

Since 1955

SAROUGHI INTERNATIONAL TAEKWON-DO

Since 1992



1165 Beaverwood Rd Manotick K4M-1A4

613-287-3702

Sit@saroughi.ca www.saroughi.ca Effective As of: Feb / 16th /2019

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

| Mon | Tue | Wed | Thurs | Fri | Sat |
|--|--|--|--|--|--------------------------------------|
| 4:00- 4:45 Kickboxing | | 4:00- 4:45 Kickboxing | | 4:00- 4:45 Kickboxing | |
| 5:00 – 5:30 Little Dragons 3-5 yrs | | 5:00 – 5:30 Little Dragons 3-5 yrs | | 5:00 – 5:30 Little Dragons 3-5 yrs | 9:30 -10:15 Kids 7+ 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 | 5:30 – 6:15 Kids 12+ All Belt | 5:30 - 6:15 Kids 7+ All Belt | 10:15 -11:00 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 | 6:15 - 7:00 Adults Taekwon-Do | 11:00 -11:45 Adults Taekwon-Do |
| 7:00 – 7:45 Adults Taekwon-Do | 7:00 – 7:45 Kickboxing | 7:00 – 7:45 Adults Taekwon-Do | 7:00 – 7:45 Kickboxing | 7:00 – 7:45 Kickboxing | 12:00- 12:45 Kickboxing |

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.

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.

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