

NCAP TECHNICAL (LEVEL 2) COURSE

**Organized by
SINGAPORE TAEKWONDO FEDERATION
(recognized by the Singapore Sports Council and
affiliated to the Singapore National Olympic Council)**

- Dates : 10, 11, 24 & 25 January 2015
- Days & Times : Saturdays (3.00pm to 7.30pm)
Sundays (2.30pm to 9.30pm)
- Theory Test : Saturday 31 January 2015 (3.00pm)
- Practical Test : Will be announced on 25 January 2015
- Closing Date for Registration : On or before Friday 2 January 2015 - \$140.00
On the spot registration - \$180.00

Fees paid are not refundable unless application is rejected. Cheques should be crossed and made payable to the 'Singapore Taekwondo Federation'.

Applications made without the course fees or incomplete application forms will not be accepted.

- Duration : 22 hours
- Venue : STF National Training Centre
Block 80 Lorong Limau
#04-191 Singapore 320080
- Medium of Instruction : English
- Course Requirements : Participants must attend 80% of the training hours to be eligible for the tests.

All participants are required to wear their 'dobok' for both the practical and theory lessons.

At least 1st dan blackbelt

Eligibility : NCAP Technical (Level 1) for taekwondo
Good fitness level
(The STF reserves the right to request proof of fitness from a medical practitioner)

Certification : Certificates will be issued to those who pass both the theory and practical tests.
The STF encourages all coaches to complete the theory component.