

Taekwondo

跆拳道



師資： 香港跆拳道國藝會有限公司館長

世界跆拳道黑帶七段胡樹文師範監督及資深教練任教

Instructor: Master of the Potential Taekwondo H.K Association

World Taekwondo Black Belt 7th Segment – Mr. Wu Sui Man

內容： 初階訓練課程分九級，白帶至紅黑帶。有套拳，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。

Introduction: There are 9 levels in the beginning course, from White Belt to Red-Black Belt. It helps to develop skills and also establish children's self confidence



**Time: Every Tuesday
4:00pm – 5:00pm**

**時間： 逢星期二
4:00pm - 5:00pm**

Venue: 2/F Studio

地點： 二樓活動室

Fee: \$120 (per class)

費用： \$120 (每堂)

For enquiries please contact the Sports Desk on 2657 8292

如需查詢及報名，請致電2657 8292與康樂部職員聯絡