



# SAROUGHI ITF TAEKWON-DO / KICKBOXING ORLEANS

2016 Tenth Line and Innes www.saroughi.ca 613-834-5425 Since 1992  
Senior Master Sam Saroughi 8<sup>th</sup> Degree Black Belt ITF. International Master Instructor/Examiner  
Effective as of Sept / 3<sup>rd</sup> / 2019



Mon	Tue	Wed	Thurs	Fri	Sat	Sun
4:45 - 5:15 Little Dragons Level 2	4:30 – 5:15 Children All Belt	4:45 - 5:15 Little Dragons Level 2	4:30 – 5:15 Children All Belt	4:30 – 5:00 Little Dragons Level 2	9:00 – 9:30 Little Dragons	8:45- 9:30 Children All Belts
5:15 - 6:00 Children All Belt	5:30 - 6:15 <b>Teens Only</b>	5:15 - 6:00 Children All Belt	5:30 - 6:15 <b>Teens Only</b>	5:00 - 5:45 Children All Belt	9:30- 10:15 Children All Belts	9:30- 10:00 Little Dragons Level 1 & 2
6:00 - 6:45 Family All Belt	6:15 - 7:00 Family All Belt	6:00 - 6:45 Family All Belt	6:15 - 7:00 Family All Belt	6:00 - 6:45 Family All Belt	10:15 - 11:00 Family All Belt	10:00 -10:45 Family All Belt
6:45 – 7:30 Family All Belt	7:00 – 7:45 Family All Belt	6:45 – 7:30 Family All Belt	7:00 – 7:45 Family All Belts		11:00 - 11:45 Kids/ Parents Only	10:45 -11:30 Kids/ Parents Only
7:30- 8:15 Adults All Belts	7:45 – 8:30 <b>Black Belts</b> Adults / Teens	7:30 – 8:15 Adults All Belts	7:45 – 8:30 Adults All Belts		11:45 – 12:30 Adults All Belts	11:30 -12:15 Adults All Belts
8:15 - 9:00 Kickboxing	8:30 - 9:15 Kickboxing	8:15 - 9:00 Kickboxing	8:30 – 9:15 Kickboxing		12:30 – 1:15 Kickboxing	12:30 - 1:15 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**= Kicking, 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.

**Theory Of Power:** 1- Breathing 2-Balance 3- Concentration 4- Speed 5- Mass  
6- Reaction Force