

## Taekwondo

### A Levels

The resounding success of Taekwondo classes throughout the school session has compelled a promising handshake between Saturday School facilities and Senior Grand Master M. Najam Khan, Black Belt; the celebrated founder of Taekwondo in Pakistan. This popular and healthy discipline building sport is tailor made for skills such as board-breaking, kicking, blocking and striking.

In a world of fast increasing screen dependence, students are missing out on imperative physical coordination, flexibility, balance and mental acumen. Here's an opportunity to change that!

Details	Terms
Course Duration	Monthly Basis (Every Saturday)
Age	16/17 - 19 years
Gender	Girls
Class	A Levels
Date	Monthly Program, commencing from 5 <sup>th</sup> August, 2017
Timings	9:00 am – 9.45 am
Fees for DPS Students	Rs.350 per month
Fees for non-DPS Students	Rs.500 per month