

## UNARMED COMBAT PROGRAMME (LEVEL 2)

Organised by  
**SINGAPORE TAEKWONDO FEDERATION**  
(Recognised by the Sport Singapore and  
affiliated to the Singapore National Olympic Council)

- Day/Date/Time : Saturday 5 December 2015 (3.00pm to 6.00pm)  
Sunday 6 December 2015 (2.30pm to 5.30pm)  
Saturday 12 December 2015 (3.00pm to 6.00pm)
- Practical Test : Sunday 13 December 2015 (2.30pm onwards)
- Closing Date & Registration Fees : **Closing date Monday 30 November 2015 - \$90.00**  
**After closing date - \$130.00**
- Venue : STF National Training Centre  
Block 80 Lorong Limau  
#04-191 Singapore 320080
- Medium of Instruction : English
- Course Requirements : Participants must have 90% attendance to be eligible for the test.  
  
All participants are required to wear their taekwondo uniform
- Eligibility : At least a 1<sup>st</sup> poom or 1<sup>st</sup> dan blackbelt  
  
Unarmed Combat (Level 1) certification  
  
Good fitness level  
(The STF reserves the right to request proof from a medical practitioner.)

- Certification : All successful candidates will be issued with competency certificates.
- Privilege : Holders of the certificates shall be exempted from the self-defence component required for the promotion test from 2<sup>nd</sup> poom to 3<sup>rd</sup> poom or 2<sup>nd</sup> to 3<sup>rd</sup> dan
- Disclaimer : The STF reserves the right to cancel or postpone the course at its discretion. The STF, its servants and agents, will not be held responsible for any claims arising out of any death, injury, damage or loss, suffered or caused while attending the course. This includes all costs and expenses incurred as a result of such claims.