

## UNARMED COMBAT PROGRAMME (LEVEL 2)

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

- Day/Date/Time : Saturday 30 April 2016 (1.30pm to 4.30pm)  
Sunday 1 May 2016 (2.30pm to 5.30pm)  
Saturday 7 May 2016 (1.30pm to 4.30pm)
- Practical Test : Sunday 8 May 2016 (2.30pm onwards)
- Closing Date & Registration Fees : **Closing date Friday 29 April 2016 - \$90.00**  
**After closing date - \$130.00**
- Venue : STF National Training Centre  
Block 80 Lorong Limau  
#04-191 Singapore 320080
- Medium of Instruction : English
- Course Requirements : Participants must have 90% attendance to be eligible for the test.  
  
All participants are required to wear their taekwondo uniform
- Eligibility : At least a 1<sup>st</sup> poom or 1<sup>st</sup> dan blackbelt  
  
Unarmed Combat (Level 1) certification  
  
Good fitness level  
(The STF reserves the right to request proof from a medical practitioner.)

- Certification : All successful candidates will be issued with competency certificates.
- Privilege : Holders of the certificates shall be exempted from the self-defence component required for the promotion test from 2<sup>nd</sup> poom to 3<sup>rd</sup> poom or 2<sup>nd</sup> to 3<sup>rd</sup> dan
- Disclaimer : The STF reserves the right to cancel or postpone 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. This includes all costs and expenses incurred as a result of such claims.