



# SAROUGHI ITF TAEKWON-DO/ KICKBOXING

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

Since 1992



Master Saroughi Sam 8<sup>th</sup> Degree Black ITF International Master Instructor and Examiner

Effective as of August, 01<sup>st</sup> 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 3-6 Yrs	5:00 – 5:30 Little Dragons 3-6 Yrs	5:00 – 5:30 Little Dragons 3-6 Yrs	5:00 – 5:30 Little Dragons 3-6 Yrs	5:00 – 5:30 Little Dragons 3-6 Yrs		
5:30 - 6:15 Kids 7+ Taekwon-Do	5:30 – 6:15 <b>Teens</b> Taekwon-Do	5:30 - 6:15 Kids 7+ Taekwon-Do	5:30 – 6:15 <b>Teens</b> Taekwon-Do	5:30 - 6:15 Kids 7+ Taekwon-Do	10:00- 10:45 <b>Teens</b> 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	
7:00 – 8:00 Adults Taekwon-Do	7:00 – 8:00 <b>Black Belts Instructors</b>	7:00 – 8:00 Adults Taekwon-Do	7:00 – 8:00 Adults Taekwon-Do	7:00 – 8:00 Adults Taekwon-Do	11:30 - 12:30 Adult Taekwon-Do	11:00 - 12:00 Kids / 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.

## SAROUGHI MARTIAL ARTS

Way of life!

Kickboxing, Taekwon-Do, Boot Camp

**TRY TWO WEEKS FOR ONLY \$10**

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