



December 2017



Adult Martial Arts Programs

Adult Muay Thai Kickboxing
 Mornings: Tues & Thurs: 11:00am
 Evenings: Mon & Wed: 5:30 pm
 Tues & Thurs: 7:15 pm
 Mornings: Sat: 9:00 am

Adult Brazilian Jiu-Jitsu
 Evenings: Mon & Wed: 7:00 pm
 Tues & Thurs: 5:30 pm
 Mornings: Sat: 11:15 am

Adult Karate
 Evenings: Mon & Wed: 6:45 pm
 Tues & Thurs: 6:30 pm

Kids Martial Arts Programs

Kids Brazilian Jiu-Jitsu
 Evenings: Mon & Wed: 6:15pm
 Tues & Thurs: 4:45pm

Kids Muay Thai
 Evenings: Mon & Wed: 4:45pm
 Tues & Thurs: 6:30pm

Karate Mon & Wed Class Schedule
 3:45 pm: White & Orange belts (**Beginners**)
 4:30pm: Black, Red, & Blue belts
 5:15pm: Purple & Green belts
 6:00pm: White & Orange belts (**Beginners**)
 6:45pm: All Rank

Karate Tues & Thurs Class Schedule
 3:45pm: Black, Red, & Blue belts
 4:30pm: White & Orange belts (**Beginners**)
 5:15pm: Purple & Green belts
 6:00pm: White & Orange belts (**Beginners**)
 6:45pm: All Rank

Karate Saturday Morning Schedule
 9:00am: Black, Red & Blue belts
 9:45am: Purple & Green belts
 10:30am: White & Orange belts (**Beginners**)

Adult Fitness Programs

Fitness Bootcamp
 Mornings: Sat: 9:45 am
 Evenings: Mon & Wed: 6:15 pm
 Tues & Thurs: 5:30 pm

Fitness Kickboxing
 Mornings: Tues & Thurs: 9:45am
 Sat: 10:30am
 Evenings: Mon & Wed: 4:00 & 7:00 pm
 Tues & Thurs: 4:00 & 7:15 pm

Yoga
 Available by Privates Only

	Su	Mon	Tue	Wed	Thu	Fri	Sat
PASSING						1 Sparring	2 Sparring
3 SWEETS	4 Self-Defense	5 Self-Defense	6 Requirements	7 Requirements	8 Testing Kata	9 Kata	
10 MOUNT/SIDE CONTROL	11 Sparring	12 Sparring	13 Self-Defense	14 Self-Defense	15 Requirements	16 Requirements	
17 BACK	18 Kata	19 Kata	20 Sparring	21 Sparring	22 Self-Defense	23 Self-Defense	
24 GUARD	25 Merry Christmas Requirements	26 Requirements	27 Kata	28 Kata	29 Sparring	30 Sparring	

Important Dates!

Dec. 8th– Testing in Corona

Dec. 9th– USKO Semi Contact Kickboxing Tournament

Dec. 25th– Closed Christmas Day

Dec. 28th– Black Belt Training & Toast @ 7pm

MERRY CHRISTMAS!!!

Save The Date:

Jan. 1st–Closed New Years Day Only

BONUS: Refer a Friend to do a week trial & receive **1 Free Ticket** to USKO Semi Contact Kickboxing Tournament

Corona Office Hours

Mon-Thurs: 3:15pm-8:00pm
 Friday: CLOSED
 Saturday: 8:45am-11:45am

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