



Since 1955

SAROUGHITF 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: Sept 02nd/ 2019



Since 1992

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
12:00 - 12:45 KICKBOXING FITNESS		12:00 - 12:45 KICKBOXING FITNESS		12:00 - 12:45 KICKBOXING FITNESS	9:30 - 10:15 Family All Belt	9:30 - 10:15 Family All Belt
	4:30 - 5:15pm KICKBOXING FITNESS		4:30 - 5:15pm KICKBOXING FITNESS		10:15 - 11:00 Family All Ages	10:15 - 11:00 Family All Ages
4:45 - 5:15 Little Dragons 3-6 yrs		4:45 - 5:15 Little Dragons 3-6 yrs			11:00 - 11:45 Adults Taekwon-Do	11:00 - 11:45 Adults Taekwon-Do
5:15 - 6:00 Kids 7+ All Belt	5:15 - 6:00 Teens 12+ All Belt	5:15 - 6:00 Kids 7+ All Belt	5:15 - 6:00 Teens 12+ All Belt	5:15 - 6:00 Kids 7+ All Belt		
6:00 - 6:45 Family All Belt	6:00 - 6:45 Family All Belt	6:00 - 6:45 Family All Belt	6:00 - 6:45 Family All Belt	6:00 - 6:45 Family All Belt		
6:45 - 7:30 Family All Belt	6:45 - 7:30 Black Belts All Ages	6:45 - 7:30 Family All Belt	6:45 - 7:30 Family All Belt	6:45 - 7:30 Family All Belt		
7:30 - 8:15 Adults Taekwon-Do		7:30 - 8:15 Adults Taekwon-Do		7:30 - 8:15 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.

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, Philosophy, Mental Power/ Strength, Respect.

Founder of Taekwon-Do:

Taekwon-Do Founded by Korean General, General Choi Hong Hi on April /11 /1955