

## **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 February 2014
- Days & Times : Saturdays (5.00pm to 9.30pm)  
Sundays (2.30pm to 9.30pm)
- Theory/Practical Tests : Sunday 2 March 2014 (2.30pm onwards)
- Closing Date for Registration : On or before Monday 10 February 2014 - \$140.00  
On or before Thursday 13 February 2014 - \$160.00  
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.

- Eligibility : At least 1<sup>st</sup> 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)
- Practical Attachment : All successful participants will be required to complete 6 months (twice a week) or 12 months (once a week) of coaching attachment. Trainee coaches can have their choice schools or clubs approved by the STF for their attachment.
- Certification : Certificates will be issued to those who pass both the theory and practical tests and complete the coaching attachment.
- The STF encourages all coaches to complete the theory component.