

Since 1955



# SAROUGHJI INTERNATIONAL TAEKWON-DO

Since 1992



1165 Beaverwood Rd Manotick K4M-1A4

613-287-3702

Sit@saroughi.ca www.saroughi.ca Effective As of: April 14<sup>th</sup> /2019

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

Mon	Tue	Wed	Thurs	Fri	Sat
5:00 – 5:30 Little Dragons 3-5 yrs	5:00-5:30 <b>Private</b> One on One	5:00 – 5:30 Little Dragons 3-5 yrs	5:00-5:30 <b>Private</b> One on One	5:00 – 5:30 Little Dragons 3-5 yrs	
5:30 - 6:15 Kids 7+ All Belt	5:30-6:15 <b>Private</b> One on One	5:30 - 6:15 Kids 7+ All Belt	5:30 - 6:15 Kids 7+ All Belt	5:30 - 6:15 Kids 7+ All Belt	9:30-10:15 <b>Private</b> One on One
6:15 - 7:00 Family All Belt	6:15-7:00 <b>Private</b> One on One	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 All Belt
7:00 – 7:45 Adults Taekwon-Do	7:00-7:45 <b>Private</b> One on One	7:00 – 7:45 Adults Taekwon-Do	7:00-7:45 <b>Private</b> One on One	7:00 – 7:45 Adults Taekwon-Do	11:00 – 11:45 Adults Taekwon-Do

## 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.

**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.

**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