

NCAP (LEVEL 2) TECHNICAL COURSE

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

- Dates : 18 & 19 February 2017
4 & 5 March 2017
- Days & Times : Saturdays (1.00pm to 5.30pm)
Sundays (2.30pm to 9.30pm)
- Theory & Practical Tests : Will be announced on Sunday 5 March 2017
- Closing Date for Registration : Closing date : Monday 13 February 2017 - \$140.00
After closing date - \$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.
- Venue : STF National Training Centre
Block 80 Lorong Limau
#04-191 Singapore 320080
- Medium of Instruction : English
- Course Requirements : Participants must attend 90% 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.

- Eligibility : 1st dan blackbelt
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.