



SAROUGHI ITF TAEKWON-DO/ KICKBOXING



Ottawa South www.Saroughi.ca 613-288-7777 Since 1992

Senior Master Sam Saroughi 8th Degree Black ITF International Master Instructor/ Examiner

Effective as of Oct /10th / 2017

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
12:00 -12:45 Kickboxing Boot Camp		12:00 -12:45 Kickboxing Boot Camp		12:00 - 12:45 Kickboxing Boot Camp	12:30 -1:15 Kickboxing Boot Camp	12:00 - 12:45pm Kickboxing Boot Camp
4:00 - 4:45pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp		
8:00- 8:45pm Kickboxing Boot Camp	8:00- 8:45pm Kickboxing Boot Camp	8:00- 8:45pm Kickboxing Boot Camp	8:00- 8:45pm Kickboxing Boot Camp			

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
5:00 – 5:30 Little Dragons 3-6 Yrs		5:00 – 5:30 Little Dragons 3-6 Yrs		5:00 – 5:30 Little Dragons 3-6 Yrs		
5:30 - 6:15 Kids 7+ Taekwon-Do	5:30 – 6:15 Teens 12+ Taekwon-Do	5:30 - 6:15 Kids 7+ Taekwon-Do	5:30 – 6:15 Teens 12+ Taekwon-Do	5:30 - 6:15 Teens 12+ Taekwon-Do	10:00- 10:45 Family Sparring	
6:15 - 7:00 Family Taekwon-Do	6:15 - 7:00 Family Sparring	6:15 - 7:00 Family Taekwon-Do	6:15 - 7:00 Family Green Belt up	6:15 - 7:00 Family Taekwon-Do	10:45 - 11:30am Family Taekwon-Do	10:30 - 11:15am Family Taekwon-Do
7:00 – 8:00 Adults Taekwon-Do	7:00 – 8:00 Black Belt Instructors	7:00 – 8:00 Adults Taekwon-Do	7:00 – 8:00 Adults Taekwon-Do	7:00 – 7:45 Adults Taekwon-Do	11:30 - 12:30 Adult Taekwon-Do	11:15 - 12:00 Adults Taekwon-Do

Student Oath

1. I shall Observe the Tenants of Taekwon-Do (Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit)
2. I shall respect my Instructor and Seniors.
3. I will never Misuse Taekwon-Do.
4. I will be a Champion for Freedom and Justice.
5. I will build a more Peaceful World.

SAROUGHI MARTIAL ARTS

Kickboxing, Taekwon-Do, Boot Camp

Try One Week For **\$20**

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