

HONBU BEACH TRAINING AT ROCKAWAY BEACH

FULL GI REQUIRED

DRIVING DIRECTIONS:

from Manhattan/Brooklyn: Belt Parkway East to exit 11S or take Flatbush Avenue south
from Long Island/Queens: Belt Parkway West to exit 11S

Stay on Flatbush Avenue South to the Gil Hodges Memorial Bridge (toll!)
Bear left off bridge following signs to Riis Park
Bear left at next fork following sign to Beach Channel Drive
Beach Channel Drive to B116 Street
Right onto B116 Street
Municipal Parking Lot is on your left after the first traffic light

BY TRAIN:

A train towards Rockaway Park Beach
Get off at the last stop - ROCKAWAY PARK STATION / BEACH 116TH STREET

AND THEN:

Go left out of train station or municipal lot and walk to boardwalk
Go right onto the boardwalk to 120th Street - you can't miss us

- ❖ Wear your bathing suit under your clothes/gi (the changing rooms may not be open when you first arrive)
- ❖ Do not wear your gi top and/or belt on the train or the street
- ❖ Bring something to change into for after our workout
- ❖ Bring your own beach towel, sun block and any food or drinks you may want (there are stores within walking distance)
- ❖ Family and friends are welcome to come and watch!