



Black Belt World Wesley Chapel

Starting August 2nd 2021

(704) 821-0829
Sangrock.com
Student Commitments

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 1:00	Home School		Home School All Levels		
1:00 1:30			Home school Weapon		
3:00 3:50	Beginner/ Intermediate/ Advance	Beginner/ Intermediate/ Advance	Beginner/ Intermediate/ Advance	Beginner/ Intermediate/ Advance	Beginner/ Intermediate/ Advance
4:00 4:50	Weapon	Intermediate Advance/	Sparring	Intermediate/ Advance	Sparring
5:00 5:50	Beginner	Beginner	Beginner	Beginner	Beginner/ Intermediate/ Advance
6:00 6:50	Intermediate Advance	6:00-6:45 Little Phoenix	Intermediate Advance	6:00-6:45 Little Phoenix	6:00-7:30 Demo Team
7:00 8:00	Adult/ Black Belt	6:45-7:45 Adult/ Black Belt	Adult/ Black Belt	6:45-7:45 Weapon	

School Hours

Mon. 11:30-8
Tue. 1:30-7
Wed. 11:30-8
Thurs. 1:30-7
Friday 12-8

1. I will be loyal to my country.
2. I will honor my parents.
3. I will love my family and cooperate with them.
4. I will be faithful to my friends.
5. I will respect my elders and care for my juniors.
6. I will have a positive relationship with my teachers.
7. I will treat all living things with care.
8. I will never seek advantage of those who are weaker.
9. I will only use Tae Kwon Do to benefit myself and others.
10. I will always finish what I start.

For Best Results

- Try to attend 2 classes a week
- Student should arrive 10 minutes before the start of each class.
- Let the school know if you will be missing more than one week of classes.
- Repeat all requirements as many times as possible.
- Be generous with others and strict with Yourself.
- You are competing against yourself not against others
- If you have any problem or would like extra help do not hesitate to consult with an instructor.
- Always have a goal, be committed to that goal and be consistent with your attendance and in effort.
- Apply the student commitment in everyday life.

Beginner : White , High White, Yellow, High Yellow
Intermediate : Green, High Green, Blue, High Blue
Advance: Red, High Red, Deputy Black, Black
Adult is 13 and up all Belt Level

Testing is usually the first Saturday of the month

Weekly Focus Schedule

Week 1	Poomse	Week 2	Self-Defense (Gear Required)
Week 3	Sparring (Gear Required)	Week 4	Knowledge and Breaking

Week 1 usually starts the first Monday of the month. For months that have five weeks, the fifth is Review Week.