



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 - 10:10 Little Lions	<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 establish 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 taekwondo to benefit myself and others. 10. I will always finish what I start. 	
1:00 - 3:00	After School					10:15-11:00 All Belt		
3:20 - 4:00	All Belt	Little Lions	All Belt	Little Lions	Appointment Only	11:30 - 1:00 Black Belt / Prep		
4:10 - 5:00	Weapons	All Belt	Yellow / Green	All Belt	White / Yellow	*Color belt testing is held on the first Saturday of the month at 11:30am unless otherwise posted.*		
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				
For Best Results								<ul style="list-style-type: none"> - Try to attend at least 2 classes per week. - Arrive 10 minutes early to class. - Notify the school if you miss more than one week of classes. - Repeat all requirements as many times as possible. - Be generous towards others and strict with yourself. - You are competing against yourself, not with others. - If you are having any problems or would like help, do not hesitate to speak with an instructor. - Always have a goal, be committed to that goal, and be consistent with your attendance and effort. - Apply the student commitments towards your everyday life.