



# U.S. Kuoshu Academy Class Schedule

**11000 Owings Mills Blvd. Suite 5, Owings Mills, MD 21117**  
**443-394-9222**



## Little Dragons

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts	5:30-5:50PM (Group) 5:50-6:10PM (TAC)	5:30-5:50PM (Group) 5:50-6:10PM (TAC)	5:30-5:50PM (Group) 5:50-6:10PM (TAC)	5:30-5:50PM (Group) 5:50-6:10PM (TAC)		10:00-10:20AM (Group) 10:20-10:40AM (TAC)

## Junior Eagles

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Orange	5:50-6:10PM (Group) 6:10-6:30PM (TAC)	5:50-6:10PM (Group) 6:10-6:30PM (TAC)	5:50-6:10PM (Group) 6:10-6:30PM (TAC)	5:50-6:10PM (Group) 6:10-6:30PM (TAC)		10:20-10:40AM (Group) 10:40-11:00AM (TAC)
Green & Up	6:10-6:30PM (Group) 6:30-6:50PM (TAC)	6:10-6:30PM (Group) 6:30-6:50PM (TAC)	6:10-6:30PM (Group) 6:30-6:50PM (TAC)	6:10-6:30PM (Group) 6:30-6:50PM (TAC)		10:40-11:00AM (Group) 11:00-11:20AM (TAC)

## Adult Programs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Orange	7:00-7:30PM (Group) 7:30-8:00PM (TAC)	8:00-8:30PM (Group) 8:30-9:00PM (TAC)	7:00-7:30PM (Group) 7:30-8:00 (TAC)	8:00-8:30PM (Group) 8:30-9:00PM (TAC)		11:30-12:00Noon (Group) 12Noon-12:30PM (TAC)
Green	7:00-7:30PM (Group) 7:30-8:00PM (TAC)	8:00-8:30PM (Group) 8:30-9:00PM (TAC)	7:00-7:30PM (Group) 7:30-8:00 (TAC)	7:00-7:30PM (Group) 7:30-8:00PM (TAC)		11:30-12:00Noon (Group) 12Noon-12:30PM (TAC)
Blue, Purple & Brown	8:00-8:30PM (Group) 8:30-9:00PM (TAC)	8:00-8:30PM (Group) 8:30-9:00PM (TAC)	7:00-7:30PM (Group) 7:30-8:00 (TAC)	7:00-7:30PM (Group) 7:30-8:00PM (TAC)		11:30-12:00Noon (Group) 12Noon-12:30PM (TAC)
Black		7:00-8:00PM				
Kung Fu Sport Fighting	9:00-9:30PM					
TC Form & Qi Gong/Meditation	6:30-7:00PM 7:30-8:00PM		6:30-7:00PM 8:30-9:00PM			9:00-9:30AM
TC Drills & Pushing Hands	7:00-7:30PM 8:00-8:30PM		6:00-6:30PM 8:00-8:30PM			9:30-10:00AM
Hsing I			7:00-8:00PM			

The Group classes are designed to give the student's a workout and to practice the basics such as stances, blocks, and kicks. In the TAC classes (Technical Advancement Classes), the techniques for the student's next belt are taught. Typically, the students will go to class for one hour, attending a Group and TAC Class. If there are any questions about the classes or times, please speak with any instructor.