



SAROUGHI ITF TAEKWON-DO/ KICKBOXING

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

Effective As of April 16th 2018

Senior Master Sam Saroughi 8th Degree Black ITF International Master Instructor/Examiner



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		
5:00 – 5:30 Little Ninjas 3-5 Yrs		5:00 – 5:30 Little Ninjas 3-5 Yrs		5:00 – 5:30 Little Ninjas 3-5 Yrs		
5:30 - 6:15 Kids 6+ TAEKWON-DO	5:30 – 6:15 Kids 12+ TAEKWON-DO	5:30 - 6:15 Kids 6+ TAEKWON-DO	5:30 – 6:15 Kids 12+ TAEKWON-DO	5:30 - 6:15 Kids 12+ 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 - 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		12:30- 1:30 WOMEN TAEKWON-DO	11:45- 12:45 WOMEN 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

Code of Conduct:

Upon entering and leaving the Dojang (Taekwon-Do club), all students must salute the Master and then the flag and all the Black Belts. Answer always politely with Yes Sir, Yes Ma'am. Address the Instructors by Miss, Ms, and Mr and Masters by the title of Master.