

**Master Instructor**  
Grand Master  
John Olson  
8th Degree Black Belt

**Assistant Instructor**  
Mr. Brian Jacobson  
3rd Degree Black Belt



School Hours  
Mon through Thur  
4:15 Fri 4:00  
Closed 15 mins after  
last class ends

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Curriculum</b>	<b>Curriculum</b>	<b>Curriculum</b>	<b>Curriculum</b>	<b>Curriculum</b>	
				4:00 - 4:30 Open Mat	
4:30 No/White All	4:30 Blue to Adv. Brown Jr.	4:30 Purple to Adv. Purple Belt Jr.	4:30 Gold All/Green Jr.	4:30 White All/Gold All/Green Jr	
5:00 Gold/Green All	5:00 No/White All	5:00 Blue to Adv. Brown Jr.	5:00 Purple & Adv. Purple Jr.	5:00 Purple to Brown Jr.	
5:30 Purple to Adv. Purple Belt Jr.	5:30 Gold All/Green Jr	5:30 No/White All	5:30 Blue to Adv. Brown Jr.	5:30 - 6:00 Green to Black Adults	
6:00 - 6:30 Blue to Adv Brown Jr.	6:00 - 6:30 Purple/Adv Purple Jr.	6:00 - 6:30 Gold All/Green Jr.	6:00 No/White All		Private Lessons are available before and after classes and by appointment.
6:40 to 7:20 Green to Brown Adults	6:40 to 7:15 Green to Black Adult	6:30 - 7:00 Green to Brown Adults	6:30 - 7:10 Green to Black Adults		<u>Graduation Day</u> Second Friday of the Month No Regular Classes
7:20 to 8:00 Adv. Brown to Black Adult	7:20 - 8:00 Sparring Adv. & Elite	7:00 - 7:30 Advanced Brown and Black Adults	7:20 - 8:00 Adv. & Elite Sparring		Hand/Foot/Head Gear required for all adult classes
	8:00 - 8:45 Womens Self Defense	7:30 - 8:00 Adv. & Elite Sparring Drills		Jr. = 1st grd to 12 yrs Adults = 13 and up	Effective May 15, 2023