

USKO Corona Schedule – February 2019

KARATE CURRICULUM							
	MON	TUES	WED	THURS	FRI	SAT	SUN
BRAZILIAN JIU-JITSU CURRICULUM	BACK				1	2	3
	GUARD	4	5	6	7	8	9
	PASSING	11	12	13	14	15	16
	SWEEPS	18	19	20	21	22	23
	MOUNT & SIDE	25	26	27	28		
		25	26	27	28		
	Self-Defense	Self-Defense	Requirements	Requirements	Kata	Kata	
	Sparring	Sparring	Self-Defense	Self-Defense	Requirements	IBJJF OC Open Requirements	
	Kata	Kata	Sparring	Happy Valentine's Day! Sparring	Self-Defense	Karate and Muay Thai Testing @ RIV Self-Defense	
	President's Day (open) Requirements	Requirements	Kata	Kata	Sparring	Coach Riley MMA Fight Night 1 Sparring	

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

Adult Fitness	FITNESS KICKBOXING		
	Mornings:	Tues & Thurs	9:45 AM
	Evenings:	Mon & Wed Tues & Thurs	4:00 PM, 7:00 PM 4:00 PM, 7:15 PM
Weekends:	Sat	10:30 AM	

Kids Martial Arts Programs	MUAY THAI KICKBOXING		
	Evenings:	Mon & Wed Tues & Thurs	4:45 PM 4:45 PM, 6:30 PM
	Weekends:	Sat	9:00 AM
Kids Martial Arts Programs	BRAZILIAN JIU-JITSU		
	Evenings:	Mon (Advanced) Mon Wed Tues & Thurs	5:15 PM 6:15 PM 6:15 PM 4:45 PM
	Weekends:	Sat	11:15 AM
Kids Martial Arts Programs	KARATE: Pee Wee, White & Orange Belts		
	Evenings:	Mon & Wed Tues & Thurs	3:45 PM, 6:00 PM 4:30 PM, 6:00 PM
	Weekends:	Sat	10:30 AM
Kids Martial Arts Programs	KARATE: All Purple & Green Belts		
	Evenings:	Mon & Wed Tues & Thurs	5:15 PM 5:15 PM
	Weekends:	Sat	9:45 AM
Kids Martial Arts Programs	KARATE: All Blue, Red & Black Belts		
	Evenings:	Mon & Wed Tues & Thurs	4:30 PM 3:45 PM
	Weekends:	Sat	9:00 AM
Kids Martial Arts Programs	KARATE: All Ranks		
	Evenings:	Mon & Weds Tues & Thurs	6:45 PM 6:45 PM

Important Dates:

Feb. 9th : IBJJF OC OPEN

Feb. 16th : Karate & Muay Thai Testing @ Riv

Feb. 23rd : Coach Riley - fights in USKO MMA Fight Night 1 @ Riv Dojo

February Promotions:

- T-Shirts 2 for \$32
- BJJ Gis 15% OFF!
- Refer a friend & receive \$50 Account Credit

Save the Date:

Mar. 9th : Team Training @ Corona Dojo

Mar. 20-24th : IBJJF Pan Ams in Irvine

Mar. 23rd : Muay Thai Tournament

Mar 30th : Fight Night 13

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