


# USKO Riverside Schedule - April 2018

		KARATE CURRICULUM						
		SUN	MON	TUES	WEDS	THURS	FRI	SAT
BRAZILIAN JIU-JITSU CURRICULUM	PASSING	1 HAPPY EASTER 	2 Sparring	3 Sparring	4 Self-Defense	5 Self-Defense	6 TESTING (in Corona) Requirements	7 PKB Tournament (in Riverside) Requirements
	SWEEPS	8	9 Kata	10 Kata	11 Sparring	12 Sparring	13 Self-Defense	14 Self-Defense
	MOUNT & SIDE	15	16 Requirements	17 Requirements	18 Kata	19 Kata	20 Sparring	21 Sparring
	BACK	22	23 Self-Defense	24 Self-Defense	25 Requirements	26 Requirements	27 Kata	28 SJJIF IE Jiu-Jitsu Open Kata
	GUARD	29	30 Self-Defense					

Adult Martial Arts Programs	<b>MUAY THAI KICKBOXING</b>		
	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)
	<b>BRAZILIAN JIU-JITSU</b>		
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	
<b>KARATE</b>			
Evenings:	Mon & Weds	5:15 PM	
	Tues & Thurs	6:30 PM	
Weekends:	Sat	9:00 AM	

Adult Fitness Programs	<b>FITNESS BOOTCAMP</b>		
	Mornings:	Mon Wed & Fri	6:15 AM
	Evenings:	Mon & Wed	4:30 PM
		Tues & Thurs	6:15 PM
	<b>FITNESS KICKBOXING</b>		
	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	<b>MUAY THAI KICKBOXING</b>		
	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
	<b>BRAZILIAN JIU-JITSU</b>		
	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
	<b>KARATE: Pee Wee, White &amp; Orange Belts</b>		
	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	
<b>KARATE: All Purple &amp; Green Belts</b>			
Evenings:	Mon & Wed	5:15 PM, 6:30 PM	
	Tues & Thurs	4:15 PM	
	Fri	5:15 PM	
Weekends:	Sat	9:45 AM	
<b>KARATE: All Blue, Red &amp; Black Belts</b>			
Evenings:	Mon & Wed	3:30 PM	
	Tues & Thurs	5:45 PM	
Weekends:	Sat	9:00 AM	
<b>KARATE: All Ranks</b>			
Evenings:	Tues & Thurs	6:45 PM	

## Important Dates

**April 6:** Testing at Corona Dojo

**April 7:** PKB Technical Muay Thai Tournament at Riverside Dojo

**April 28:** SJJIF IE Jiu-Jitsu Open at Jurupa Valley High School

## Save the Date

**May 5:** USKO Karate Tournament & BBQ

**May 7:** USKO BJJ Opening in Anaheim Hills

## April Promotions

- Receive **\$20 USKO Account Credit** for every \$100 Pro-Shop purchase during the month of April
- Refer a friend & receive **\$50 Pro-Shop Credit** upon sign-up!

**Download the USKO APP through iTunes & Google Play:**

Class Schedules • Promotions • Weekly Challenges

## **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.

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