

USKO Riverside Schedule - March 2018

KARATE CURRICULUM								
	MON	TUES	WED	THURS	FRI	SAT	SUN	
BRAZILIAN JIU-JITSU CURRICULUM	PASSING				1	2	3	4
				Requirements	Kata	Kata		
	SWEEPS	5	6	7	8	9	10	11
		Sparring	Sparring	Self-Defense	Self-Defense	Requirements	TESTING (in Riverside) Requirements	
	MOUNT & SIDE	12	13	14	15	16	17	18
	Kata	Kata	Sparring	Sparring	Self-Defense	Self-Defense		
BACK	19	20	21	22	23	24	25	
	Requirements	Requirements	Kata	Kata	Sparring	Sparring		
GUARD	26	27	28	29	30	31		
	Self-Defense	Self-Defense	Requirements	Requirements	Kata	Sensei Brian GLORY Fight Kata		

Adult Martial Arts Programs	MUAY THAI KICKBOXING		
	Mornings:	Mon Wed Fri & Sat	11:00 AM
		Tues & Thurs	10:00 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	
	Tues Thurs & Fri	9:15 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	
	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

March 10: Testing in Riverside

March 7-11: Pan Jiu-Jitsu IBJJF Championship at UC Irvine

March 31: Sensei Brian GLORY Fight (Tickets sold at front desk)

Save the Date

April 7: PKB Muay Thai Tournament at Riverside USKO Dojo

April 14: USKO Karate Tournament & BBQ

March Promotions

- All USKO Sparring Gear 15% off until March 31
- Refer a friend & receive \$50 Pro-Shop Credit when they 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

www.USKOTraining.com