

TAEKWONDO (SH)

CCA days and timings:

Tuesday: 4:30 pm to 6:30 pm

Thursday: 4:30 pm to 6:30 pm

Venue:

Level 2 Music Atrium

Introduction:

As a sport that embodies the spirit of courage and perseverance, Taekwondo (TKD) will strengthen one's determination and values in the process. In this sports CCA, students will embrace and display the five core tenets of TKD-Courtesy, Integrity, Perseverance, Self-control and Indomitable spirit.

In Senior High, members will learn TKD poomsae/ which refers to a defined pattern of defense-attack motions. There are different patterns for different belt colours. All members, including beginners, will be trained to participate in National School Games A Division Taekwondo Championships held each year. Participation in any competition can be in the form of Individual or Team event. Members can look forward to gain knowledge from coach or peers or even share their experiences with or offer guidance to their peers. As there are numerous opportunities for coach-to-students or peer-to-peer coaching/interactions, members are able to build close bonds with each other.

Achievements:

GetActive! Singapore Pesta Sukan Taekwondo 2019

Individual - 1 gold, 1 silver, 4 bronze

Team - 1 silver, 1 bronze