



# EXPECTATIONS

## What we expect from our students

- Come to class regularly (2 times a week)
- Show respect in and out of class
- Learn the meaning of the tenets of Taekwondo & the Student Oath
- Practice at home at least 15 min a day (5 minutes for Little Eagles)
- To maintain your Uniform and to understand it is your responsibility to keep track of it and the belt, and its not mom and dad's responsibility.
- To maintain a good attitude in and out of class
- Participate in class
- Not to misuse Taekwondo (not to be a bully)

## What you can expect from us

- To maintain a well rounded curriculum
- To teach our students that they do not need violence to resolve conflict
- To help them all reach their goals in the martial arts and other parts of life
- To show them what it means to give back
- Show them how to be a leader with confidence
- A personal touch for the individual needs of our students
- Personal growth in your student, watch them become more confident, more courteous; learn what it really means to be honest & to persevere.
- Also we will always work on self control & teach what it means to keep your indomitable spirit with the peer pressures you will encounter
- How to be a martial artist without being a bully
- Do our best to keep the student to instructor ratio down for the quality to stay high



# SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday
11:00am-11:45	Little Eagles	Little Eagles	Little Eagles	Little Eagles
4:15pm - 5:00pm DOWNSTAIRS ----- UPSTAIRS	White Through Yellow -----	Green Through Blue ----- Little Eagles	White Through Yellow -----	Green Through Blue ----- Little Eagles
5:15pm - 6:00pm DOWNSTAIRS ----- UPSTAIRS	Red Through Black ----- Green Through Blue	White Through Yellow ----- Green Through Blue	Red Through Black ----- Green Through Blue	White Through Yellow ----- Green Through Blue
6:15pm - 7:00pm DOWNSTAIRS ----- UPSTAIRS	White Through Yellow ----- Little Eagles	Red Through Black ----- Green Through Blue	White Through Yellow ----- Little Eagles	Green Through Blue ----- Red Through Black
7:00pm - 7:45pm DOWNSTAIRS ----- UPSTAIRS	White Through Green ----- Blue Through Black	White Through Green ----- Blue Through Black	White Through Green ----- Blue Through Black	White Through Green ----- Blue Through Black



## **THE STUDENT OATH**

I shall observe  
the tenets of Taekwondo.

I shall respect  
my instructors and seniors.

I shall never misuse Taekwondo

I shall stand  
for freedom and justice.

I shall help build  
a more peaceful world.



# **TENETS OF TAEKWONDO**

## **Courtesy**

Be Nice.

## **Integrity**

Be Honest.

## **Perseverance**

Never Quit.

## **Self-Control**

Control Yourself.

## **Indomitable Spirit**

Don't Let Anyone Take Your Spirit.