


USKO Corona Schedule - April 2018

KARATE CURRICULUM								
		SUN	MON	TUES	WEDS	THURS	FRI	SAT
BRAZILIAN JIU-JITSU CURRICULUM	PASSING	1 HAPPY EASTER 	2 Sparring	3 Sparring	4 Self-Defense	5 Self-Defense	6 TESTING (in Corona) Requirements	7 PKB Tournament (in Riverside) Requirements
	SWEEPS	8	9 Kata	10 Kata	11 Sparring	12 Sparring	13 Self-Defense	14 Self-Defense
	MOUNT & SIDE CTRL	15	16 Requirements	17 Requirements	18 Kata	19 Kata	20 Sparring	21 Sparring
	BACK	22	23 Self-Defense	24 Self-Defense	25 Requirements	26 Requirements	27 Kata	28 SJJIF IE Jiu-Jitsu Open Kata
	GUARD	29	30 Self-Defense					

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

April 6: Testing at Corona Dojo

April 7: PKB Technical Muay Thai Tournament at Riverside Dojo

April 28: SJJIF IE Jiu-Jitsu Open at Jurupa Valley High School

Save the Date

May 5: USKO Karate Tournament & BBQ

May 7: USKO BJJ Opening in Anaheim Hills

April Promotions

- Receive **\$20 USKO Account Credit** for every \$100 Pro-Shop purchase during the month of April
- 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