



Black Belt World Charlotte Location

Start's on September 5th
(704) 847-1099
Sangroek.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 | Beginner/Intermediate/Advance | Open Practice | Beginner/Intermediate/Advance | | 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 | Beginner/Intermediate/Advance Ages 6-12 | 11am--2pm Black Belt Prep Class At Charlotte | | | | | | | | |
| 5:00 5:45 | Little Phoenix | Weapon Nunchaku/Bo Staff/ Sword Level 1 | Little Phoenix | Weapon Nunchaku/Bo Staff/ Sword Level 2-3 | Little Phoenix | School Hours | | | | | | | | |
| 5:45 6:40 | Beginner & Intermediate | Beginner/Intermediate/Advance | Beginner & Intermediate | Beginner/Intermediate/Advance | Beginner/Intermediate/Advance | Mon 11-8:30 Tue 11-8:30 Wed 11-8:30 Thur 11-8:30 Friday 1-6:30 | | | | | | | | |
| 6:40 7:30 | Intermediate & Advance Weapon Nunchaku Level 2-3 | Sparring Team Class | Intermediate & Advance Weapon Sword/ Nunchaku Level 2-3 | Weapon Nunchaku/Bo Staff/ Sword All Level | 6:30-8:00 Demo Team Practice | Saturday 9:00-11:00 | | | | | | | | |
| 7:30 8:30 | Adult All Belt | Adult All Belt | Adult All Belt | Advance Club | | | | | | | | | | |
| <p>Beginner : White, High White, Yellow, High Yellow Intermediate : Green, High Green, Blue, High Blue Advance: Red, High Red, Deputy Black, Black</p> <p>Testing is usually the first Saturday of the month</p> | | | | | | | | | | | | | | |
| <p>Weekly Focus Schedule</p> <table border="1"> <thead> <tr> <th>Week 1</th> <th>Poomse</th> <th>Week 2</th> <th>Self-Defense (Gear Required)</th> </tr> </thead> <tbody> <tr> <td>Week 3</td> <td>Sparring (Gear Required)</td> <td>Week 4</td> <td>Knowledge and Breaking</td> </tr> </tbody> </table> <p>Week 1 usually starts the first Monday of the month. For months that have five weeks, the fifth is Review Week.</p> | | | | | | | Week 1 | Poomse | Week 2 | Self-Defense (Gear Required) | Week 3 | Sparring (Gear Required) | Week 4 | Knowledge and Breaking |
| Week 1 | Poomse | Week 2 | Self-Defense (Gear Required) | | | | | | | | | | | |
| Week 3 | Sparring (Gear Required) | Week 4 | Knowledge and Breaking | | | | | | | | | | | |
| <p>For Best Results</p> <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. | | | | | | | | | | | | | | |
| <ol style="list-style-type: none"> 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. | | | | | | | | | | | | | | |