

跆拳道

教授基本踢腿動作、體能訓練等等，加強腳法和步法的練習，並以遊戲的形式學習，讓幼兒更主動參與。透過一系列的練習，培養幼兒身體各部分的協調性、敏捷度和柔軟度，同時訓練紀律和增強自信心。根據學生的能力，幼兒有機會參加段位考試。

課程內容：

- ✦ 體能訓練
- ✦ 跆拳道禮儀
- ✦ 協調動作
- ✦ 手法招式訓練
- ✦ 腿法訓練
- ✦ 馬步或品勢技術



Taekwondo

Basic kicking techniques and physical conditioning are emphasized, with a particular focus on footwork and stepping patterns. Learning takes place in a playful and interactive manner, encouraging active engagement from the children. Through a series of exercises, participants enhance their physical coordination, agility, and flexibility, while also developing discipline and strengthening their self-confidence. Depending on the students' abilities, they may have the opportunity to take part in belt promotion examinations.

Course highlights:

- ✦ Physical conditioning
- ✦ Taekwondo etiquette
- ✦ Coordinated movements
- ✦ Hand techniques training
- ✦ Kicking techniques training
- ✦ Stances and Poomsae techniques