



SAROUGHI ITF TAEKWON-DO/ KICKBOXING

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



Master Saroughi Sam 8th Degree Black ITF International Master Instructor and Examiner
Effective as of Sept /5th / 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 Family Kickboxing Boot Camp	12:00 - 1:00pm Family Kickboxing Boot Camp
4:00 - 5:00pm Family Kickboxing Boot Camp	4:00 - 5:00pm Kickboxing Boxing Muay Thai	4:00 - 5:00pm Family Kickboxing Boot Camp	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 Family Kickboxing Muay Thai	8:00- 9:00pm Kickboxing Boxing Muay Thai	8:00- 9:00pm Family Kickboxing 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 Teens 12+ Taekwon-Do	5:30 - 6:15 Kids 7+ Taekwon-Do	5:30 – 6:15 Teens 12+ Taekwon-Do	5:30 - 6:15 Kids 7+ Taekwon-Do	10:00- 10:45 Teens 12+ 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	10:30 - 11:15am Family Taekwon-Do
7:00 – 8:00 Adults Taekwon-Do	7:00 – 8:00 Black Belt Instructors	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	11:15 - 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.

SAROUGHI MARTIAL ARTS
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