

跆拳道班

時間：下午三時十五分至四時四十五分（逢星期三）

Date : 8 September 2010

Time : 3:15pm – 4:45pm (every Wednesdays)

地點：小學部體育館

Venue : Primary Gym

費用：每堂 \$ 65

Fee : \$ 65/ lesson

對象：小學部學生

Target : Primary School Students

**導師：由香港跆拳道國藝會館長世界黑帶柒段胡樹文師範監督
及資深教練任教**

**Instructors: Master Roy Wong (5th Dan Black Belt) and other senior
instructors.**

**內容：初階訓練課程分九級，套拳，散手，腿法鍛鍊，從趣味的訓練到
學習紀律及技術，有助建立自信及增強學習能力**

**Content: The training is divided into 9 grades. The students can learn
about the technique and discipline. It also helps to develop
their self-confidence and learning ability.**

TAE KWONDO