</i></p>	<p><i>Outdoors at</i> <i>Thomas Paine Cottage</i> 5:30pm - 6:15pm <b>KARATE - BASIC</b> <b>ALL AGES &amp; FAMILY</b> <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs) <i>No Belts, White Belts, &amp;</i> <i>Yellow Belts White Stripe,</i> <i>Yellow Belts</i></p>	<p><b>Online</b> 5:30-6:15pm <b>KRAV MAGA</b> KIDS &amp; TEENS &amp; ADULTS &amp; FAMILY <b>ALL AGES</b> (6-80+ yrs) <i>All LEVELS</i> <i>No Belts &amp; All Belts</i></p>		<p><i>Outdoors at</i> <i>Davenport Park</i> 10:00am - 10:45am <b>KRAV MAGA</b> <b>ALL AGES (6-80+ yrs)</b> <b>BASIC</b> <i>No Belts, White Belts, &amp;</i> <i>Yellow Belts White Stripe,</i> <i>Yellow Belts Orange Stripe &amp;</i> <i>Yellow Belts</i></p>	<p><i>Outdoors at</i> <i>Davenport Park</i> 10:00am - 10:45am <b>KRAV MAGA</b> <b>ALL AGES (6-80+ yrs)</b> <b>BASIC</b> <i>No Belts, White Belts, &amp;</i> <i>Yellow Belts White Stripe,</i> <i>Yellow Belts Orange Stripe &amp;</i> <i>Yellow Belts</i></p>
<p><i>Outdoors at</i> <i>Thomas Paine Cottage</i> 6:30pm - 7:15pm <b>KARATE</b> <b>ALL AGES &amp; FAMILY</b> <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>		<p><i>Outdoors at</i> <i>Thomas Paine Cottage</i> 6:30pm - 7:15pm <b>KRAV MAGA</b> <b>ALL AGES &amp; FAMILY</b> (6-80+ yrs) <i>All LEVELS &amp; All BELTS</i></p>	<p><b>Online</b> 6:30-7:15pm <b>KARATE</b> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT <b>ALL AGES</b> <i>All LEVELS &amp; All BELTS</i></p>		<p><i>Outdoors at</i> <i>Davenport Park</i> 11:00am - 11:45am <b>KARATE</b> <b>ALL AGES &amp; FAMILY</b> <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>	<p><i>Outdoors at</i> <i>Davenport Park</i> 11:00am - 11:45am <b>KARATE</b> <b>ALL AGES &amp; FAMILY</b> <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>
<p><i>Outdoors at</i> <i>Thomas Paine Cottage</i> 7:30pm - 8:15pm <b>KRAV MAGA</b> <b>ALL AGES &amp; FAMILY</b> (6-80+ yrs) <i>All LEVELS &amp; All BELTS</i></p>	<p><b>Online</b> 7:30-8:30pm <b>KRAV MAGA</b> KIDS &amp; TEENS &amp; ADULTS &amp; FAMILY <b>ALL AGES (6-80+ yrs)</b> <i>All LEVELS &amp; All BELTS</i></p>	<p><i>Outdoors at</i> <i>Thomas Paine Cottage</i> 7:30pm - 8:15pm <b>KARATE – ADVANCED</b> <b>ZANSHIN*</b> <b>ALL AGES &amp; FAMILY</b> <i>ORANGE BELTS &amp; UP</i></p>	<p><b>Online</b> 7:30-8:30pm <b>KRAV MAGA</b> TEEN/ADULT <i>ORANGE BELTS &amp; UP</i></p>			

Krav Maga Israeli Self Defense Martial Arts Training as per the Supervision of the KRAV MAGA FEDERATION.

Traditional Japanese Shotokan Karate Training as per the Supervision of the SHOTOKAN KARATE DO of the UNITED NATION

\*ZANSHIN Karate Class: Advanced Traditional High Performance Japanese Shotokan Karate Classes.