

## Taekwondo

### Secondary

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!

<b>Details</b>	<b>Terms</b>
Course Duration	Monthly Programme (Every Saturday)
Age	13 – 16/17 years
Gender	Girls
Class	VI – O Levels
Timings	9:00 am – 9.45 am
Fees for DPS Students	Rs.350 per month
Fees for non-DPS Students	Rs.500 per month