



# SAROUGHI ITF TAEKWON-DO/ KICKBOXING



1950 Bank Street Ottawa South

Senior Master, Sam Saroughi 8<sup>th</sup> Degree Black International Master Instructor/ Examiner  
 sit@saroughi.ca www.saroughi.ca 613-288-7777 Effective As of: Sept 25<sup>th</sup> 2018

Since 1955

Since 1992

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
12:00 -12:45 Kickboxing Boot Camp	Private, Personal Session	12:00 - 12:45 Kickboxing Boot Camp	Private, Personal Session	12:00 - 12:45 Kickboxing Boot Camp		
4:00 - 4:45pm Kickboxing Boot Camp	Private, Personal Session	4:00 - 4:45pm Kickboxing Boot Camp	Private, Personal Session	4:00 - 4:45pm Kickboxing Boot Camp		
5:00 – 5:30 Little Dragons 3-6 yrs	<b>4:30 - 5:15pm</b> Kickboxing Boot Camp	5:00 – 5:30 Little Dragons 3-6 yrs	Private, Personal Session	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 Family All Belt	6:15 - 7:00 Family All Belt	6:15 - 7:00 Family All Belt	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 <b>Black Belts</b> Instructors	7:00 – 7:45 Adults Taekwon-Do	<b>7:00 – 7:45</b> 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.

## 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.