



# SAROUGHI ITF TAEKWON-DO/ KICKBOXING



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

Senior Master Sam Saroughi 8<sup>th</sup> Degree Black ITF

International Master Instructor/ Examiner

Effective As of Jan / 27<sup>th</sup> / 2018



Mon	Tue	Wed	Thurs	Fri	Sat	Sun
12:00 -12:45 Kickboxing Boot Camp		12:00 -12:45 Kickboxing Boot Camp		12:00 - 12:45 Kickboxing Boot Camp		
4:00 - 4:45pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp		
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 7+ Taekwon-Do	5:30 – 6:15 Kids 10+ Taekwon-Do	5:30 - 6:15 Kids 7+ Taekwon-Do	5:30 – 6:15 Kids 10+ Taekwon-Do	5:30 - 6:15 Kids 10+ Taekwon-Do	10:00 – 10:45am Sparring Taekwon-Do	
6:15 - 7:00 Family Taekwon-Do	6:15 - 7:00 Sparring Taekwon-Do	6:15 - 7:00 Family Taekwon-Do	6:15 - 7:00 Family Green Belt - Up	6:15 - 7:00 Family Taekwon-Do	10:45 – 11:30 Family Taekwon-Do	10:00 - 11:00am 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 – 7:45 Adults Taekwon-Do	11:30 – 12:15 Adult Taekwon-Do	11:00 - 12:00 Adults Taekwon-Do
8:00- 8:45pm Kickboxing Boot Camp	8:00- 8:45pm Kickboxing Boot Camp	8:00- 8:45pm Kickboxing Boot Camp	8:00- 8:45pm Kickboxing Boot Camp		12:15 - 1:00 Kickboxing Boot Camp	

## 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.

## Theory Of Power:

1- Breathing 2-Balance 3- Concentration 4- Speed 5- Mass 6- Reaction Force

## 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