



SAROUGHI ITF TAEKWON-DO/ KICKBOXING

1950 Bank Street Ottawa South

Senior Master, Sam Saroughi 8th Degree Black International Master Instructor/ Examiner
 sit@saroughi.ca www.saroughi.ca 613-288-7777 **Effective As of: Dec 3rd 2018**



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		
4:00 - 4:45pm Kickboxing Boot Camp	4:30 - 5:15pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp	4:30 - 5:15pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp		
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	12:00- 1:00pm Women Only Taekwon-Do	12:00- 1:00pm Women Only Taekwon-Do
5:30 - 6:15 Kids 7+ All Belt	5:30 - 6:15 Kids 12+ All Belt	5:30 - 6:15 Kids 7+ All Belt	5:30 - 6:15 Kids 12+ All Belt	5:30 - 6:15 Kids 7+ All Belt	9:30-10:15 Family Green Belt Up	9:30-10:15 Family Green Belt Up
6:15 - 7:00 Family All Belt	6:15 - 7:00 Family All Belt	6:15 - 7:00 Family All Belt	6:15 - 7:00 Family All Belt	6:15 - 7:00 Family All Belt	10:15 - 11:00 Family white- Green St	10:15 - 11:00 Family white- Green St
7:00 - 7:45 Adults Taekwon-Do	7:00 - 7:45 Black Belts Instructors	7:00 - 7:45 Adults Taekwon-Do		7:00 - 7:45 Adults Taekwon-Do	11:00 - 11:45 Adults Taekwon-Do	11:00 - 11:45 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.

Meaning of Taekwon-Do:

Tae= Kick, Jumping, Breaking involving Legs **Kwon**= Punching, Blocking, Thrusting, Striking, Breaking involving Hands and Arms **Do**= Way of Life, Discipline, Humility, Philosophy, Mental Power/ Strength, Respect and Integrity

Founder of Taekwon-Do:

Taekwon-Do Founded by Korean General, General Choi Hong Hi on April /11 /1955

Code of Conduct: Upon entering and leaving the Dojang (Taekwon-Do club), all students must salute the Master and then the flag and all the black belts. Answer always politely with Yes Sir, Yes Ma'am. Address the Instructors by Miss, Ms, and Mr and Masters by the title of Master.