



# October 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
1 PASSING	2 Require-ments	3 Require-ments	4 Kata	5 Kata	6 Sparring	7 Sparring
8 SWEETS	9 Self-Defense	10 Self-Defense	11 Require-ments	12 Require-ments	13 Kata	14 Kata
15 MOUNT/SIDE CONTROL	16 Sparring	17 Sparring	18 Self-Defense	19 Self-Defense	20 <b>Testing</b> Require-ments	21 Require-ments
22 BACK	23 Kata	24 Kata	25 Sparring	26 Sparring	27 Self-Defense	28 Self-Defense
29 GUARD	30 Require-ments	31 Require-ments				

### Important Dates!

**October 7th**– DREAM & USKO Fighters Brian Bruns, Kennedy Maze & David Pacheco are fighting

**October 14th**– USKO BBQ, Karate Tournament & BJJ Promotion

**October 20th**– Testing In Corona

**October 21st**– USKO Fight Night

### *Save The Date:*

**Nov. 3rd**–Black Belt Testing In Riverside

**BONUS:** Refer a Friend and Receive

**2 Free Tickets to USKO Fight Night 7** when they sign up!

### 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