



**Dear Students & Parents,
Greetings from TNREA!**

Self Defense is a very important skill required today for every individual. TNREA is proud to train every child of the school in Taekwondo, a form of Martial Art. Taekwondo helps students in improving their muscle tone and appearance, strength & stamina, body flexibility, confidence and self-esteem. It also improves concentration and focus.

The long awaited

Taekwondo Level 1 and Level 2 Examination is scheduled in September 2021.

Details of the Examination are as follows:

1) Level 1- Yellow Belt

2) Level 2- Yellow 1 Belt

Mode of Exam: - Offline & Online

Eligibility: - Grade 2 to 9

NOTE: - All students can apply for Level 1.

Only those who already have Yellow Belt can apply for Level 2.

STUDENTS WILL BE JUDGED ON...

1. Basic Punches

2. Basic Kicks

3. Hand Blocks

[These 3 will be a live performance]

4. Taeguk 1 - Video to be sent on the same no's as applicable for exam answer scripts.

DATE OF EXAM: 19th September 2021(Sunday)

Time will be informed a week before depending on the number of participants.

PARTICIPATION FEE:-

1. Yellow Belt Rs 550/-

2. Yellow -1 Belt Rs 650/-

3. Uniforms (are must) will be available from 24th August'21 onwards.
 4. Orders should be placed according to the sizes.
 5. After placing the order uniforms will be issued within 5 to 7 days of time.
 6. The cost of the uniform is 750/-
 7. The cost of the uniform for the size 36 onwards will be 850/-
- Any queries contact Mr. Devraj Sir @ 9652921345

Regards,

Ms. Jennifer M Kumar

Events Coordinator

Tnr Excellencia Academy