

USKO Riverside Schedule - August 2018

		KARATE CURRICULUM						
		MON	TUES	WED	THURS	FRI	SAT	SUN
BRAZILIAN JIU-JITSU CURRICULUM	GUARD			1 Sparring	2 Sparring	3 Self-Defense	4 Kids Dream Tournament Self-Defense	5
	PASSING	6 Requirements	7 Requirements	8 Kata	9 Kata	10 Sparring	11 Sparring	12
	SWEEPS	13 Self-Defense	14 Self-Defense	15 Requirements	16 Requirements	17 Kata	18 Kata	19
	MOUNT & SIDE	20 Sparring	21 Sparring	22 WORLD MASTER IBJJF & KIDS INTL. @ LAS VEGAS Self-Defense	23 WORLD MASTER IBJJF & KIDS INTL. @ LAS VEGAS Self-Defense	24 WORLD MASTER IBJJF & KIDS INTL. @ LAS VEGAS Requirements	25 WORLD MASTER IBJJF & KIDS INTL. @ LAS VEGAS Requirements	26
	BACK	27 Kata	28 Kata	29 Sparring	30 Sparring	31 Self-Defense		

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:	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		
	Mornings:	Mon Wed & Fri	6:15 AM
	Evenings:	Mon & Wed	4:30 PM
		Tues & Thurs	6:15 PM
	FITNESS KICKBOXING		
Mornings:	Mon Wed & Fri	5:30 AM	
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

Aug. 4th : Kids Dream Tournament

Aug. 22-25th : World Master IBJJF Championships & Kids Intl. @ Las Vegas

August Promotions

- Receive **\$20 USKO Account Credit** for every \$100 Pro-Shop purchase during the month of August!
- Refer a friend and 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 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

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