

NCAP (LEVEL 1) TECHNICAL COURSE

Organized by
SINGAPORE TAEKWONDO FEDERATION
(recognized by Sport Singapore and
affiliated to Singapore National Olympic Council)

- Day/Date/Time : Saturday 9 February 2019 (1.30pm to 5.30pm)
Sunday 10 February 2019 (2.30pm to 9.00pm)
Saturday 16 February 2019 (1.30pm to 5.00pm)
Sunday 17 February 2019 (2.30pm to 9.00pm)
- Theory/Practical Tests : Saturday 23 February 2019 (1.30pm onwards)
(Recitation of the STF pledge is part of the test component)
- Duration : 20 hours
- Venue : STF National Training Centre
Block 80 Lorong Limau
#04-191 Singapore 320080
- Medium of Instruction : English
- Registration Fee : ***Closing date (Monday 1 February 2018) – S\$128.40***
After closing date – \$171.20
(Fees inclusive of GST)

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.

- Course Requirements : **Participants must have 90% attendance to be eligible for the tests.**
- All participants are required to wear their doboks for both the practical and theory lessons.
- Eligibility : At least a 1st dan blackbelt
- Good fitness level
(The STF reserves the right to request proof of fitness from a medical practitioner)
- Practical Attachment : All successful participants will be required to complete 6 months (twice a week) or 12 months (once a week) of coaching attachment. Trainee coaches can have their choice of schools or clubs approved by the STF for their attachment.
- Certification : Certificates will be issued to those who pass both the theory and practical tests and complete the coaching attachment.
- The STF encourages all coaches to complete the theory component.
- 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 injury, damage or loss, suffered or caused while attending the course. This includes all costs and expenses incurred as a result of such claims.