



Sangrock Black Belt World

"A Black Belt is Earned, Not Purchased"



Information Packet – 2022-2023

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Welcome to Sangrock's After School Program. As part of our family, we need your support in accomplishing the goals we have set for your After School student(s). This program will greatly enhance your child's self-confidence and concentration for a better head start in life. This not only helps them to improve their grades in school, but also prepares them to excel in life's challenges. We focus on all aspects of development; physical, social, emotional and intellectual. Our goal is to provide an encouraging environment conducive for an overall development of the child.

Taekwondo training is everyday. Students practice all of their requirements and work at a personal pace to accomplish goals.

Homework Time is scheduled to take place after Taekwondo class. Students are given assistance when needed, in a supervised environment.

Sangrock's Character Building Program features monthly themes that make it easier to interact and communicate with our students about the morals and benefits of Taekwondo. We instill the five tenets of Taekwondo (Courtesy, Integrity, Self-Control, Perseverance and Indomitable-Spirit) in our students to lay the foundation for strong moral character. This coupled with Taekwondo's ten student commitments encourages our students to do the right thing, even when no one is watching.

Sangrock's Discipline Policy encourages good behavior and development. This is accomplished by rewarding students every week for consistent good behavior, and praise when positive improvement is shown. All students must respect and be mindful of themselves and others; and must not be physically, mentally, or emotionally abusive to other students, instructors or staff at any time. Sangrock Black Belt World does not tolerate inappropriate behavior of any kind by any student and discipline is usually administered in 1 of 3 ways:

- 1.) Special Exercises: The student will be required to do 1-3 different basic exercises (i.e. push-ups, sit-ups, leg lifts, etc) to both strengthen the physical body, and focus the mind.
- 2.) Verbal Warning: The student will be taken aside or separated from the group by an Instructor or After School Director, and talked to about their behavior, and how it can be corrected.
- 3.) Parent Meeting: The student and parent will have a private conversation with the School Master or School Director about the student's behavior and how it can be corrected.

We are looking forward to developing and nurturing your child on their Taekwondo journey

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5937 Weddington- Monroe Rd.
Wesley Chapel, NC 28104
704-821-0829

Dear Principal,

As a partner in education, Sangrock Black Belt World greatly appreciates your continued effort in providing a better learning environment for today's children and tomorrow's leaders. To support your tireless efforts, Sangrock black Belt World has developed an exciting and beneficial After School Program. We are very pleased and confident, that not only will this program support your school, but will also help today's working parents and their children.

_____ is now enrolled in our After School Program. Transportation will be provided from your school to ours. Each student will receive martial arts training, which will intertwine with physical techniques and philosophical principles. Students will learn self-discipline, respect and a positive mental attitude which is reflected by our instructors and staff. If you have any questions, please feel free to contact us.

Respectfully,
Mrs. Monica Singh Rathore
Program Director

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Tuition Information

Registration Fee: \$75.00 Uniform included

Standard Plan

	5 Days	3 Days	2 Days
After School Fee	\$110.00	\$92.00	\$85.00

Benefits –

- Daily Taekwondo Classes
- Teacher Work Days
- Many Holidays
- 10% off tuition for the 2nd child
- 15% off tuition for the 3rd child

Daily/Break Week Rates

After School Day	Full Day	Winter Break	Spring Break
\$55.00	\$65.00	\$149.00	\$149.00

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Program Regulations

- To help us keep your child safe while riding the school bus or the Sangrock van to our facilities, please ensure they understand the regulations for safe bus/van conduct which include:
 - Respect and Follow the drivers directions at all times
 - Wear your seatbelt and remain seated at all times
 - Do not talk on the bus or van or in the parking lot while unloading
- For parents who pay In-School on a weekly and bi-weekly basis, tuition is due on the Friday before your next payment interval. If payment is not received by the Tuesday following your Friday due date and you have not made arrangements with the School Director for payment, then transportation and child cares services cannot be provided for you child. For parents who pay In-School on a monthly basis, tuition is due on the 1st of the month, If payment is not received by the 5th and arrangements have not been made with the School Director for payment, then transportation and child care services cannot be provided for your child. Checks can be made payable to "Sangrock Black Belt World".
- Please understand that we only have a limited number of spots in our After School Program and your payment guarantees your child's place in our program. So we cannot accommodate refunds for any day your child is absent from our program.
- In-House Tournaments, Day and Overnight camps are available separately and are not included in your After School Program tuition.
- It is recommended that you provide your child with a snack to eat while at the After School Program. If one is provided please make sure they are told not to eat it until they are at Sangrock. We request that you do not provide your child with soda or candy due to the high sugar/caffeine content.
- We provide students with an assisted and supervised homework time every day.
- Students are required to wear their Dobok (Taekwondo Uniform) to all classes. So it is important to bring it every day.
- Pick-up time for students is 6:00 PM, with a 15 minute grace period, granted only on the first full week of school. Students that have not been picked up by 6:00 PM are required to stay in taekwondo class and will not be allowed to wait in the lobby area, unless the parent has notified us otherwise.
- When you come to pick up your child, please notify the receptionist and let them know the name of your child. If you have someone coming to pick up your child not is not listed on our authorized pick list it is important you call ahead and let the receptionist know, otherwise we will not be able to release the child.

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Student Regulations

- Students must remove their shoes before entering the Dojang (workout area.)
- When students enter and leave the Dojang, they are expected to bow to the flags as a gesture of respect.
- Students should bow to Instructors and black belts to show respect for their rank. Students are also expected to bow to other students as a respectful greeting.
- Students are not allowed to bring valuables to Sangrock. Sangrock is not responsible for lost or stolen property.
- The start and end of each class begins with a ceremonial bow to the flags and Instructors.
- Students are not allowed to speak inappropriately, slander, or defame Instructors or other students.
- Students are not allowed to practice any technique or Poomse that has not been taught to them by their Instructor.
- Students are not to ask Instructors when they are to test for the next rank. When the Instructor feels the student is ready, the Instructor will invite the student to test.
- If a student's Dobok becomes messed up while in class, the student must turn away from the flags, straighten their uniform and then turn to face the flags again.
- Students must address Instructors, Black Belts, and other students as "Sir/Ma'am" when conversing.
- Sangrock Black Belt World reserves the right to withdraw any rank students have earned If a student fails to conduct themselves in an appropriate manner, brings dishonor upon the school, or is disrespectful to an Instructor, another student, or Taekwondo as an art.
- Sangrock reserves the right to send home any student who consistently and intentionally causes discipline problems.