

跆拳道 Taekwondo



Instructor: **Master of the Potential Taekwondo H.K Association World Taekwondo Black Belt 7th Segment – Mr. Wu Sui Man**

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

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.**

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。



Time: Every Tuesday
4:00pm - 5:00pm /
5:00pm - 6:00pm

Venue: Squash Court

Age: 4 years or above

Fee: \$120 (per class)

時間： 逢星期二
4:00pm - 5:00pm /
5:00pm - 6:00pm

地點： 壁球室

年齡： 四歲或以上

費用： \$120 (每堂)

