

Organised by the Hong Kong Taekwondo Association (HKTKDA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Taekwondo

Prospectus

Key Information	Type of Activity	Outreach Coaching Programme
	Sport Demonstration	Non-School Team Training
Target Participants	Primary and secondary school students	Primary & Secondary Students
Outline	<ul style="list-style-type: none"> - Introduction to Taekwondo and the gear - Briefing of techniques with demonstration - Mock competition for demonstration <p style="margin-left: 20px;">Warm-up exercise</p> <ul style="list-style-type: none"> - Play-in session and practice 	<ul style="list-style-type: none"> - Basic moves, stance, punches, footwork, fitness training, skills in moving, continuous moves, techniques and
Venue	Indoor venue with a smooth floor surface	Indoor venue with a smooth floor surface, preferably with mirrors
Fee	\$390 per session (\$290 for each extended session on the same day)	\$1,720 per course
Equipment to be provided by the school	Audio-visual equipment for playing video clips, soft mat	Soft mat
Sports Equipment	Taekwondo double kick pads (to be provided by HKTKDA)	
Duration	1.5 hours per session	Each course comprises 8 lessons of 1.5 hours each (12 hours in total).
Estimated No. of Participants per Session/Course	50	15
Proposed Time of Activity	Monday to Friday: 10:00 am to 5:30 pm	
Enrolment Form	Sport Demonstration Enrolment Form (P.180)	Outreach Coaching Programme Enrolment Form (P.194)

How to Enrol	1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.
Points to Note	<ol style="list-style-type: none"> 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 2. Participants of Sport Demonstration should wear proper sportswear and sports shoes, those of the Outreach Coaching Programme should be barefooted 3. If NSA has arranged a coach for a school and the school eventually requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$190 per Sport Demonstration; \$348 per training course under the Outreach Coaching Programme) and refund the balance to the school. 4. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded. 5. If NSA/LCSD fails to arrange the activity, the fees paid submitted cheque will be returned to the school.
Enquiry Phone No./ Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html