

USKO Riverside Schedule – February 2019

KARATE CURRICULUM							
	MON	TUES	WED	THURS	FRI	SAT	SUN
BRAZILIAN JIU-JITSU CURRICULUM	BACK				1	2	3
					Kata	Kata	
	GUARD	4	5	6	7	8	9
		Sparring	Sparring	Self-Defense	Self-Defense	Requirements	IBJJF OC OPEN Requirements
	PASSING	11	12	13	14	15	16
		Kata	6:00 AM BJJ w/Coach Evan Starts! Tue&Thur Kata	Sparring	Happy Valentine's Day! Sparring	Self-Defense	Karate & Muay Thai Testing @ RIV Self-Defense
SWEEPS	18	19	20	21	22	23	
	President's Day (open) Requirements	Requirements	Kata	Kata	Sparring	Coach Riley MMA Fight Night 1 Sparring	
MOUNT & SIDE	25	26	27	28			
	Self-Defense	Self-Defense	Requirements	Requirements	Kata	72 Kata	

Adult Martial Arts Programs	MUAY THAI KICKBOXING
	Mornings: Mon Wed Fri & Sat 11:00 AM
	Evenings: Mon Wed & Fri 6:00 PM
	Tues & Thurs 4:45 PM, 6:15 PM (Ladies)
	BRAZILIAN JIU-JITSU
	Mornings: Tues & Thurs 6:00 AM
	Mon Wed Fri & Sat 10:00 AM
	Evenings: Mon & Wed 6:15 PM
	Tues & Thurs 4:00 PM (Advanced), 7:00 PM
	Fri 5:30 PM
KARATE	
Evenings: Mon & Weds 5:15 PM	
Tues & Thurs 6:30 PM	
Weekends: Sat 9:00 AM	

Adult Fitness Programs	FITNESS BOOTCAMP
	Evenings: Mon & Wed 4:30 PM
	Tues & Thurs 6:15 PM
	FITNESS KICKBOXING
	Evenings: Mon & Wed 3:30 PM, 5:15 PM, 6:45 PM
	Tues & Thurs 4:45 PM, 5:30 PM
	Fri 5:15 PM
Weekends: Sat 9:00 AM	

Kids Martial Arts Programs	MUAY THAI KICKBOXING
	5-9 Years Old: Mon & Wed 5:15 PM
	Tues & Thurs 5:30 PM
	9-14 Years Old: Mon & Wed 4:30 PM
	Tues & Thurs 6:15 PM
	5-14 Years Old: Fri 4:30 PM
	BRAZILIAN JIU-JITSU
	5-9 Years Old: Mon & Wed 4:30 PM
	Tues & Thurs 6:15 PM
	9-14 Years Old: Mon & Wed 5:15 PM
	Tues & Thurs 5:30 PM
	5-14 Years Old: Fri 4:45 PM
	Advanced: Tues & Thurs 4:00 PM
	Weekends: Sat 10:00 AM
	KARATE: Pee Wee, White & Orange Belts
	Evenings: Mon & Wed 4:30 PM, 6:00 PM
	Tues & Thurs 3:30 PM, 5:00 PM
Fri 4:30 PM, 6:00 PM	
Weekends: Sat 10:30 AM	
KARATE: All Purple & Green Belts	
Evenings: Mon & Wed 5:15 PM, 6:30 PM	
Tues & Thurs 4:15 PM	
Fri 5:15 PM	
Weekends: Sat 9:45 AM	
KARATE: All Blue, Red & Black Belts	
Evenings: Mon & Wed 3:30 PM	
Tues & Thurs 5:45 PM	
Weekends: Sat 9:00 AM	
KARATE: All Ranks	
Evenings: Tues & Thurs 6:45 PM	

Important Dates:

Feb. 9th : IBJJF OC OPEN

Feb. 12th : BJJ with Coach Evan Tue/Thurs 6:00AM

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 Riverside Dojo

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

Mon & Wed: 6:00 AM-8:30 PM • Tues & Thurs: 9:00 AM-8:30 PM • Friday: 10 AM-7:00 PM • Sat: 8:45 AM-11:45 AM

www.USKOTraining.com