

Our Head Instructors



Dojo Master
Renshi-Fran Babbino,
6th Degree Black Belt

Owner and Full-time Chief Instructor started training in 1979; teaches all of the kids classes, weapons & black belt students. As a 2-time cancer survivor, she firmly believes in living each day to the fullest.



Sensei
Billy Babbino
3rd Degree Black Belt

Started training at age 6; teaches adult and teen classes 8:00-9:00 p.m. Mon & Wed



Sensei Samurai,
John Nelson
3rd Degree Black Belt

Started training in 1992; teaches the Instructors/Advanced adult class. He is the webmaster for our website:
www.doubledragon.com

Black Belts & Assistants:

John Snelling: 1st Degree Black Belt

Daren Hrelac: 1st Degree Black Belt

Neil Stanley: 1st Degree Black Belt

Vincent Nelson: Post-humous 1st Degree Black Belt

Peter Gaudette: Co-Sempai

Robin Stanley: Co-Sempai

CLASS TIMES FOR KARATE

Monday & Wednesday

8:00-9:00 p.m. Mon. Adults/Teens

8:00-9:00 p.m. Wed. Adults/Teens

Tuesday & Thursday

6:00-7:00 p.m. Tues. Children

7:30-9:00 p.m. Tues. Adult workout class

6:00-7:00 p.m. Thurs. Children

FRIDAYS CLOSED

Saturday

10:00 -11:00 a.m. Children

12:00 -1:30 noon Instructors/Advanced

SUNDAYS CLOSED



Double Dragon Dojo

120 Housatonic Avenue
New Milford, CT 06776
(next to Agway)

860-350-0776

TRADITIONAL OKINAWAN KARATE



Double Dragon Dojo

里首流空手道



Dojo Master
Renshi, Fran Babbino
6th Degree Black Belt





Okinawan Shuri-ryu Karate

The style of Shuri-ryu is known as The ancient karate of Okinawa and is a complete martial arts system and way of life. Shuri-ryu Karate can be used in many ways to promote good health by using it for increased flexibility, exercise, recreation, competition and as a personal self-defense system.

The Karate classes that are taught at the Double Dragon Dojo are for men, women & children over the age of 5 yrs. Japanese terminology is used & taught in all classes with some introduction to writing and marital arts history.

Students are taught with positive reinforcement, each person working to his or her own individual potential. In this way, our students develop a healthy self-esteem and increased confidence at their own speed through the understanding of physical & mental control. School age students are taught how to evaluate unhealthy peer pressures and to make good decisions that are always in their best interest.

Within the dojo there are various teams to join and awards to be earned.

We promote the attitude to always help others in need and stress community involvement as part of our students training.



里首流空手道

Double Dragon Dojo

Martial Arts Academy

Offering Classes in Traditional Okinawan Shuri-Ryu Karate, Self-defense, Weaponry and community activities.

Try it out for **1 FREE WEEK**, we have 2 training halls at our dojo.

Children & adults attend classes at the same time, but in different rooms. Many families such as mother & child or father and child, are also students. With our many adult Instructors, we have the availability to have 2 training classes at 6 p.m. on Tuesdays and Thursdays.

Our Kamiza

Respects paid to all that came before us.



Our Sign
Double Dragon Dojo
120 Housatonic Avenue
New Milford, CT 06776
(next to Agway)

The style of Shuri-ryu is known as the ancient karate of Okinawa.

Adult Classes

8:00 p.m. Mon.
8:00 p.m. Wed.

Sensei Billy Babbino instructing adult Kata Class.



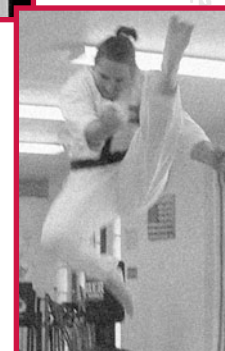
Saturday's 10:00 a.m. classes are for students taking one class a week or for make-up classes that kids missed during the week.



Owner and chief instructor Renshi Fran Babbino teaching a kids self-defense class.

Instructors/Advanced Adult Classes

12:00 noon Sat.
7:30 Tues.
Sensei John Nelson performing a high flying jump kick.



Kids/Adult Classes

6:00 p.m. Tues.
6:00 p.m. Thur.

Saturday class
10:00 a.m.