



# SAROUGHI ITF TAEKWON-DO / KICKBOXING ORLEANS



2016 Tenth Line and Innes www.saroughi.ca 613-834-5425 Since 1992

Senior Master Sam Saroughi 8<sup>th</sup> Degree Black Belt ITF. International Master Instructor/Examiner

Effective as of Jan / 03<sup>rd</sup> / 2019

| Mon  | Tue   | Wed  | Thurs   | Fri                                      | Sat   | Sun   |
|--|---|--|---|--|---|---|
| 4:00 – 4:30<br>Little Dragons<br>Level 1       |   | 4:00 – 4:30<br>Little Dragons<br>Level 1       |   |  | 8:15- 8:45 am<br>Little Dragons<br>Level 1 & 2  |   |
| 4:45 - 5:15<br>Little Dragons<br>Level 2       | 4:30 – 5:15<br>Children All Belt                    | 4:45 - 5:15<br>Little Dragons<br>Level 2       | 4:30 – 5:15<br>Children All Belt              | 4:00 – 4:30<br>Little Dragons<br>Level 1 | 8:45- 9:30<br>Children All Belts                | 8:45- 9:30<br>Children All Belts                |
| 5:15 - 6:00<br>Children All Belt               | 5:30 - 6:15<br><b>Teens Only</b>                    | 5:15 - 6:00<br>Children All Belt               | 5:30 - 6:15<br><b>Teens Only</b>              | 4:30 – 5:00<br>Little Dragons<br>Level 2 | 9:30- 10:15<br>Children All Belts               | 9:30- 10:00<br>Little Dragons<br>Level 1 & 2    |
| 6:00 - 6:45<br>Family All Belt                 | <b>6:15 - 7:00</b><br>Family All Belt               | 6:00 - 6:45<br>Family All Belt                 | <b>6:15 - 7:00</b><br>Family All Belt         | 5:00 - 5:45<br>Children All Belt         | 10:15 - 11:00<br>Family All Belt                | 10:00 -10:45<br>Family All Belt                 |
| 6:45 – 7:30<br>Adults All Belts                | 7:00 – 8:00<br><b>Black Belts</b><br>Adults / Teens | 6:45 – 7:30<br>Adults All Belts                | 7:00 – 8:00<br>Adults All Belts               | 6:00 - 6:45<br>Family All Belt           | 11:00 - 11:45<br>Kids/ Parents Only             | 10:45 -11:30<br>Kids/ Parents Only              |
| 7:30- 8:15<br>Kickboxing/ Boxing<br>Muay Thai  | 8:00 – 9:00<br>Kickboxing/Boxing<br>Muay Thai       | 7:30 – 8:15<br>Kickboxing/ Boxing<br>Muay Thai | 8:00 – 9:00<br>Kickboxing/Boxing<br>Muay Thai |  | 11:45 – 12:30<br>Adults All Belts               | 11:30 -12:15<br>Adults All Belts                |
| 8:15 - 9:00<br>Kickboxing/ Boxing<br>Muay Thai |   | 8:15 - 9:00<br>Kickboxing/ Boxing<br>Muay Thai |   |  | 12:30 – 1:15<br>Kickboxing/ Boxing<br>Muay Thai | 12:30 - 1:15<br>Kickboxing/ Boxing<br>Muay Thai |

## Student Oath

1. I shall Observe the Tenets 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**= Kicking, 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.

**Theory Of Power:** 1- Breathing 2-Balance 3- Concentration 4- Speed 5- Mass  
6- Reaction Force