

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!

Details	Terms
Course Duration	6 Weeks (Every Saturday)
Age	13 – 16/17 years
Gender	Girls
Class	VI – O Levels
Timings	9:30 am – 10:15 am
Fees for DPS Students	Rs.950 per month
Fees for non-DPS Students	Rs.1250 per month