



Busto's Martial Arts ~ 490 Old Bethpage Road, Plainview NY
516-822-4785 www.bustosmartialarts.com

Adult/Teen Karate Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Kenpo — Ages 18 & Up		11am-12noon 8:30-9:30pm		11am-12noon 7:30-8:30pm		8:30-9:30am
Teen Kenpo — Ages 12-18 White through Green Belt		7:00-8:00pm		7:00-8:00pm		2-3pm
Teen Kenpo — Ages 12-18 Brown & Black Belts		7:30-8:30pm		7:30-8:30pm		2-3pm
Teen/Adult MMA - Ages 13+	7-8pm		7-8pm 8-8:30pm (Open Mat)			11:30am- 12:30pm
Norman Sandler CTS Class* (13+)	8-9pm*		8-9pm* <i>Advanced Kenpo Brown/Black Belts</i>			
Storm Team						
Sparring (Adult/Teen)				8:30-9:30pm		

*- class is additional cost

Grappling~ Teaches how to escape a variety of holds and grabs using techniques such as throws, joint-locks, and submissions. Application of these techniques are most useful in close-range altercations and attack-situations that end up on the ground.

Sparring~ Teaches the perfect way to perfect your blocks, kicks, and punches while putting your belt-level techniques to use in everyday situations. Sparring is conducted in a closely-controlled, extremely safe environment, using protective gear at all times.

NOTE: *As a Busto's student, you are required to spar during testing for higher belt levels. Sparring is a complex skill learned and developed over time, so it is best begun early in your training— speak to an instructor for further details.*

MMA~ Mixed Martial Arts classes are designed to combine grappling and sparring (kickboxing) skills together in a systematic approach. This discipline uses a belt system to monitor student's progress.

Kenpo~ One of the most complete self-defense systems, Kenpo is designed for street-practical self-defense. Taught with extensive theory and strategy, using human and street observations. Through self-defense techniques you learn punches, pushes, kicks, and various types of holds— every move is made to be practical, simple, and effective.

STORM TEAM~ This group is intended to allow members the opportunity to experience other aspects and disciplines of the study of Martial Arts that are not explored in everyday class. Meeting and learning from new friends with varying levels of discipline will enrich your journey through the study of Martial Arts. **Please speak to the front desk for information on joining.**

Annual STORM Membership includes:

One Special Class per month, three FREE seminars, one year of Sparring & Grappling, and additional discounts.