

跆拳道班 Taekwondo

自小學習跆拳道有助提升身心靈的發展，跆拳道精神可加強他們紀律及服從性，堅毅精神；從練習中亦鍛煉身體協調性及肌肉發展，加強手腳眼協調及平衡感。



Learning Taekwondo from an early age help improve physical and emotional development. The

spirit of Taekwondo can strengthen discipline and perseverance. Also exercise physical coordination and muscle development through practice, strengthen hand-foot-eye coordination and balance.



對象及人數 Target	幼兒班至高班 8-10 人 / 班 (開班人數: 6 人) K1 - K3 (8-10 students/class; Minimum Class Size of 6 students)
授課語言 Language	粵語 Cantonese
費用 Fee	每堂為 1 小時 1 Hour/Lesson 一個學期 = \$1850 (10 堂) One term enrollment = \$1850 (10 Lessons) 全年費用 = \$3300 (20 堂) Annual enrollment = \$3300 (20 Lessons) 課程開始後報名，須按比例報讀各期剩餘課堂，每堂 \$250 Enrollment Fees after programme begins, \$250 each lesson and need to enroll the remaining lessons of the term.
跆拳道考試 Taekwondo Belt Test	每期的最後一堂會安排考級 (第十堂及第二十堂)，考級當日頒發跆拳道帶及證書。 教練將根據小朋友的進度安排考級，家長可選擇是否參與考級。小朋友出席率達 80% 可獲證書及安排考級。 考級費用: \$400 道服: \$300 (考試費於考試前支付，考級當日必須穿著道服) Belt test will be held on the last lesson of each term (10th and 20th lesson), belts and certificates will be given on test day. Coach will arrange belt test for students of attendance rate over 80%, parents can choose whether to participate in the test. Belt Test Fee: \$400 (Pay before test) Taekwondo uniform: \$300 (It is required to wear Taekwondo uniform during belt test.)