

NCAP TECHNICAL (LEVEL 2) COURSE

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

- Dates : 15, 16, 22 & 23 November 2014
- Days & Times : Saturdays (3.00pm to 7.30pm)
Sundays (2.30pm to 9.30pm)
- Theory Test : Saturday 29 November 2014 (3.00pm)
- Practical Test : Will be announced on 23 November 2014
- Closing Date for Registration : On or before Wednesday 12 Nov 2014 - \$140.00
On the spot registration - \$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.
- Duration : 22 hours
- 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.

At least 1st dan blackbelt

Eligibility : 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.