

**Organised by the Hong Kong, China 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"> <li>- Introduction to Taekwondo and the gear</li> <li>- Briefing of techniques with demonstration</li> <li>- Mock competition for demonstration</li> <li>- Warm-up exercise</li> <li>- Play-in session and practice</li> </ul>	<ul style="list-style-type: none"> <li>- Basic moves, stance, punches, footwork, fitness training, skills in moving, continuous moves, techniques and competition rules</li> </ul>
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.185-186)	Outreach Coaching Programme Enrolment Form (P.203-204)
How to Enrol	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: <a href="mailto:applicationsp@lcsd.gov.hk">applicationsp@lcsd.gov.hk</a> . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.	

Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants of Sport Demonstration should wear proper sportswear and sports shoes, those of the Outreach Coaching Programme should be barefooted.</li> <li>3. If the HKTKDA has arranged a coach for a school and the school eventually requests before the activity date the cancellation of the activity, the HKTKDA will deduct from the fee for each activity an administrative fee (\$204 per Sport Demonstration; \$408 per training course under the Outreach Coaching Programme) and refund the balance to the school.</li> <li>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.</li> <li>5. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>
Enquiry Phone No./ Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>