

NCAP (LEVEL 2) TECHNICAL COURSE

**Organized by
SINGAPORE TAEKWONDO FEDERATION
(recognized by the Sport Singapore and
affiliated to the Singapore National Olympic Council)**

Dates : 5, 6, 26 & 27 March 2016

Days & Times : Saturdays (1.00pm to 5.30pm)
Sundays (2.30pm to 9.30pm)

Theory & Practical Tests : Will be announced on Sunday 27 March 2016

Closing Date for Registration : Closing date : 29 February 2016 - \$140.00
After closing date - \$180.00

Fees paid are not refundable unless application is rejected. Cheques should be crossed and made payable to the 'Singapore Taekwondo Federation'.

Applications made without the course fees or incomplete application forms will not be accepted.

Venue : STF National Training Centre
Block 80 Lorong Limau
#04-191 Singapore 320080

Medium of Instruction : English

Course Requirements : Participants must attend 80% of the training hours to be eligible for the tests.

All participants are required to wear their 'dobok' for both the practical and theory lessons.

- Eligibility : At least 1st dan blackbelt
NCAP Technical (Level 1) for taekwondo
- Good fitness level
(The STF reserves the right to request proof of fitness from a medical practitioner)
- Certification : Certificates will be issued to those who pass both the theory and practical tests.
- The STF encourages all coaches to complete the theory component.