

## NCAP TAEKWONDO (LEVEL 1) TECHNICAL COURSE

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

Day/Date/Time : Saturday 19 November 2016 (3.00pm to 7.00pm)  
Sunday 20 November 2016 (2.30pm to 9.00pm)  
Saturday 26 November 2016(3.00pm to 7.30pm)  
Sunday 27 November 2016 (2.30pm to 9.00pm)

Theory/Practical Tests : Saturday 3 December 2016 (2.30pm onwards)

Duration : 20 hours

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

Medium of Instruction : English

Registration Fee : ***Closing date (Monday 14 November 2016) – S120.00***  
***After closing date – \$160.00***

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.

- Course Requirements : Participants must have 90% attendance to be eligible for the tests.
- All participants are required to wear their uniform for both the practical and theory lessons.
- Eligibility : At least a 1<sup>st</sup> dan blackbelt
- 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 of 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.
- Disclaimer : The STF reserves the right to cancel, postpone or change the venue, dates and times of the course, at its discretion.
- The STF, its servants and agents will not be held responsible for any claims arising out of any death, injury, damage or loss, suffered or caused while attending the course, and this includes all costs, and expenses incurred as a result of such claims.