



P.S. Academy's Class Schedule 2018

by Grandmaster Hyong, Ph.D.

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(630) 527-6420 www.psacademy.com



Tuesday	Wednesday	Thursday	Saturday
			8:45-9:15 Little Tigers
	5:30-6:00 Little Tigers		9:15- 9:45 White Belt
6:00-6:45 P.D.	6:00-6:45 Family Class/ Yellow-Red (Red 11 yrs & ↓)	6:00-6:45 Yellow-Green	9:45 -10:30 Yellow-Green 10:30-11:00 Y-G Leadership
6:45-7:30 BI-BB	6:45-7:15 Meditation & Tai Chi	6:45-7:15 White Belt	10:30 - 10:45 Smash Club/Y-G Ldr (11) 10:45-11:30 Blue-Red (Red 11&↓)
7:30-8:15 Yellow-Green	7:15-8:00 Red (12 & ↑) Sr-BB	7:15-8:00 Blue-Black	11:30- 12:00PM Leadership 12:00-12:45 Senior-BB (Red 12 & ^)

Class Descriptions:

Teens/Adults Mixed: 13 years and older, all belt ranks (younger kids allowed subject to Instructor approval)

Family Class: All ages & ranks Yellow and higher can take this class together. If a white belt is in the family, they are included

LEADERSHIP*: BBC Members: Please be on the floor, dressed and ready 5-minutes before the class starts. Materials ready!

Little Tigers: 3-6 years of age with a parent!

Gyeokpa Workshops, Verification, Tests: Every 4th Saturday/mo. Gyeokpa @ 12:45, Verification @ 1:15, Test @ 2

Meditiation & Tai Chi: For adults (or teens w/ GMH approval) Slow movement martial arts based on principles to reduce stress and tension

We appreciate your referrals!

Contact our office regarding PSA Referral Rewards!