



Since 1955

# SAROUGHITAEKWON-DO/ KICKBOXING

1950 Bank Street, Ottawa South

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

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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 +	9:30 - 10:15 Family All Belt
4:45 – 5:15 Little Dragons 3-6 yrs	4:30 - 5:15pm KICKBOXING FITNESS	4:45 – 5:15 Little Dragons 3-6 yrs	4:30 - 5:15pm KICKBOXING FITNESS		10:15 - 11:00 Family All Belt	10:15 - 11:00 Family All Belt
5:15 - 6:00 Kids 7+ All Belt	5:15 – 6:00 <b>Teens 12+</b> All Belt	5:15 - 6:00 Kids 7+ All Belt	5:15 – 6:00 <b>Teens 12+</b> All Belt	5:30 - 6:15 Kids 7+ All Belt	11:00 - 11:45 Adults Taekwon-Do	11:00 - 11:45 Adults Taekwon-Do
6:00 – 6:45 Family All Belt	6:00 - 6:45 Family All Belt	6:00 – 6:45 Family All Belt	6:00 - 6:45 Family All Belt	6:15 – 7:00 Family All Belt		
6:45 – 7:30 Family All Belt	6:45 – 7:30 <b>Red Belts +</b> <b>Black Belts</b>	6:45 – 7:30 Family All Belt	6:45 - 7:30 Family Green Belt +	7:00 – 7:45 Adults Taekwon-Do		
7:30 – 8:15 Adults Taekwon-Do		7:30 – 8:15 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, Philosophy, Mental Power/ Strength, Respect.

## Founder of Taekwon-Do:

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