



SAROUGHI ITF TAEKWON-DO/ KICKBOXING



1950 Bank Street Ottawa South www.Saroughi.ca 613-288-7777

Since 1992

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

Effective As of: Aug 10^h 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 | 4:30 - 5:15pm Kickboxing Boot Camp | 4:00 - 4:45pm Kickboxing Boot Camp | | 4:00 - 4:45pm Kickboxing Boot Camp | | |
| 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+ All Belt | 5:30 – 6:15 Family 12+ All Belt | 5:30 - 6:15 Kids 7+ All Belt | 5:30 – 6:15 Family 12+ All Belt | 5:30 - 6:15 Kids 7+ All Belt | 9:30-10:15 Family Green Belt Up | 9:30-10:15 Family Green Belt Up |
| 6:15 - 7:00 Family All Belt | 6:15 - 7:00 Kids Sparring | 6:15 - 7:00 Family All Belt | 6:15 - 7:00 Family Green Belt up | 6:15 - 7:00 Family All Belt | 10:15 - 11:00 Family white- Green St | 10:15 - 11:00 Family white- Green St |
| 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 | 11:00 – 11:45 Adults Taekwon-Do | 11:00 – 11:45 Adults Taekwon-Do |
| 7:45- 8:30pm Kickboxing Boot Camp | | 7:45- 8:30pm Kickboxing Boot Camp | | | 12:00- 1:00 Women Only Taekwon-Do | 12:00- 1:00 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.