

USKO Corona Schedule - March 2018

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

Adult Martial Arts Program	MUAY THAI KICKBOXING		
	Mornings:	Tues & Thurs	11:00 AM
	Evenings:	Mon & Wed	5:30 PM
		Tues & Thurs	7:15 PM
	Weekends:	Sat	9:00 AM
	BRAZILIAN JIU-JITSU		
	Evenings:	Mon	5:15 PM (No Gi)
		Mon & Wed	7:00 PM
		Tues & Thurs	5:30 PM
	Weekends:	Sat	11:15 AM
KARATE			
Evenings:	Mon & Wed	6:45 PM	
	Tues & Thurs	6:30 PM	

Adult Fitness Program	FITNESS BOOTCAMP		
	Evenings:	Mon & Wed	6:15 PM
		Tues & Thurs	5:30 PM
	Weekends:	Sat	9:45 AM
	FITNESS KICKBOXING		
	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 Program	MUAY THAI KICKBOXING		
	Evenings:	Mon & Wed	4:45 PM
		Tues & Thurs	4:45 PM, 6:30 PM
	Weekends:	Sat	9:00 AM
	BRAZILIAN JIU-JITSU		
	Evenings:	Mon	5:15 PM (No Gi)
		Mon & Wed	6:15 PM
		Tues & Thurs	4:45 PM
	Weekends:	Sat	11:15 AM
	KARATE: White & Orange Belts		
Evenings:	Mon & Wed	3:45 PM, 6:00 PM	
	Tues & Thurs	4:30 PM, 6:00 PM	
Weekends:	Sat	10:30 AM	
KARATE: Purple & Green Belts			
Evenings:	Mon Tues Wed & Thurs	5:15 PM	
Weekends:	Sat	9:45 AM	
KARATE: Blue, Red & Black Belts			
Evenings:	Mon & Wed	4:30 PM	
	Tues & Thurs	3:45 PM	
Weekends:	Sat	9:00 AM	
KARATE: All Ranks			
Evenings:	Mon Tues Wed & Thurs	6:45 PM	

Important Dates

March 10: Testing in Riverside

March 7-11: Pan Jiu-Jitsu IBJJF Championship at UC Irvine

March 31: Sensei Brian GLORY Fight (Tickets sold at front desk)

Save the Date

April 7: PKB Muay Thai Tournament at Riverside USKO Dojo

April 14: USKO Karate Tournament & BBQ

March Promotions

- All USKO Sparring Gear 15% off until March 31
- Refer a friend & 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: 8:45 AM-11:45 AM • Closed Friday & Sunday

www.USKOTraining.com