

# 2026 Winter/Spring Schedule

Life Skill Martial Arts—US National Taekwondo Academy LLC.

Maximum 2 to 3 Classes Per Week

732-272-1896

Effective from 1/11, 2026

Only Official National Team Coach

In Central & South New Jersey

Dedication Will Bring You Discipline and Confidence

You Must Come to Your Belt Class.

Time	Mon Form & Self-Defense	Tue Form & Weapons	Wed Form & Sparring	Thu Form & Sparring	Fri No Classes	Sat Form & Weapons	Sun Form & Self-Defense
11:00						11 am All Belts	12:15 am All Belts
11:45						11:45 am Teen, Junior, Family & Adult	1-2 pm Teen, Junior, Family & Adult
4:30 5:15	Pewee All Belts	Pewee All Belts	Pewee All Belts	Pewee All Belts			
5:15 6:00	White, Yellow, Orange, Green & Blue	Purple, Red, Brown, Red-black & Black	White, Yellow, Orange, Green & Blue	Purple, Red, Brown, Red-black & Black			
6:15 7:00	Purple, Red, Brown, Red- black & Black	White, Yellow, Orange, Green & Blue	Purple, Red, Brown, Red-black & Black	White, Yellow, Orange, Green & Blue			
7:30 8:30	Teen, Junior, Family & Adult	Teen, Junior, Family & Adult	Teen, Junior, Family & Adult	Teen, Junior, Family & Adult			

USNT Rules and Policies: 732-272-1896-www.ustcnj.com

Equipment to Bring: Weapons: Tuesday and Saturday Sparring Gear: Wednesday & Thursday

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

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

No jewelry of any kind allowed during class.

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

All students from Yellow Belt and above must have mandatory sparring equipment with USNT Logos. All children in reception area must be supervised at all times.

We encourage spectators however talking will not be tolerated.