

(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
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
3:15 4:00	Beginner/ Intermediate/ Advance Ages 6-12	9:45-10:30 All Levels Ages 6-12				
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
4:50 5:40	Intermediate/	Advance	Intermediate/	Beginner	Advance Club Poomse	11am2pm Black Belt Prep Class At Wesley
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	Knife Self DefenseSparring	2:00– 4:00 SIECT Sparring Team Practice
	Degimier	Thermediate	Degimier	Intermediate		At Wesley
6:30 7:20	Advance	Beginner	Advance	Weapon	6:30-8:30 Demo Team Practice	School Hours Mon. 11-8:30 Tue. 12-8:30
6:30 8:00	SIECT Sparring Team Practice	SIECT Demo Team Practice	SIECT Sparring Team Practice			Wed.11-8:30 Thurs. 12-8:30 Friday 1-6:30
	: White , High	White, Yellow, Hig	- Adult Weel	y Focus Schedule	Saturday	
		igh Green, Blue, F		PoomsAll Belt	Week 2 Self-Defens	e (Gear Required) ³⁰
Advance: Red, High Red, Deputy Black, Black Week 3 Sparring (Gear Required) Week 4 Knowledge and Breaking						
Testing is usually the first Satuday of the month Week 1 usually starts the first Monday of the month. For months that have five weeks, the						

fifth is Review Week.

- 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.