



# 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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>4:15 PM</b>	White to High Green	Little Eagles & White to High Yellow	White to High Green	Little Eagles & White to High Yellow
<b>5:15 PM</b>	Low Blue to Black & Little Eagles	White to High Green	Low Blue to Black & Little Eagles	White to High Green
<b>6:15 PM</b>	White to Black	Low Blue to Black	White to Black	Low Blue to Black
<b>7:00 PM</b>	White to Black	Black Belt Demo Team	Black Belt Demo Team	White to 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.