

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	Sport Demonstration	Outreach Coaching Programme
		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 - Warm-up exercise - 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 competition rules
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)	\$1,980 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.188-189)	Outreach Coaching Programme Enrolment Form (P.206-207)
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: 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 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 (\$210 per Sport Demonstration; \$420 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 the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.
Enquiry Phone No./ Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html