

Organised by the Hong Kong Muay-Thai Association (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"> - Introduction history and background of Muay Thai - Introduction to Muay Thai gear - Safety rules - Briefing on basic skills and demonstration - Play-in session 	<ul style="list-style-type: none"> - Basic skills training - Practice in punching and kicking techniques - Briefing on competition rules - Fitness training
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	
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: 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. Students should wear proper sportswear and sports shoes. 3. 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 (\$194 per Sport Demonstration; \$388 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	