



# ROAR TAEKWONDO

6751 Old Monroe Rd., Indian Trail, NC 28079

704-282-1400



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Student Commitments
12:00 - 1:00	Homeschool	Open Practice	Homeschool	Open Practice		9:30-10:00 Little Lions	<ol style="list-style-type: none"> <li>1. I will be loyal to my country.</li> <li>2. I will honor my parents.</li> <li>3. I will love my family and cooperate with them.</li> <li>4. I will be faithful to my friends.</li> <li>5. I will respect my elders and care for my juniors.</li> <li>6. I will establish a positive relationship with my teachers.</li> <li>7. I will treat all living things with care.</li> <li>8. I will never seek advantage of those who are weaker.</li> <li>9. I will only use taekwondo to benefit myself and others.</li> <li>10. I will always finish what I start.</li> </ol>
1:00 - 3:00	<b>After School</b>					10:15-11:00 All Belt	
3:20 - 4:00	All Belt	Little Lions	All Belt	Little Lions	Appointment Only	<b>*Color belt testing is held on the first Saturday of the month at 11:30am unless otherwise posted.*</b>	
4:15 - 5:00	Weapons	All Belt	Yellow / Green	All Belt	White / Yellow		
5:15 - 6:00	Little Lions	White / Yellow	Little Lions	White / Yellow	Green & Up		
6:15 - 7:00	White / H. White	Green & Up	White / H. White	Weapons/ Green & Up	6:30-7:30 Demo Practice		
7:10 - 8:00	Adult Class	Adult Class	Adult Class	Adult Class			
<b>For Best Results</b>							
<ul style="list-style-type: none"> <li>- Try to attend at least 2 classes per week.</li> <li>- Arrive 10 minutes early to class.</li> <li>- Notify the school if you miss more than one week of classes.</li> <li>- Repeat all requirements as many times as possible.</li> <li>- Be generous towards others and strict with yourself.</li> <li>- You are competing against yourself, not with others.</li> <li>- If you are having any problems or would like help, do not hesitate to speak with an instructor.</li> <li>- Always have a goal, be committed to that goal, and be consistent with your attendance and effort.</li> <li>- Apply the student commitments towards your everyday life.</li> </ul>							