

跆拳道 Taekwondo Class



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 course teaches Taekwondo etiquette, warm-up exercises, physical training, technique practice, kicking training, free combat, and leadership skills. It enhances students' flexibility, critical thinking, willpower, and adaptability, while fostering discipline and team spirit.



導師 Tutor

與香港智道跆拳道總會合辦
HONG KONG CHIDO
TAEKWONDO ASSOCIATION LTD

9-11 月 SEP-NOV

課程編號 Course Code	日期 Date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	對象 Age	上課地點 Venue	人數 Quota					
初班 Elementary 4921.TA.2509.315	24/9	8/10	15/10	22/10	1/10, 29/10	15:45 - 16:45	三 WED	8	\$1,080	4 - 9	RM 108 室	4 - 9 人 Persons					
	5/11	12/11	19/11	26/11		16:45 - 17:45							\$1,080				
中班 Intermediate 4921.TA.2509.316	24/9	8/10	15/10	22/10		16:45 - 17:45			三 WED				8	\$1,080	4 - 9	RM 108 室	4 - 9 人 Persons
	5/11	12/11	19/11	26/11		16:45 - 17:45											

導師資歷 Tutor Qualifications

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 - 黑帶五段
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

備註 Remarks

- ◆ 不設補堂及調堂。No make-up classes.
- ◆ 公眾假期不用上課。No lesson on public holidays.
- ◆ 學員必須於課程開始前繳交課堂、裝備和用具費用。The course fee and training equipment fee must be paid before the course commence.

查詢 Enquiry : 2540 0526

跆拳道 Taekwondo Class



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導師 Tutor

與香港智道跆拳道總會合辦
HONG KONG CHIDO
TAEKWONDO ASSOCIATION LTD

12-1 月 DEC-JAN

課程編號 Course Code	日期 Date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	對象 Age	上課地點 Venue	人數 Quota
初班 Elementary 4921.TA.2512.315	3/12	10/12	17/12	24/12	/	15:45 - 16:45	三 WED	8	\$1,080	4 - 9	RM 108 室	4 - 9 人 Persons
	31/12	7/1	14/1	21/1								
中班 Intermediate 4921.TA.2512.316	3/12	10/12	17/12	24/12		16:45 - 17:45						
	31/12	7/1	14/1	21/1		\$1,080						

導師資歷 Tutor Qualifications

鄧潔瑩高級師範

香港智道跆拳道總會 - 黑帶六段
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跆拳道 Taekwondo Class

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 fee adjustment will take effect on 1 April, 2025

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

備註 Remarks

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