

# USKO Corona Schedule - August 2018

		KARATE CURRICULUM						
		MON	TUES	WED	THURS	FRI	SAT	SUN
BRAZILIAN JIU-JITSU CURRICULUM	GUARD			1	2	3	4	5
	PASSING	6	7	8	9	10	11	12
	SWEEPS	13	14	15	16	17	18	19
	MOUNT & SIDE	20	21	22	23	24	25	26
	BACK	27	28	29	30	31		
		Kata	Kata	Sparring	Sparring	Self-Defense		
		Requirements	Requirements	Kata	Kata	Sparring	Sparring	
		Self-Defense	Self-Defense	Requirements	Requirements	Kata	Kata	
		Sparring	Sparring	Self-Defense	Self-Defense	Requirements	Requirements	

Adult Martial Arts Programs	<b>MUAY THAI KICKBOXING</b>		
	Mornings:	Tues & Thurs	11:00 AM
	Evenings:	Mon Wed	5:30 PM
		Tues & Thurs	7:15 PM
	<b>BRAZILIAN JIU-JITSU</b>		
	Mornings:	Sat	11:15 AM
	Evenings:	Mon & Wed	7:00 PM
		Tues & Thurs	5:30 PM
	<b>KARATE</b>		
	Evenings:	Mon & Weds	6:45 PM
	Tues & Thurs	6:30 PM	

Adult Fitness Programs	<b>FITNESS BOOTCAMP</b>		
	Mornings:	Sat	9:45 AM
	Evenings:	Mon & Wed	6:15 PM
		Tues & Thurs	5:30 PM
	<b>FITNESS KICKBOXING</b>		
	Mornings:	Tues & Thurs	9:45 AM
	Evenings:	Mon & Wed	4:00 PM, 7:00 PM
		Tues & Thurs	4:00 PM, 7:15 PM
	Weekends:	Sat	10:30 AM

Kids Martial Arts Programs	<b>MUAY THAI KICKBOXING</b>		
	Evenings:	Mon & Wed	4:45 PM
		Tues & Thurs	4:45 PM, 6:30 PM
	Weekends:	Sat	9:00 AM
	<b>BRAZILIAN JIU-JITSU</b>		
	Evenings:	Mon (No-Gi)	5:15 PM
		Mon/Wed	6:15 PM
		Tues & Thurs	4:45 PM
	Weekends:	Sat	11:15 AM
	<b>KARATE: Pee Wee, White &amp; Orange Belts</b>		
Evenings:	Mon & Wed	3:45 PM, 6:00 PM	
	Tues & Thurs	4:30 PM, 6:00 PM	
Weekends:	Sat	10:30 AM	
<b>KARATE: All Purple &amp; Green Belts</b>			
Evenings:	Mon & Wed	5:15 PM	
	Tues & Thurs	5:15 PM	
Weekends:	Sat	9:45 AM	
<b>KARATE: All Blue, Red &amp; Black Belts</b>			
Evenings:	Mon & Wed	4:30 PM	
	Tues & Thurs	3:45 PM	
Weekends:	Sat	9:00 AM	
<b>KARATE: All Ranks</b>			
Evenings:	Mon & Weds	6:45 PM	
	Tues & Thurs	6:45 PM	

## Important Dates

Aug. 4<sup>th</sup> : Kids Dream Tournament

Aug. 22-25<sup>th</sup> : World Master IBJJF Championships & Kids Intl. @ Las Vegas

## August Promotions

- Receive a **\$20 Account Credit** for every \$100 Pro-Shop purchase during the month of August!
- Refer a friend and receive **\$50 Pro-Shop Credit** upon sign-up!

**JUMP! PUNCH! KICK! BLOCK!**  
**USKO BIRTHDAY PARTIES ALWAYS ROCK!**

- 1 Hour of Karate games & activities with your favorite Sensei!
- VIP Gift Cards for each of your guests.

**Download the USKO APP through iTunes & Google Play:**  
 Class Schedules • Promotions • Weekly Challenges

USKO Corona Dojo

351 Corporate Terrace Cir., Corona, CA 92879 • (951)734-8002

Mon - Thurs: 3:15 PM-8:00 PM • Sat: 9:00 AM-12:00 PM

www.USKOTraining.com