



Black Belt World

Wesley Chapel

(704) 821-0829
Sangrock.com
Student Commitments

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
12:00 1:00	Home school All Levels	Meeting	Home school All Levels	Meeting	11:00-1:00 Meeting	9:00-9:45 Little Phoenix	1. I will be loyal to my country. 2. I will honor my parents. 3. I will love my family and cooperate with them.		
2:30 3:15	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12		9:00– 10:00 SIECT Poomse Team Practice At Charlotte	4. I will be faithful to my friends. 5. I will respect my elders and care for my juniors.		
3:15 4:00	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	9:45-10:30 All Levels Ages 6-12	6. I will have a positive relationship with my teachers. 7. I will treat all living things with care.		
4:00 4:45	Weapon	Little Phoenix Ages 3-4	Super Phoenix Age 5-6	Little Phoenix Ages 3-4	Beginner/ Intermediate/ Advance	10:30-11:30 All Levels Age 13 & up	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.		
4:50 5:40	Intermediate/	Advance	Intermediate/	Beginner	Advance Club <ul style="list-style-type: none">• Poomse• Knife Self Defense• Sparring	11am--2pm Black Belt Prep Class At Wesley	<u>For Best Results</u> <ul style="list-style-type: none">• 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.		
5:45 6:30	Little Phoenix Ages 3-4 Beginner	Super Phoenix Age 5-6 Intermediate	Little Phoenix Ages 3-4 Beginner	Super Phoenix Age 5-6 Advance Intermediate		2:00– 4:00 SIECT Sparring Team Practice At Wesley			
6:30 7:20	Advance	Beginner	Advance	Weapon	6:30-8:30 Demo Team Practice	<u>School Hours</u> Mon. 11-8:30 Tue. 12-8:30 Wed.11-8:30 Thurs. 12-8:30 Friday 1-6:30 Saturday 9:00-11:30			
6:30 8:00	SIECT Sparring Team Practice	SIECT Demo Team Practice	SIECT Sparring Team Practice						
7:20 8:10	Adult All Belt	Weapon Adult All Belt	Adult All Belt	Adult All Belt					
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			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.						