

# 2025 Fall/Winter Schedule

Life Skill Martial Arts—US National Taekwondo Academy LLC.

Maximum 2 to 3 Classes Per Week

**732-272-1896**

Effective from 10/6, 2025

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	<b>Mon</b> Form & Self-Defense	<b>Tue</b> Form & Weapons	<b>Wed</b> Form & Sparring	<b>Thu</b> Form & Sparring	<b>Fri</b> Form & Self-Defense	<b>Sat</b> Form & Weapons
<b>11:00</b>						11 am All Belts
<b>11:45</b>						11:45 am Teen, Junior, Family & Adult
<b>4:30</b> <b>5:15</b>	Pewee All Belts	Pewee All Belts	Pewee All Belts	Pewee All Belts	Pewee  All Belts	
<b>5:15</b> <b>6:00</b>	White, Yellow, Orange, Green & Blue	Purple, Red, Brown, Red-black & Black (Open to Other Belts with Permit)	White, Yellow, Orange, Green & Blue	Purple, Red, Brown, Red-black & Black (Open to Other Belts with Permit)	Black Belts	
<b>6:15</b> <b>7:00</b>	Purple, red, Brown, Red-black & Black (Open to Other Belts with Permit)	White, Yellow, Orange, Green & Blue	Purple, Red, Brown, Red-black & Black (Open to Other Belts with Permit)	White, Yellow, Orange, Green & Blue	All Belts	
<b>7:30</b> <b>8:30</b>	Teen, Junior, Family & Adult	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.

No jewelry of any kind allowed during class.

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.

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

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