



SAROUGHI ITF TAEKWON-DO/ KICKBOXING

1950 Bank Street, Ottawa South

Senior Master, Sam Saroughi 8th Degree Black International Master Instructor/ Examiner
 sit@saroughi.ca www.saroughi.ca 613-288-7777 Effective As of: Jan/ 3rd / 2019



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	4:30 - 5:15pm Kickboxing Boot Camp	4:00 - 4:45pm Kickboxing Boot Camp	9:30-10:15 Family Green Belt Up	9:30-10:15 Family Green Belt Up
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	10:15 - 11:00 Family white- Green St	10:15 - 11:00 Family white- Green St
5:30 - 6:15 Kids 7+ All Belt	5:30 – 6:15 Kids 12+ All Belt	5:30 - 6:15 Kids 7+ All Belt	5:30 – 6:15 Kids 12+ All Belt	5:30 - 6:15 Kids 7+ All Belt	11:00 – 11:45 Adults Taekwon-Do	11:00 – 11:45 Adults Taekwon-Do
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	12:00- 12:45 Women Only TAEKWON-DO	12:00- 12:45 Women Only TAEKWON-DO
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 Adults Taekwon-Do	12:45- 1:30 Women Only KICKBOXING	12:45- 1:30 Women Only KICKBOXING

Student Oath

1. I shall Observe the Tenets 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.