



TAEKWONDO JUNIOR TRAINING PROGRAMME

FOR CHILDREN AGED 5 YEARS OLD & ABOVE

Every Tuesday or Sunday at CSC Sports Complex

NAME OF TRAINEE: Commencement Date:		Preferred Day of training	Tuesday / Sunday		
SCHOOL:		DATE OF BIRTH:			
NATIONALITY:		GENDER:	M / F	AGE:	
NAME OF MEMBER: <i>(parent / guardian)</i>		ACCOUNT NO:			
EMAIL ADDRESS:		CONTACT NO:			

I hereby give my acknowledgement and consent to Chinese Swimming Club to use my personal data for the aforesaid purposes.

TERMS AND CONDITIONS

1. The Club will debit the course fee of **\$65.40** (inclusive of 9% GST) to the member's account every month.
2. There will be no refund or pro-ration of course fees in any circumstances.
3. The course fee is payable on a monthly basis, even if trainee is absent or does not come for regular training.
4. Please enclose **2 passport size photographs** of the trainee upon the commencement day in order for this application to be valid.
5. Withdrawal received by the Club on or before the 15th of the month will be processed within the month. Charges for the activity will cease in the following month.
6. Withdrawal received by the Club after the 15th of the month will be processed in the following month. Charges for the activity will be debited accordingly in the following month and ceased thereafter.
7. Only the official withdrawal form from the Sports Desk / Front Office is acceptable.
8. Please note that photographs and videos may be taken during trainings / tournaments for use in our archival and publicity material.

PARENT'S ACKNOWLEDGEMENT AND INDEMNITY

In this declaration, I hereby agree that I will not hold Chinese Swimming Club, their appointed staff or officials responsible in any way for any mishaps, injuries or loss of life or for loss or damage to any property howsoever arising out of or in the course of or in connection with the above activities which I have opted to take part in; and I shall indemnify Chinese Swimming Club and their appointed staff and officials from and against any actions, proceedings, liabilities, claims, damages, cost and expenses which may be brought by or asserted against Chinese Swimming Club and their appointed staff and officials by any person in connection with the above activities and which has been caused whether directly or indirectly, by any act or omission on my part.

I have read and understood the terms and conditions stipulated above and I hereby agree to abide by and be bound by such terms and conditions and the Constitution and Bye-Laws of the Chinese Swimming Club.

Member's Signature

Date

FOR OFFICIAL USE

Date Received: _____ Effective Date: _____ Billing Amount: \$ _____

Officer In-charge: _____ Remarks: _____



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Tuesday – Multi-purpose Room Level 2 Sports Complex

Sunday – Activity Suite Level 3 Sports Complex

FOUNDATION WHITE F1 F2 F3 / WHITE BELT – 1pm to 2pm (Sunday) & Tuesday 4.45pm – 5.45pm

F1 – Introduction of hands actions.

F2 – Introduction of hands and legs movement.

F3 – Combination of hands and legs movement.

10 – Introduction of simple basic actions and commands.

9 – Introduction of 2nd stage basic actions and basic kicks.

YELLOW BELT – 2pm to 3pm (Sunday)

8 – Introduction of directional pattern execution and application.

7 – Advanced directional pattern execution and introduction of continuous kicking skills.

GREEN BELT – 3pm to 4pm (Sunday)

6 – Pattern introduction of sparring concept.

5 – Pattern and increase in the number of sparring skill application.

BLUE BELT – 3pm to 4pm (Sunday)

4 – Pattern and more varieties of kicking skills.

3 – Pattern and more attack and counter skills.

BROWN BELT – 4pm to 5pm (Sunday)

2 – Pattern and usage of all jumping kick skills.

1 – Consolidating all basic patterns and kicks.

POOM / BLACK BELT – 5pm to 6pm (Sunday)

1st Poom – Start of actual learning and application of Taekwondo and introduction of combat defence.