

Poomsae Level 1 Coach Course

The Poomsae Level 1 Coach Course will be held on 24 and 25 January 2026. The course objective is to qualify black belt practitioners as Poomsae coaches and provide them with the passport to become a full-fledged national Poomsae referee. The course information are as follows:	
Date/Time:	24 January 2026 (Saturday) 2.00pm to 7.00pm 25 January 2026 (Sunday) 10.00am to 7.00pm (with a lunch break from 1.00PM to 2.00pm)
Location:	STF National Training Centre Block 80 Lorong Limau #04-191 Singapore 320080
Dress Code:	STF approved 'Dobok'
Pre-Requisite/s:	Minimum 1st Dan Black Belt Minimum 16 years old
Attendance:	100% attendance is mandatory to be eligible for the tests.
Tests:	Theory and Practical tests will be conducted at the end of the Course.
Certification:	Participants will be awarded Poomsae Coach Certificate (Level 1) upon successfully meeting the requirements of the course.
Closing Date for Registration	10 January 2026 (Friday) 5.00pm
Course Fees:	*\$85.00 (excluding GST) *Course fees subjected to prevailing GST
Registration	Download and fill up registration form available at: (https://stf.sg/wp-content/uploads/2020/10/form-Registration-311020.pdf) and submit to STF office in person.
Payment	Payment via Pay Now to: UEN S74SS0031A is available upon submission of registration form (please indicate as payment reference: PoomsaeLv1)
Additional Notes: • Slots are limited to 40 participants on a first-come, first-served basis • The Singapore Taekwondo Federation (STF) reserves the right to cancel or postpone the course at its discretion. • Participants under the age of 18 years old (as of 1 Jan 2026) will be required to obtain Parental/Guardian Consent for this course. Please ensure consent is obtained and signed on the registration form.	

- Participants agree to the STF's data protection policy by interacting with the federation.