



香港中華基督教青年會
Chinese YMCA of Hong Kong
必列者士街會所
Bridges Street Centre

VISION
2030



Taekwondo Class 跆拳道

課程教授跆拳道禮儀、熱身運動、體能訓練、單招式練習、踢腿訓練、自由搏擊、領袖才能訓練，能訓練學員的靈活性、思考力、意志力和處理特發事情的應變能力，更能培養學員紀律及團體精神。

The training is to help improve your body techniques, reaction, etc. Training in Taekwondo boosts self-confidence and self-esteem. We've seen children become surer of themselves and gain the confidence to speak in front of the class.

負責同工 Responsible worker: Cherry (2540 0526)

課程編號 Course Code	導師 Tutor	日期 Date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	上堂地點 Venue	對象 Age	人數 Quota
初班 Elementary 4921.TA.2506.315	與香港智道跆拳道總會合辦 HONG KONG CHIDO TAEKWONDO ASSOCIATION LTD	28/5	11/6	18/6	25/6	4/6	15:45 - 16:45	三 WED	8	\$1,080	Rm 108	4-9	4 - 9 persons
		2/7	9/7	16/7	23/7								
中班 Intermediate 4921.TA.2506.316		28/5	11/6	18/6	25/6		16:45 - 17:45						
		2/7	9/7	16/7	23/7								

課程編號 Course Code	導師 Tutor	日期 Date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	上堂地點 Venue	對象 Age	人數 Quota
初班 Elementary 4921.TA.2508.315	與香港智道跆拳道總會合辦 HONG KONG CHIDO TAEKWONDO ASSOCIATION LTD	30/7	6/8	13/8	20/8	/	15:45 - 16:45	三 WED	8	\$1,080	Rm 108	4-9	4 - 9 persons
		27/8	3/9	10/9	17/9								
中班 Intermediate 4921.TA.2508.316		30/7	6/8	13/8	20/8		16:45 - 17:45						
		27/8	3/9	10/9	17/9								

導師資歷

鄧潔瑩高級師範

香港智道跆拳道總會 - 黑帶六段

中國香港跆拳道協會 - 黑帶5段

韓國國技院黑帶

中國香港跆拳道協會 - 高級教練

Master Tang Kit Ying

6th Dan Black Belt of Hong Kong Chido Taekwondo Association

5th Dan Black Belt of Hong Kong, China Taekwondo Association

Kukkiwon World Taekwondo Black Belt

Advanced Coach of Hong Kong, China Taekwondo Association



備注：

- 不設補堂及調堂。
- 公眾假期不用上課。
- 學員必須於課程開始前繳交課堂、裝備和用具費用
- 裝備和用具費用詳情請向櫃檯職員或致電2540 0526查詢
- No make-up classes.
- No lesson on public holidays.
- Course fee and training equipment fee must be paid before the course commence.
- For details of training equipment fee, please inquire with the front desk staff or call 2540 0526.



跆拳道用品及考試收費表

Taekwondo Equipment and Exam Fee List

收費調整將於2025年4月1日生效

The above fee adjustment will take effect on April 1, 2025.

跆拳道用品/考試 Equipment/ Exam Fee		費用 Fee
1	白帶至藍紅帶考試 White Belt to Blue Red Belt Examination	\$400/每學員/ Student
2	紅帶考試 Red Belt Examination	\$450/每學員/ Student
3	紅黑帶考試 Red Black Belt Examination	\$500/每學員/ Student
4	道服 Uniform	\$500/件/Piece
5	手靶 Mitt	\$400/件/Piece
6	護手套 Hand Protectors	\$350/雙/Pair
7	護腳套 Foot Protectors	\$350/雙/Pair
8	七歲或以下全套護具：頭盔、護甲、護陰、護手脛、護腳脛 Full set of protective gear for children aged seven or below : Helmet, Side Armor, Groin Guard, Shin guards	\$1550/套/Set
9	八歲或以上全套護具：頭盔、護甲、護陰、護手脛、護腳脛、護手套、護腳套 Full set of protective gear for children aged eight or above : Helmet, Side Armor, Groin Guard, Shin guards, Hand and Foot Protectors	\$2150/套/Set

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