



# US Martial Arts Academy

834 Ohio Pike (Beechmont Ave.) Cincinnati, OH 45245

(513) 752-KICK www.usmaa.net

Little Grasshopper: Ages 5 & Under Youth: Ages 6 - 9 Junior: Ages 10 - 15 Adult: Ages 16 & UP

Class		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kempo Karate Program	Little Grasshopper	5:45 - 6:15	5:00 - 5:30		5:00 - 5:30	<i>Last Friday of every month is reserved for testing, some may vary due to holidays.</i> 5:15 - 6:15 <b>JUNIOR</b> 6:30 - 7:30 <b>YOUTH</b> 7:45 - 8:45 <b>ADULT</b> 6:15 - 7:15 <b>Staff Meeting</b>	<b>BLACK BELT CLUB</b> <b>YOUTH</b> 10:00 - 11:00am <b>JUNIOR &amp; ADULT</b> 11:00am - 12:00
	Youth White - Green	7:00 - 7:45	5:30 - 6:15	7:00 - 7:45	5:30 - 6:15		
	Youth Blue - Black	5:00 - 5:45	7:00 - 7:45	5:00 - 5:45	7:00 - 7:45		
	Junior All Ranks	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00		
	Adult All Ranks		7:45 - 8:45	<b>Mat 2</b> 5:00 - 6:15	7:45 - 8:45		
Youth Skills			5:45 - 6:15				
Cardio Kickboxing	<b>Mat 2</b> 7:15 - 8:00	<b>Mat 2</b> 7:15 - 8:00			<b>Mat 2</b> 7:15 - 8:00		
Brazilian Jiu-Jitsu	8:00 - 9:15			8:00 - 9:15			<b>Sunday</b> 6:30 - 8:30 Brazilian Jiu - Jitsu
Kids Jiu-Jitsu		<b>Mat 2</b> 6:15 - 7:15		<b>Mat 2</b> 6:15 - 7:15			

Morning "Summer" Class Schedule  
Thursdays

Grasshoppers 10:00am	Youth (White -Black) 10:30am
	Junior/Adult (OPEN) <b>Mat 2</b> - 10:00am

## Martial Arts

First step is to complete the "Introductory Program" Consisting of: **FREE** Trial Classes, **FREE** Beginner DVD, **FREE** T-Shirt.

**No Obligation!**

## Cardio Kickboxing, Brazilian Jiu-Jitsu,

**FREE** trial Classes!  
**No Obligation!**