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Pressure Cooker

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EDUCATION
Directory



Harmony By Karate @ 2 locations:
Sports Club LA
330 E. 61st St., NYC 10021
Reebok Sports Club
160 Columbus Ave., NYC 10023
(646)387-2073
www.harmonybykarate.com

John Mirrone can remember learning karate as a child. He is grateful to have learned from his own father. There are many incredible benefits from learning karate at a young age. At Reebok Sports Club/New York and Sports Club LA, the Harmony By Karate Rainbow program for 2-6-year-olds, has

risen to great heights. Physical aspects of the program include various types of aerobic drills to improve children's endurance. Through foot and hand movement techniques, students develop rhythm, coordination and body awareness. Bare knuckle push-ups, jumping squats, and other strength conditioning develops the muscular skeletal system. Through split routines and other types of stretching exercises, the child develops natural flexibility. Children learn Japanese terms, phrases and numbers which can be loudly heard if one were to walk past the dojo. During instruction, discipline is balanced with love so that there is a positive interaction among classmates. Harmony By Karate began in New Jersey in 1988 and made it's way to New York in 1994. ABC's Bill Beutel, a former student of Harmony By Karate, was quoted as saying, "If ever there was a man serious about the future of mankind, and particularly our children, that man is Sensei John." *Front Line*, a Japanese publication, referred to Harmony Road in one of their issues, saying,