

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AM CLASS 10:15-11:00AM	HOMESCHOOL CLASS 10:00-11:00AM	ADULT KRAV MAGA 10:00-10:45AM	PRIVATE LESSON 10:00-11:00AM	PRIVATE LESSON 9:00-10:00AM
2:30- 5:30 A F	T E R S C	H O O L C A	R E P R O G	R A M 2:30- 5:30PM	
WHITE, W/Y, YELLOW 5:20-6:00	TINY TIGER Ages 3-6 5:00-5:30	TINY TIGER Ages 3-6 5:00-5:30	TINY TIGER Age 3-6 5:00-5:30	TRIAL 5:00-5:30	TRIAL 10:00-10:30AM
Y/O, ORANGE, O/G 6:00-6:40	ALL RED BELTS 5:30-6:15	WHITE, W/Y, YELLOW 5:30-6:10	ALL RED BELTS 5:30-6:15	KIDS 7-12 SPARRING 5:40-6:30	ADULT KRAV MAGA 10:00-10:45AM
ALL GREEN BELTS 6:40-7:20	ALL BLACK BELTS 6:30-7:15	TRIAL 6:10-6:40	FAMILY ALL BELTS 6:30-7:15	Y/O, ORANGE, O/G 6:30-7:10	FAMILY ALL BELTS 11:15-12:00PM
SWORD (Age 10 and up) 7:20-8:05	TEEN & ADULT 7:15-8:00	ALL GREEN BELTS 6:40-7:20	ALL BLACK BELTS 7:30-8:30	ADULT KRAV MAGA 7:15-8:00	DEMO 12:00-2:00PM
	ADULT KRAV MAGA 8:00-8:45	SWORD (Age 10 and up) 7:20-8:05			BIRTHDAY PARTY 1:30-3:00 2:00-3:30

RULES OF THE SCHOOL:

1. ACCOUNTABILITY: Plan to arrive no more than 5-10 minutes early to mentally and physically prepare for class. You will not be admitted into class if you are 10 mins late.
2. COURTESY: At the door, students should smile, bow "Hello Sir, Hello Ma'am"/ "Bye Sir, Bye Ma'am" This is required upon entering and leaving the school.
3. TRADITION: No shoes allowed in the Do-Jang. Removes shoes and Bow properly before entering the Do-Jang. Only students permitted beyond the lobby.
4. SELF DISCIPLINE: Upon entering, students should check in for class, neatly place shoes and gear in the designated area.
5. FOCUS: Use manners, be quiet and respectful as to not disrupt class. (i.e., No running, horseplay, loud talking, gum chewing, hands on mirrors, windows)
6. RESPECT: Proper bow to greet black belts, instructors, masters and grandmaster. Students and parents must properly address them by their earned title.
7. PERSONAL HYGEINE: Students must have clean hands, feet and nails. Hair out of the face; tie back long hair. You may be sent home if proper hygiene is not practiced.
8. RESPONSIBILITY: Uniform must be free of body odor, neat, clean, and wrinkle free. Do Not drag your belt. You will not be permitted to class without uniform and belt.
9. DISCIPLINE: Students must follow the directions of their and respond appropriately with "Yes Sir" or "No Sir" ("Ma'am" should be used for female instructors)
10. Parents and children should keep voices/electronics down to a minimum in order for students to focus in class. No gossiping/inappropriate language/gestures tolerated.
11. Class is lined up by rank. Higher ranks in front and to the right of the line. (If there are multiple students of the same rank present, the older students will line up first)
12. Participate with enthusiasm and avoid unnecessary conversation. Students are eligible to test when he/she has met all requirements and earned Instructor permission.
13. For safety, students under 13 must be escorted in/out of USK by a parent/legal guardian.
14. Safety Gear must be purchased with USK for liability and is required for students' yellow belt and higher. Gear may need replacement as outgrow/wear/tear expected.
15. Breaking and Sparring training are naturally a part of the curriculum to continue advancement.
16. Young children must have parent supervision at all times when inside USK.
17. Schedule may be subject to change without notice. Notify USK if you will be absent from 2 or more classes. Stay up to date on USK with Facebook, signage and email.
18. Family All Belt Class may be used as a make-up class. Classes are not in session when testing/special events/tournaments take place.
19. USK T-shirts may be worn April-Oct expect for testing, ceremonies and tournaments. 3 Patches: USA, Korea and Federation required within 1 month of enrolling.
20. Proper green/red trim on uniform top required within 2 weeks of rank promotion. New uniform is recommended every 12-18 months to look presentable.