

TAEKWONDO

跆拳道



Instructor/
Qualification:

Potential Taekwondo Hong Kong Association

Mr. Isaac Lee Hon Keung

**3rd Dan of World Taekwondo Black Belt, 5th Dan of Hong Kong Taekwondo,
5th Dan of Korea Taekwondo.**

教練/資歷:

香港跆拳道國藝會 高級教練李漢強任教

世界跆拳道黑帶三段、香港跆拳道五段、韓國跆拳道五段

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

3:00pm – 4:00pm

4:00pm – 5:00pm

5:00pm – 6:30pm

Every Saturday

11:00am-12:00pm

時間：**逢星期二**

3:00pm – 4:00pm

4:00pm - 5:00pm

5:00pm - 6:30pm

逢星期六

11:00am – 12:00pm

Fee:

\$130 (per class)

費用：

\$130 (每堂)

Age:

4 years or above

年齡：

四歲或以上

Venue:

Squash Court

地點：

壁球室



Scan QR code for further details and to register

To sign up, scan the QR code or call The Fitness Centre on 2657 8292 for enquiries.