



## Henry Park Primary School Parents' Association Sports & Fitness Sub-Committee

c/o Henry Park Primary School, 1 Holland Grove Road, Singapore 278790

Website : [www.hppa.org.sg](http://www.hppa.org.sg)

### Taekwon-Do Enrichment (TKD ECCA)

#### Class for 2010 starts on 9 January (Saturday)

- Sign up for Taekwon-Do
- Lessons will be on Saturday at School Indoor Sports Hall
  - 10.00 am - 11.30 am (all students)

*Challenge yourself -- Training for the Annual TKD Tournament, an event for our students to hone their skills and to compete in a safe and friendly environment.*



Dear Parents

Welcome to HPPS. We would like to invite you and your children for a **free trial class on Saturday** to experience Taekwon-Do first hand. Please contact the chief instructor or Parent Volunteers for arrangement.

#### Overview

HPPA offers Taekwon-Do as an ECCA fully recognized by HPPS, with credits recorded in the student report books. Children at all levels, parents and siblings are welcome.

Taekwon-Do, regarded as one of the most efficient martial arts, was derived from several ancient martial arts, modern physics and self defense. It combines cardio, muscle and stretching exercises into a **complete fitness programme** that enhances strength, flexibility and stamina.

Taekwon-Do supports development of mental maturity, and **teaches discipline and important values** like Courtesy, Integrity, Self Control, Perseverance, and Indomitable Spirit.

TKD in HPPS – In HPPS, Taekwon-Do was started in 1995 by Master Daniel Sng. Hundreds of HPPS students have joined TKD. Many have accomplished Junior Black Belt and made it a lifelong pursuit. We appreciate many alumni who return to assist at the weekly training. Naturally, the younger children look to them as role models – someone disciplined, passionate and confident.

**Parents are specially invited to join the adult classes.** Don't worry - training is gradual and manageable. Soon, you will be looking youthful and energetic. Your children will be inspired by you.

**Chief Instructor Master Daniel Sng** personally oversees all training. He holds a 7<sup>th</sup> degree black belt and has been teaching for over 37 years. Master Sng's training is aligned to the International Taekwon-Do Federation's syllabus, focusing on skills, philosophy and discipline of the art.

## INFORMATION ON TAEKWON-DO CLUB AT HPPS

### Chief Instructor

- Master Daniel Sng holds the International TKD Federation (ITF) 7<sup>th</sup> degree black belt and has been teaching TKD for past 36 years. He also an NCAP1 (Theory) instructor certified by Singapore Sports Council. The syllabus is designed to focus on skill, as well as philosophy and discipline of the sport.

### Eligibility for Enrollment

- Children of all levels in HPPS, as well as their parents and siblings.

### Time

- 10 am to 11:30 am (all students)
- Parents would be trained in a separate group but at the same time as their children

### Fees/Costs

- Quarterly training fees ( \$60 for a child or \$90 for an adult ) – Payment to be made in cheque only to **HPPA** in advance at the beginning of each term
- Please note that for non HPPA members, HPPA will levy a \$20 administration fee per family per academic year. HPPA members will have this fee waived.
- Other fees (Grading Card \$5.00 & Uniform \$80.00 each). Payment to be made by cheque or cash to **Island Taekwon-Do Centre**

### Venue

- For students registered at Henry Park, lessons will be held at the Indoor Sports Hall.
- As part of the school's security measures, parents/visitors are required to wait at the school entrance.
- Those who wish to train at both Henry Park and at the ITC dojang has the option of registering to train at both places. Arrangement has been made for Henry Park students and parents to enjoy a discounted dojang fees of \$50 per month.
- For Red-black belt and above, training is required at the ITC dojang in preparation for their black belt grading. Full dojang fees of \$80 per month will then apply.

### Grading

- Grading is conducted at end of each term. Notice will be given in advance.
- Eligibility for grading is based on the student's readiness. Besides technical competency, assessment also takes in to account attendance record, conduct and behavior during lessons. Students also have the option not to go for grading.

### Other Information

- There will be no replacement for classes cancelled due to (1) public holidays, (2) unavailability of Chief Instructor, Master Daniel Sng, due to tournaments or seminars, or (3) request by HPPS due to school functions.
- If you or your child wishes to resign from TKD or stop training temporarily, please inform Chief Instructor, Master Daniel Sng.

### Contact

For further information, you may contact **Master Daniel Sng** at Island Taekwon-Do Centre, Mobile phone: 98392275

or email Parent Volunteers

**Alfred Lee**                      alfred.lee@thomsonreuters.com  
**Johny Yasin**                     ncjohny@singnet.com.sg

## CONSENT & INDEMNITY FORM

To: Master Daniel Sng, TKD Instructor, HPPS

I, \_\_\_\_\_ parent/guardian of \_\_\_\_\_

(Pr \_\_\_\_\_) agree to enroll him/her in Taekwon-Do lessons, facilitated by the school.

I understand that all reasonable measures will be taken to ensure the well being of my child. I would also confirm that:

- I certify that my child/ward is physically fit.
- I agree to all the terms and conditions stated on the Info Sheet.
- I will not hold the instructor and/or school responsible for any injury sustained during my child's participation in Taekwon-Do lessons.

-----  
Signature

-----  
Date

-----  
Phone Contact

-----  
Email