



SAROUGHI ITF TAEKWON-DO/ KICKBOXING

Since 1992



Ottawa South, 1950 Bank St www.Saroughi.ca Effective as of: July 3rd 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 Dragons		5:00 – 5:30 Little Dragons		5:00 – 5:30 Little Dragons		
5:30 - 6:15 Family Green Belt up	5:30 – 6:15 Family 12+ All Belt	5:30 - 6:15 Family All Belt	5:30 – 6:15 Family 12+ All Belt	5:30 - 6:15 Family Green Belt up	10:00 - 10:45am Family Green-St Up	10:00 - 10:45am Family Green-St Up
6:15 - 7:00 Family White –Green St	6:15 - 7:00 Sparring TAEKWON-DO	6:15 - 7:00 Family All Belt	6:15 - 7:00 Family Green Belt Up	6:15 - 7:00 Family White- Green St	10:45- 11:30 Family White-Orange Belt	10:45 – 11:30 Family White-Orange Belt
7:00 – 7:45 Adults TAEKWON-DO	7:00 – 7:45 Black Belts Instructors	7:00 – 7:45 Adults TAEKWON-DO	7:00 – 7:45 Kickboxing Boot Camp	7:00 – 7:45 Adults TAEKWON-DO	11:30- 12:15 Adult TAEKWON-DO	
7:45- 8:30pm 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

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.