



# 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 March 8<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 12+ TAEKWON-DO	5:30 - 6:15 Kids 7+ TAEKWON-DO	5:30 – 6:15 Kids 12+ TAEKWON-DO	5:30 - 6:15 Kids 12+ TAEKWON-DO	10:00 - 10:45am All Ages Sparring	
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 - 10:45am 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	10:45 – 11:30 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	7:45- 8:30pm Kickboxing Boot Camp	12:30- 1:30 Women Only TAEKWON-DO	11:45- 12:45 Women Only 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.

## 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