



# SAROUGHI ITF TAEKWON-DO/ KICKBOXING



1950 Bank Street, Ottawa South

Senior Master, Sam Saroughi 8<sup>th</sup> Degree Black International Master Instructor/ Examiner  
 sit@saroughi.ca www.saroughi.ca 613-288-7777 Effective As of: April / 08<sup>th</sup> / 2019

Since 1955

Since 1992

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
12:00 - 12:45 KICKBOXING FITNESS		12:00 - 12:45 KICKBOXING FITNESS		12:00 - 12:45 KICKBOXING FITNESS	9:30-10:15 Family Green Belt Up	9:30-10:15 Family All Belt
4:00 - 4:45pm KICKBOXING FITNESS	4:30 - 5:15pm KICKBOXING FITNESS	4:00 - 4:45pm KICKBOXING FITNESS	4:30 - 5:15pm KICKBOXING FITNESS	4:00 - 4:45pm KICKBOXING FITNESS	10:15 - 11:00 Family white- Green St	10:15 - 11:00 Family All Belt
5:00 – 5:30 <b>Little Dragons</b> 3-6 yrs		5:00 – 5:30 <b>Little Dragons</b> 3-6 yrs		5:00 – 5:30 <b>Little Dragons</b> 3-6 yrs	11:00 – 11:45 Adults Taekwon-Do	11:00 – 11:45 Adults Taekwon-Do
5:30 - 6:15 Kids 7+ All Belt	5:30 – 6:15 <b>Teens 12+</b> All Belt	5:30 - 6:15 Kids 7+ All Belt	5:30 – 6:15 <b>Teens 12+</b> All Belt	5:30 - 6:15 Kids 7+ 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 Family All Belt		
7:00 – 7:45 Adults Taekwon-Do	7:00 – 7:45 <b>Black Belts</b> Instructors	7:00 – 7:45 Adults Taekwon-Do		7:00 – 7:45 Adults Taekwon-Do		

## 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**= 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.