



CLASSES

JUNIOR CLASSES

3-5 Years Old Little Dragons

Our enrichment programme for children 3 1/2 to 5 years old, students learn the basics of kicking and punching in a fun, game-oriented environment. Classes are deliberately kept small (1:5 instructor to student ratio) so that each child receives individualised attention and guidance. Each child's safety is our utmost priority Little Dragons is structured to prepare younger children to graduate into the rank promotion system that would eventually see them earning internationally-recognised coloured belts.

6-9 Years Old Youngster & Beginner Program

10-13 Years Old Youngster & Beginner Program

Our age-specific approach to teaching Taekwondo means that each child will be challenged to maximise his or her potential.

14 - 16 Years Old Youngster & Beginner Program

Although many teenagers participate in regular adult classes, our special Taekwondo classes allow teenagers to train together in a fun and social environment All teens go through the full Taekwondo syllabus, from white belt to black, providing them with the skills to become well-rounded martial artists and sportspersons.

SENIOR CLASSES

17 Years + Senior Executive Program

Although Taekwondo is an individual pursuit where teens are challenged to better themselves, they are also encouraged to improve their skills through teamwork and competitive camaraderie.