



# ESF Martial Arts

ESF Martial Arts provides opportunities for children to learn self defence whilst being introduced to new skills that will challenge their minds and bodies. The programme is designed to be safe and fun, build confidence, emphasise participation and encourage skills through correct technique and implement those skills in game based situations.



**ENROL ONLINE NOW  
TO SECURE YOUR  
CHILD'S PLACE**

## COURSE DESCRIPTION

### Taekwondo

Taekwon-Do is a modern Korean martial art that teaches more than self-defence; it is the scientific use of the body for the purpose of self-defence and fitness. It also enhances spirit and life through the training of your body and mind. All students attending the Taekwon-Do courses will have belt grading at regular intervals. The belt grading is an additional fee.

### Junior Taekwondo, 4 yrs+ (MATK1)

- For beginners
- Level (Belt Colour): White, Yellow, Yellow/Green, Green

### Senior Taekwondo, 8 yrs+ (MATK2)

- For children with Taekwondo experience
- Level (Belt Colour): Green, Green/Blue, Blue, Blue/Red, Red, Red/Black, Black

### Chinese Kung Fu

Kung Fu is a martial art that began in China over 4,000 years ago. We teach this ancient art using modern styles to children as young as 4 years old. Learning is fun and Kung Fu is a great way to learn self discipline, cultivate and refine one's character and spirit and to look after yourself and others.

### Chinese Kung Fu, 3-5 yrs (MAKF1)

- Focus on developing co-ordination
- Develop balance, physical abilities without putting stress on children

### Chinese Kung Fu, 6+ yrs (MAKF2)

- Basic concepts of self-defence
- Help children build up self confidence, sense of responsibility & readiness to take up challenges

## PARENTS NOTE

**Martial Arts Uniform is optional. It can be purchased at class. Please go to our website for the price list.**



**Detailed schedules can be viewed on our website [www.esf.org.hk](http://www.esf.org.hk)**

Martial Arts — Course Fees				
Course name and code	Mon, Thu & Fri Class		Tue, Wed & Sat Class	
Taekwondo Courses (MATK1-MATK2)	16 sessions	\$3200	15 sessions	\$3000
Kung Fu Courses (MAKF1-MAKF2)	16 sessions	\$3200	15 sessions	\$3000
Kung Fu Courses at Quarry Bay School (MAKF1 - MAKF2)	15 sessions	\$3000	N/A	