

**Organised by the Muaythai Association of Hong Kong, China Limited (HKMTA)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Muay Thai**  
**Prospectus**

Type of Activity Key Information	Sport Demonstration	Outreach Coaching Programme
		Non-School Team Training
Target Participants	Primary and Secondary school students	
Outline	<ul style="list-style-type: none"> <li>- Introduction history and background of Muay Thai</li> <li>- Introduction to Muay Thai gear</li> <li>- Safety rules</li> <li>- Briefing on basic skills and demonstration</li> <li>- Play-in session</li> </ul>	<ul style="list-style-type: none"> <li>- Basic skills training</li> <li>- Practice in punching and kicking techniques</li> <li>- Briefing on competition rules</li> <li>- Fitness training</li> </ul>
Venue	Indoor halls or activity rooms with a smooth floor	
Fee	\$600 per session (\$450 for each extended session on the same day)	\$2,400 per course
Equipment to be provided by the school	Audio-visual equipment for video broadcasting	
Other Sports Equipment	Hand wraps, training gloves, shin guards, elbow pads, headgears, punching mitts, belly guards and kick pads (to be provided by the HKMTA)	
Duration	2 hours per session	6 lessons per course, 1.5 hours per lesson (9 hours in total)
Estimated No. of Participants per Session/Course	40	
Proposed Time of Activity	Monday to Friday: 9am to 6pm	
Skill Assessment	Not applicable	Badges Award Scheme (See Points to Note 3)
Enrolment Form	Sport Demonstration Enrolment Form (P.193-194)	Outreach Coaching Programme Enrolment Form (P.211-212)
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:applicationssp@lcsd.gov.hk">applicationssp@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. Students should wear proper sportswear and sports shoes.</li> <li>3. Upon completion of Muay Thai Outreach Coaching Programme, an assessment will be conducted by the coach according to Gold, Silver and Bronze badges standards of Muay Thai. Participants who meet the required standards may obtain the badges and certificates from LCSD free of charge. For details, please visit <a href="https://www.lcsd.gov.hk/en/ssp/badges.html">https://www.lcsd.gov.hk/en/ssp/badges.html</a>.</li> <li>4. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA 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.</li> </ol>	

Type of Activity	Sport Demonstration	Outreach Coaching Programme
Key Information	Non-School Team Training	
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>	