

## NCAP (LEVEL 1) TECHNICAL COURSE

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

Day/Date/Time : Saturday 4 November 2017 (5.00pm to 9.00pm)  
Sunday 5 November 2017 (2.30pm to 9.00pm)  
Saturday 11 November 2017 (1.30pm to 5.00pm)  
Sunday 12 November 2017 (2.30pm to 9.00pm)

Theory/Practical Tests : Saturday 25 November 2017 (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 30 October 2017) – 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 1<sup>st</sup> 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.
- Participants must complete their attachment before they can register for NCAP (Level 2) Technical Course.
- 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.