



# Black Belt World

## Charlotte Location

Start Sep 3rd, 2018

**(704) 847-1099**  
**Sangrock.com**  
**Student Commitments**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 12:00	Open Practice	Open Practice	Open Practice	Open Practice	Meeting	9:00-9:45 Little Phoenix
12:00 1:00	Open Practice	Adult All Belt	Open Practice	Adult All Belt		9am-10am SIECT Poomse Team Practice
3:30 4:15	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Weapon All Level	10:00-11:00 Beginner/ Intermediate/ Advance
4:15 5:00	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Weapon All Level	11am--2pm Black Belt Prep Class At Wesley
5:00 5:50	Little Phoenix	Beginner	Little Phoenix	Beginner/ Intermediate/	Little Phoenix	2pm-4pm Sparring Team Class
5:50 6:40	Beginner/ Intermediate/ Advance	Intermediate	Beginner/ Intermediate/ Advance	Weapon All Level	Beginner/ Intermediate/ Advance	<u>School Hours</u>  Mon 11-8:30 Tue 11-8:30 Wed 11-8:30 Thur 11-8:30 Friday 1-6:30 Saturday 9:00-11:00
6:40 7:30	Intermediate/ Advance	Advance	Intermediate/ Advance	Advance	6:50-8:30 Demo Team Practice	
6:40 7:30	SIECT Poomse Team Practice Adult All Belt	SIECT Sparring Team Practice Adult All Belt	SIECT Demo Team Practice Adult All Belt	SIECT Sparring Team Practice Adult All Belt		

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

### 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  
**Testing is usually the first Saturday of the month**

Adult Weekly Focus Schedule			
Mon	Poomse & Breaking (Demo Team Practice)	Tue	Sparring & Self- Defense (Gear Required)
Wed	Poomse & Breaking (Demo Team Practice)	Thu	Sparring Self- Defense (Gear Required)
Friday - Poomse & Breaking (Demo Team Practice)			