



SANGROCK INTERNATIONAL TAE KWON-DO

Schedule beginning November 1, 2003
M-F 11:00 am – 9:00 pm Sat. 10:00 am – 2:30 pm

704-814-9966
343 West John Street
Matthews, NC
www.sangrock.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	STUDENT COMMITMENTS
11:00 11:50	Open Practice	Open Practice	Open Practice	Open Practice	Open Practice	9:30-10:30 Little Ninjas	<div>1. I will be loyal to my country.</div> <div>2. I will honor my parents.</div> <div>3. I will love my family and cooperate with them.</div> <div>4. I will be faithful to my friends.</div> <div>5. I will respect my elders and care for my juniors</div> <div>6. I will establish a positive relationship with my teachers.</div> <div>7. I will treat all living things with care.</div> <div>8. I will never seek advantage of those who are weaker.</div> <div>9. I will only use TaeKwon-Do to benefit myself and others.</div> <div>10. I will always finish what I start.</div>
12:00 12:50	All Belts 12 & up	Open Practice	All Belts 12 & up	Open Practice	All Belts 12 & up	10:30-11:20 All 12 & Under	
1:00 1:45	Open Practice	Open Practice	Open Practice	Open Practice	Open Practice	11:30-12:20 All 12 & Up	
2:00 3:15	After School Care					12:30-1:20 Black Belt	
3:15 4:00	Open Practice	Open Practice	Open Practice	Open Practice	Open Practice	1:30 – 2:30 Instructor Training	
4:00 4:45	Little Ninjas Ages 5 & 6	Little Ninjas Ages 3 & 4	Little Ninjas Ages 5 & 6	Little Ninjas Ages 3 & 4	All White Belt	<div>FIVE TENETS</div> <div>Courtesy</div> <div>Integrity</div> <div>Perseverance</div> <div>Self Control</div> <div>Indomitable Spirit</div>	
4:45 5:30	Age 7 – 12 White/Yellow Green	Age 7 – 12 Blue/Red Black	Age 7 – 12 White/Yellow Green	Age 7 – 12 Weapons Training (Green & Up)	All Color Belt		
5:30 6:20	White Belt	White Belt	White Belt	White Belt	White Belt		
6:20 7:10	Yellow Green	Blue Red/Black	Yellow Green	Blue Red/Black	Demo Team Training		
7:10 8:00	Blue Red/Black	Yellow Green	Blue Red/Black	Yellow Green			
8:00 8:50	Ho Sin Sool/ Knife Self-Defense/ Falling Techniques	Sparring/ Officiating	Weapons Training	Poomse	Breaking Techniques	<div><div>• Intro Classes: Taught during White Belt class.</div><div>• Open Practice: Not a structured class.</div><div>• To review past requirement, high ranking students may attend lower ranking classes.</div><div>• Leadership: Deputy Black Belt & up required. (see chart next to card holder.)</div><div>• Lil' Dragons: Class designed for toddlers ages 3-5</div><div>• Little Ninjas: Classes for 5 & 6 year olds</div><div>• 8:00 Classes: Classes are open to Red Belt and above only (lower color belts must have 2 recommendations to attend one from their mentor.)</div></div>	

Note – The week of testing on Friday & Saturday there will be no class on Friday at 4:30 p.m. Saturday there is only one regular class at 10:30 a.m. All black belts are recommended to be part of the testing.