

NCAP (LEVEL 2) TECHNICAL COURSE

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

- Dates : Saturday & Sunday
6 & 7 April 2019
20 & 21 April 2019
- Days & Times : Saturdays (1.00pm to 5.30pm)
Sundays (2.30pm to 9.30pm)
- Tests : Theory – Saturday 27 April 2019 (1.00pm)
Practical – Will be announced on 21 April 2019
- Closing Date for Registration : Closing date : Monday 1 April 2019 - \$149.80
After closing date - \$192.60
- 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 90% 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 : 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 have
- pass both the theory and practical tests and
 - have completed their Level 1 practical attachment