



Time	Mon Form & Basic Skills	Tue Weapon, Grappling & Form	Wed Weapon, Grappling & Form	Thu Sparring (Hand Skill & Kicking)	Fri Sparring (Hand Skill & Kicking)	Sat Form & Basic Skills
11:00 11:50	Women's Kickboxing	Adult Open 11:30 to 12:15	Women's Kickboxing	Adult Open 11:30 to 12:15	Women's Kickboxing	Women's Kickboxing 9:30 to 10:15
3:45 4:15	Pee wee All Belt	Pee wee All Belt	Pee wee All Belt	Pee wee All Belt	Pee wee All Belt	10:30 am Children's Open
4:30 5:15	White Yellow	Orange Green	White Yellow	Orange Green	White Yellow	11:30 Trial Class
5:30 6:15	Orange Green	White Yellow	Orange, Green, Blue Purple	Semi-Advanced & Advanced	Orange Green	12:30 Adult Open
6:30 7:15	Semi-Advanced & Advanced	Blue & Purple	Semi-Advanced & Advanced	Blue & Purple	Semi-Advanced & Advanced	
7:15 8:00	Junior Age 12 up	Junior Age 12 up	Junior Age 12 up	Junior Age 12 up	Junior Age 12 up	
8:00 8:45	Adult Open	Adult Open	Adult Open	Adult Open	Adult Open	

Belt code--Beginner: White, Yellow Intermediate: Orange, Green, Blue, Purple Semi-advanced: Red, Brown, Red & Black Advanced: Black Belt

Pee wee: Age 3,4,5,6

Equipment to bring: Weapons (Tue & Wed) Sparring Gear: Thu. & Fri.

Class format: Mon & Sat : Form, Basic Skills / Tue & Wed : Grappling & Weapon/ Thu. & Fri. : Olympic Sparring & Kicks

USTC Rules and Policies: 732-262-8811-www.ustcnj.com

All students must attend class with clean USTC uniform and patches.

No jewelry of any kind allowed during class.

All students from Yellow Belt and above must have mandatory equipment for sparring classes with USTC logos.

All students must present attendance card to instructor at start of class.

All school age students must turn in report card every marking period.

All children in reception area must be supervised at all times.

We encourage spectators, however talking will not be tolerated.

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