



SAROUGHI ITF TAEKWON-DO/ KICKBOXING

Ottawa South- 1950 Bank Street www.Saroughi.ca 613-288-7777 Since 1992

Master Saroughi Sam 8th Degree Black ITF International Master Instructor and Examiner

Effective as of March, 20th 2017



Mon	Tue	Wed	Thurs	Fri	Sat	Sun
12:00 -1:00 Kickboxing Boxing Muay Thai		12:00 -1:00 Kickboxing Boxing Muay Thai		12:00 - 1:00 Kickboxing Boxing Muay Thai	12:30 -1:30 Kickboxing Boxing Muay Thai	12:00 - 1:00pm Kickboxing Boxing Muay Thai
4:00 - 5:00pm Kickboxing Boxing Muay Thai	4:00 - 5:00pm Kickboxing Boxing Muay Thai	4:00 - 5:00pm Kickboxing Boxing Muay Thai	4:00 - 5:00pm Kickboxing Boxing Muay Thai	4:00 - 5:00pm Kickboxing Boxing Muay Thai		
8:00- 9:00pm Kickboxing Boxing Muay Thai	8:00- 9:00pm Kickboxing Boxing Muay Thai	8:00- 9:00pm Kickboxing Boxing Muay Thai	8:00- 9:00pm Kickboxing Boxing Muay Thai	8:00- 9:00pm Kickboxing Boxing Muay Thai		

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
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	5:00 – 5:30 Little Dragons 3-5 Yrs	5:00 – 5:30 Little Dragons 3-5 Yrs		
5:30 - 6:15 Kids 6+ Taekwon-Do	5:30 – 6:15 Teens Taekwon-Do	5:30 - 6:15 Kids 6+ Taekwon-Do	5:30 – 6:15 Teens Taekwon-Do	5:30 - 6:15 Kids 6+ Taekwon-Do	10:00 - 10:45am Teens Taekwon-Do	
6:15 - 7:00 Family Taekwon-Do	6:15 - 7:00 Family Taekwon-Do	6:15 - 7:00 Family Taekwon-Do	6:15 - 7:00 Family Taekwon-Do	6:15 - 7:00 Family Taekwon-Do	10:45 - 11:30am Family Taekwon-Do	10:15 -11:00am Family Taekwon-Do
7:00 – 8:00 Adults Taekwon-Do	7:00 – 8:00 Black Belts Taekwon-Do	7:00 – 8:00 Adults Taekwon-Do	7:00 – 8:00 Green Belts And Up	7:00 – 8:00 Adults Taekwon-Do	11:30 - 12:30 Adults Taekwon-Do	11:00 - 12:00 Adults Taekwon-Do

Student Oath

1. I shall Observe the Tenants 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.

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2 Weeks Unlimited Sessions

Kickboxing, Taekwon-Do

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