

USKO Riverside Schedule – September 2020

			KARATE CURRICULUM							
			MON	TUES	WED	THURS	FRI	SAT	SUN	
MUAY THAI & BRAZILIAN JIU-JITSU CURRICULUM	KNEES	GUARD		1 Kata	2 Sparring	3 Sparring	4	5 Self-Defense	6	
	CLINCH	PASSING	7 CLOSED Labor Day	8 Self-Defense	9 Requirements	10 Requirements	11	12 Kata	13	
	SPARRING	SWEEPS	14 Kata	15 Sparring	16 Sparring	17 Self-Defense	18	19 Self-Defense	20	
	COMBOS	MOUNT & SIDE	21 Requirements	22 Requirements	23 Kata	24 Kata	25	26 Sparring	27	
	KICKS	BACK	28 Sparring	29 Self-Defense	30 Self-Defense	Requirements		72 Requirements		

Adult Martial Arts Programs	MUAY THAI KICKBOXING		
	Mornings:	Mon & Wed	11:00 AM
	Evenings:	Mon & Wed	6:00 PM
		Tues & Thurs	5:00 PM
	Weekends:	Sat	10:45 AM
	BRAZILIAN JIU-JITSU		
Mornings:	Mon & Wed	10:00 AM	
Evenings:	Mon & Wed	6:00 PM	
	Tues & Thurs	4:00 PM	
	Sat	10:00 AM	

Adult Fitness Programs	FITNESS KICKBOXING		
	Evenings:	Mon & Wed	4:30 PM
		Tues & Thurs	6:00 PM
	Weekends:	Sat	9:00 AM

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

Important Dates:

CLOSED-Labor Day!

August Promotions:

- 15% off Jiu Jitsu Uniforms!

Family & Friends Referral Program!

Bring a friend who signs up, receive \$50 Account Credit

**Download the USKO APP through iTunes & Google Play:
Class Schedules • Promotions • Weekly Challenges**

Save the Date

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USKO Riverside Dojo

6794 Brockton Ave., Riverside, CA 92506 • (951)686-1505

• Mon & Wed: 9:30 AM- 12:30 PM, 3:30 PM- 7:30PM • Tues & Thurs: 3:30 PM-7:30 PM • Sat: 9:00 AM-12:00 AM

www.USKOTraining.com