

Grand Master
Instructor
 John Olson
 8th Degree Black Belt

Assistant Instructor
 Mr. Brian Jacobson
 3rd Degree Black Belt



School Hours
 Mon, Tue, Thur 4:15
 Wed, Fri 4:00
 to 15 mins after last
 class ends

UMA Ham Lake
 Office 763-434-8621
 Email
 umahamlake@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Curriculum	Curriculum	Curriculum	Curriculum	Curriculum	
	4:00 Private Lesson		4:00 Private Lesson	4:00 - 4:30 Open Mat	
4:30 No/White All	4:30 Blue to Adv. Brown Jr.	4:30 - 5:00 Open Mat	4:30 Gold All	4:30 White All/Gold All/Green Jr	
5:00 Gold All	5:00 No/White All	5:00 Blue to Adv. Brown Jr.	5:00 Green to Adv. Purple Jr.	5:00 Purple to Brown Jr.	
5:30 Green Belt to Adv. Purple Belt Jr.	5:30 Gold All	5:30 No/White All	5:30 to 6:00 Green to Blue Adults	5:30 - 6:00 Green to Black Adults	
6:00 Blue to Adv Brown Jr.	6:00 - 6:30 Green to Purple Jr.	6:00 Gold All	6:00 No/White All		
6:40 to 7:20 Green to Brown Adults	6:40 to 7:20 Green to Brown Adult	6:30 Green to Adv. Purple Jr.	6:30 Blue to Adv. Brown Jr.		Graduation Day Second Friday of the Month No Regular Classes
7:20 to 8:00 Adv. Brown to Black Adult	7:20 - 8:00 Adv. Brown to Black Adult	7:00 - 7:30 Green & Up Adults & All Black Belts	7:00 - 7:30 Adv. Blue to Black Adult		Hand Pads Required for Blue and Up Classes
8:00 Private Lesson	8:00 Private Lesson	7:40 - 8:10 Adv. & Elite Sparring	7:40 - 8:10 Adv. & Elite Sparring	Jr. = 1st grd to 12 yrs Adults = 13 and up	Effective June 20, 2022