

TAEKWONDO

跆拳道



- Instructor/Qualification:** Senior Coach of the 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。
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|---------------|--|------------|---|
| Time: | Every Tuesday
4:00pm - 5:00pm
5:00pm - 6:30pm | 時間: | 逢星期二
4:00pm - 5:00pm
5:00pm - 6:30pm |
| Venue: | Squash Court | 地點: | 壁球室 |
| Age: | 4 years or above | 年齡: | 四歲或以上 |
| Fee: | \$130 (per class)
(from 1 January 2022) | 費用: | \$130 (每堂)
(由1/1/2022生效) |



Scan QR code for further details and to register