

TAEKWONDO

It's almost a rite of passage for our youngest Members to undergo Taekwondo training. This systematic and scientific Korean martial arts not only trains the body but also trains the mind and character.

About the instructor:



Principal Instructor Master Patrick, who has been with the Club for over 20 years, is certified by Singapore Taekwondo Federation & Kukkiwon. He has more than 37 years of coaching experiences for both expatriate and local communities. He obtained his seventh degree black belt from STF & World Chungdokwan in Seoul, Korea. He and his team are also the Guinness World Record holders for the most vinyl records smashed in 30 seconds in 2011.



CLASS SCHEDULE

EVERY WEDNESDAY

Beginner: 4:00 p.m. - 4:45 p.m.

Intermediate: 5:00 p.m. - 5:45 p.m.

Free Sparring: 6:00 p.m. - 7:00 p.m.

EVERY SATURDAY

Foundation: 9:30 a.m. - 10:15 a.m.

Foundation - Yellow 8: 10:15 a.m. - 11:00 a.m.

White 10 - Green 6: 11:00 a.m. - 12:00 p.m.

White 10 - Green 5: 12:00 p.m. - 1:00 p.m.

White 10 - Blue 4: 1:00 p.m. - 2:00 p.m.

Blue 3 - Red 1: 2:00 p.m. - 3:00 p.m.

Poom 2 & Above: 3:00 p.m. - 4:00 p.m. &
4:00 p.m. - 5:00 p.m.

EVERY SUNDAY

Poom 1: 9:30 a.m. - 10:30 a.m.

Free Sparring Elite 1: 10:45 a.m. - 11:45 a.m.

Free Sparring Competitive: 12:00 p.m. - 1:00 p.m.

Free Sparring Developing 2: 1:00 p.m. - 2:00 p.m.

Free Sparring Developing 1: 2:00 p.m. - 2:45 p.m.

Free Sparring Beginner: 2:45 p.m. - 3:30 p.m.

All Classes:

\$30 per session for Members

\$35 per session for Guests

Free Sparring:

\$30.50 per session for Members

\$35 per session for Guests

Quad Studios 1 & 2

All classes are pro-recommended and are conducted all year round

Price excludes uniform fee and sparring gear