



U.S. Martial Arts Center's Class Schedule

4030 Martin Way East, Olympia, WA 98506 - (360) 459-3661 - www.martialartsolympia.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
3:00 - 3:45	Private Lesson	Private Lesson	Private Lesson	Private Lesson	INSTRUCTOR CLUB	10:00 - 10:45	Beginner
						10:00 - 10:45	A & B Class
4:00 - 4:45	Beginner	Beginner	Beginner	Beginner	Beginner	11:00am - 1:00pm	Demo Team Training
4:00 - 4:45	A Class	A Class	B Class	B Class	A & B Class		
5:00 - 5:45	Beginner	Beginner	Beginner	Beginner	Leadership Class		
5:00 - 5:45	A Class	A Class	B Class	B Class			
6:00 - 6:45	Beginner	Beginner	Beginner	Beginner	Sparring Team Tournament Training 6:00pm - 8:00pm <small>Poomsae Team @ W. Oly Dojang (See Staff for Details)</small>	<p>Earn Your Black Stripes: Middle School & Younger Students must turn in Home Report Card Weekly.</p> <p>Students must be ready to participate in Class.</p> <p>Students must keep a Black Belt Attitude.</p> <p>Students & Guests must follow USMAC Rules & Regulations.</p>	
6:00 - 6:45	A Class	A Class	B Class	B Class			
7:00 - 7:45	A Class	A Class	Sparring Team Tournament Training 7:00pm - 8:00pm	B Class			
	Master's Club			Master's Club			



All Belts (Adults)
Tuesday & Thursday
12:00 - 12:45 pm

Belt Stripes:
 Yellow Poomsae/Stance
 Green One-Step Sparring
 Blue Kicking/Strikes/Blocks
 Purple Self Defense
 Brown Sparring/Combinations
 Red Attendance/Attitude/Effort
 Black Respect/Home Rules
 White Fitness

A - Classes
Yellow & Blue Stripes
 Int/ Adv. Black Belt Club & Master's Club Members

B - Classes
Purple, Green & Brown Stripes
 Int/ Adv. Black Belt Club & Master's Club Members

Birthday Parties
Self-Defense Workshops
Bully Awareness Workshops
Ask Staff to Schedule