



Martial Arts Program

Everything you want in a martial arts school

Our goal is to offer the finest mixed martial arts instruction available, to prepare our young students to handle life's challenges in a positive and successful way. We stress the importance of good emotional and physical health through the study of the martial arts. Our professional staff is here to guide you towards greater self-confidence and discipline as you improve your balance, coordination, flexibility, and strength. Our program will also improve your cardiovascular fitness and muscle tone, while increasing your mental focus, concentration and self-discipline.

New York Karate & Kickboxing stresses positive character development, good citizenship and positive goal achievement. We pride ourselves on giving each student personalized instruction. We cater to the needs of each individual student.

- **Little Ninjas** geared to 3 to 5 year olds, stresses positive socialization, building motor skills and a foundation for physical fitness.
- **Children ages 6-12** students will learn confidence, self discipline and control as they learn how to act and react to the world around them. Positive goal orientation and the importance of health and fitness is a primary focus.
- **Adult Karate** focuses on physical fitness and self-defense. Our program will empower you to take control of your life, while working to combine the true power of your mind, body and spirit.

(845) 634-4640