



# 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 Beginner/ Intermediate/ Advance	<b>Weapon</b> All Level	Home school Beginner/ Intermediate/ Advance	Open Practice	11:00-1:00  Meeting	9:00-9:45  <b>Little Phoenix</b>
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	Beginner/ Intermediate/ Advance Ages 6-12	9:45-10:30 Beginner/ Intermediate/ Advance Ages 6-12
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	10:30-11:30 Beginner/ Intermediate/ Advance Age 13 & up
4:00 4:45	<b>Weapon</b> All Level	<b>Little Phoenix</b>	Beginner/ Intermediate/ Advance	<b>Little Phoenix</b>	<b>Poomse Club (Blue and up)</b>	11am--2pm Black Belt Prep Class
4:50 5:40	Intermediate/ Advance	Beginner/ Intermediate	Intermediate/ Advance	Beginner	Beginner/ Intermediate/ Advance	<b>School Hours</b>  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
5:45 6:30	<b>Little Phoenix</b>	Beginner	<b>Little Phoenix</b>	Intermediate/ Advance	<b>Advanced Club</b>	
6:35 7:20	Beginner Class <b>Weapon</b> Level 1 & 2	Intermediate & Advance	Beginner Class <b>Weapon</b> Level 1	<b>Weapon</b> All Level	<b>6:30-8:00 Demo Team Practice</b>	
7:20 8:30	Adult All Belt	Adult All Belt	Adult All Belt	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 myself and others.
10. I will always finish what I start.

**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**

**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.			