

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 |
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| | 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 - 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) | \$1,720 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: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide. | |

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| 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 (\$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 HKTKDA/LCSD fails to arrange the activity, the cheque submitted will be returned to the school. |
| Enquiry Phone No./ Website | 2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html |