

UNIVERSAL KEMPO-KARATE SCHOOLS ASSOCIATION

UNIVERSAL TRAINING CENTER

FIRE STATION SCHEDULE

Schedule Effective: August 2010

Class	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
Pee-Wee Class	4:45-5:15 or 5:30 - 6:00	4:45-5:15 or 5:30 - 6:00	4:45-5:15 or 5:30 - 6:00	4:45-5:15 or 5:30 - 6:00	5:00-5:30	10:45-11:15
Junior Beg. W/P/B	6:00 - 6:45	6:00 - 6:45	6:00 - 6:45	6:00 - 6:45	5:30 - 6:15	10:00 - 10:45
Junior Adv. Gr/Br/Blk	6:45-7:30	6:45-7:30	6:45-7:30	6:45-7:30	5:30 - 6:15	10:00 - 10:45
Adult Class	7:30 - 9:00	7:30 - 9:00		7:30 - 9:00	6:15 - 8:00	10:00 -10:45
Family Class	6:00 - 6:45	6:00 - 6:45	6:00 - 6:45	6:00 - 6:45	5:30 - 6:15	10:00 -10:45
LEADERSHIP TRAINING						
All Rank	5:15-5:30		5:15-5:30			10:45-11:30
UNIVERSAL KARDIO KICK BOXING						
All Rank	9:30-10:30 a		9:30-10:30 am		8:30-9:30 am	
BLACK BELT ADVANCED TRAINING						
Champions In Training	7:30 - 9:00		7:30 - 9:00			7:30-10:00 am

IMPORTANT HIGHLIGHTS:

1. Please arrive 15 minutes prior to the above times & quietly warm-up for class. (Do not disturb class in Session.)
2. Pull attendance card.
3. Keep uniform neat, clean, and odor free.
4. Class attendance is Allowed at 2 times per week for **Basic Program**. (**Leadership** Students have unlimited Training)
5. In an effort of never-ending improvement we are always open to suggestions on how to enhance this schedule.



Universal Kempo-Karate Schools Association
2395 Briargate Blvd., Colorado Springs, CO 80920

719 - 598 - 6046

www.firestation.kempocolorado.com

UNIVERSAL KARDIO KICKBOXING



**Get Fit, Stay Fit,
Never Quit!**

\$89

You will receive One Month of
Training, Hand Wrap, Gloves,
Jump Rope, Uniform & Carry Bag

Universal Kempo-Karate
2395 Briargate Blvd

598-6046

www.universalkempo.com

WHAT MAKES UNIVERSAL KARDIO KICKBOXING UNIQUE?

The Basic Elements of Universal Kardio Kickboxing:

The primary focus and benefit of each Universal Kardio Kickboxing Class is **FITNESS**. The classes are designed to help the student lose weight, build muscle and transform his/her body. Additionally, each class is designed to challenge the student's cardiovascular fitness and raise his/her level of conditioning.

The next element of Universal Kardio Kickboxing is **SAFETY**. Adults have different needs than teens and children. Each Universal Kardio Kickboxing Class is designed to protect the student's knees, ankles, back and neck. There is no spinning, flying or contact with other students in the Basic Universal Kardio Kickboxing Course. We understand that our students have jobs, families and responsibilities. We protect our students from injury by creating a curriculum that considers the adult student's needs. "It isn't so much what we've put into Universal Kardio Kickboxing that makes it so special...It's what we took out".

The next element of Universal Kardio Kickboxing is **EDUCATION**. Each class is designed to challenge the student intellectually. We realize that most people join our program for fitness and not to become World Champion Fighters. We teach correct technique in order to provide a safer and more efficient workout. The students learn how to perform their punches, kicks, knees, and footwork correctly. Students go on a mental journey each and every class, taking them away from the normal stress and strain of their busy lives. Martial Arts is, in fact, a "Journey towards Self Perfection." The educational element we add to our classes keeps the students focused, happy and challenged.

The last and perhaps the most important element of Universal Kardio Kickboxing is **FUN**. There are lots of ways to get into shape, but the one you will stay with the longest and benefit from the most is the one you enjoy. We are experts at disguising repetition so that material is familiar, but not to boring. We create a "team oriented" classroom. There is no negativity, sarcasm or indifference. The class is focused and on a quest to not only be their best, but also help others achieve their goals.

"It's not necessarily what we teach that makes Universal Kardio Kickboxing so unique...It's how we teach it." We promise a **TERRIFIC WORKOUT** that is **SAFE, EDUCATIONAL** and lots of **FUN**...Every Time!

See Reverse Side For Schedule