

Chances are you're interested in karate for many reasons - physical fitness, self-improvement, self-defense, or as a way to unwind after work. Choosing a karate school (dojo) is a very important step. You need to be sure you find the place that is right for you. You want a dojo where the atmosphere is friendly and the training is serious. Where there's a sense of mutual respect. Where each student is able to progress at his or her own rate, depending on ability and level of commitment.

At the Ueshiro Midtown Karate Dojo, that's what you'll find. However, there are many other factors that make this a unique place to pursue your study of the martial arts:

Convenient location in the heart of Midtown Manhattan.

- Flexible schedule with classes offered seven days a week from 7:45 am to 8:45 pm.
- One-to-one instruction for beginners.
- Small class size.
- Participation in seminars and special workouts through the USRKUSA Organization.
- Unlimited attendance for one low monthly fee.

At the Ueshiro Midtown Dojo you will be introduced to traditional Okinawan karate, the original form, as it has been practiced for centuries.

You will learn the physical aspects of karate when you begin. As you grow and develop as a martial artist, you'll learn more and more about the mental, philosophical and spiritual aspects of karate, which are essential to a rich understanding and practice of the art of karate.

As you practice you will become stronger than you've ever been before. And as you progress through the ranks, you'll notice a distinct improvement in your appearance and your health. At the same time, you'll develop the confidence that comes from knowing you're better able to handle the many challenges that life presents.

You may have said to yourself, "I wish I'd started studying karate years ago." There's no reason to put it off any longer. Let us help you get started!

**Contact Sensei Michael Mackay at
Kyoshi@MidtownKarateDojo.com or call
646.761.0683 to schedule a visit.**

LOCATION

We are located in the Athletic Center of the St. Bart's Community House, 109 East 50th St., between Park and Lexington Aves. The Community House is six blocks north of Grand Central Station and across the street from the Waldorf Astoria Hotel.

Enter through the red doors of the Community House and proceed to the reception desk. The receptionist will direct you to the Karate Studio downstairs.



Ueshiro Midtown Karate

ST. BART'S ATHLETIC CENTER
109 EAST 50TH ST.
NEW YORK, NY 10022

**Please visit our website or call for more information.
www.midtownkaratedojo.com
646.761.0683**



Ueshiro Midtown Karate

**HOMBU DOJO OF
SHORIN-RYU KARATE U.S.A.**

**GRAND MASTER ANSEI UESHIRO
FOUNDER**

**HANSHI ROBERT SCAGLIONE
EXECUTIVE DIRECTOR**

**KYOSHI MICHAEL MACKAY
SHIHAN**

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MEMBERSHIP FEES

Tuition is \$75 per month and covers unlimited attendance. New students may enroll at the start of any calendar month. After the first month, students may elect to pay on a per-class basis instead of the monthly rate. The individual class fee is \$10.

Students who have received their first rank (ro-kyu) or higher pay annual dues of \$25 to the Ueshiro Shorin-Ryu USA Organization. This payment is made in October and grants the student access to the 18 other Shorin-Ryu Karate USA schools across the country and around the world.

CLASS SCHEDULE

All classes are open to all levels, beginner through advanced, except where otherwise noted.*

MONDAY

12:00 - 1:00 pm
Bruce Silver
John Draghi

5:30 - 7:00 pm
Gamiel Ramson
Ron Ballin

TUESDAY

7:45 - 8:30 am
Steve Lott

5:30 - 7:00 pm
Michael Mackay

7:15 - 8:45 pm
Michael Mackay

WEDNESDAY

12:00 - 1:00 pm
Richard Vachino

5:30 - 7:00 pm
Steve Lott

7:15 - 8:45 pm
Guest Instructor Class
(Held by special arrangement)

THURSDAY

7:45 - 8:30 am
Kim Garon
Henri Waelbroeck

1:15 - 2:00 pm
Ellin Moore
Len Fogge

5:30 - 7:00 pm
Larry Link
John Adams
*Black belts only
first Thursday each month

7:15 - 8:45 pm
Tsvi Bar-Shai
Shabbir Kazmi
*Black belts only
first Thursday each month

FRIDAY

7:45 - 8:30 am
Kevin Reymond
Richy Glassberg

5:30 - 7:00 pm
Eddie Garcia
Ron Ballin
Jon Cohen

SATURDAY

10:45 - 11:45 am
Rob Neff
John Robbins

12:00 - 1:00 pm
John Robbins
Rob Neff

SUNDAY

11:00 am- 12:00 pm
Jon Cohen