



SAROUGHI ITF TAEKWON-DO / KICKBOXING ORLEANS



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

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

Effective as of March / 07th / 2019

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