TENEO
SA'S NO.1 ONLINE SCHOOL

Taekwondo

Ages 9 - 18+

Songahm Taekwondo instruction to build discipline, fitness and confidence.

Online & In-Person Activity



About

Respect, discipline, focus, and confidence can help your child excel in the classroom and at home. Encourage your child to experience personal growth with a positive attitude, a high standard of goal setting, perseverance, and self-control.

Courage Taekwondo Academy provides comprehensive Songahm Taekwondo instruction customized to be fun, yet, fulfilling for each child to consistently progress.

- Students will have enhanced self-esteem through physical activity and fitness.
- Each student is encouraged through achievement with our reward system which recognizes outstanding performance on and off the mat.
- We want all of our students to excel socially and academically. It's this type of personal victory that allows our students to strive for the next belt time and again.

Because Taekwondo is an individual sport, each student is an active, valuable part of each class.



Location

590 Naude St, Wonderboom South, Pretoria, 0084



Cost

Class Fees

R400 for Two classes a week
R600 for Three classes a week

Testing for a new belt

R450 (Belt and certificate included)

Competitions (Optional)

R350 to R700 (Dependant on number of events)

Monthly - 12 equal monthly payments per year invoiced per month and payable at the end of the month.

Payments for the previous month's classes must show before the next month's online link is received.

Termly - 4 equal payments per year invoiced per term and payable before the start of the first class.

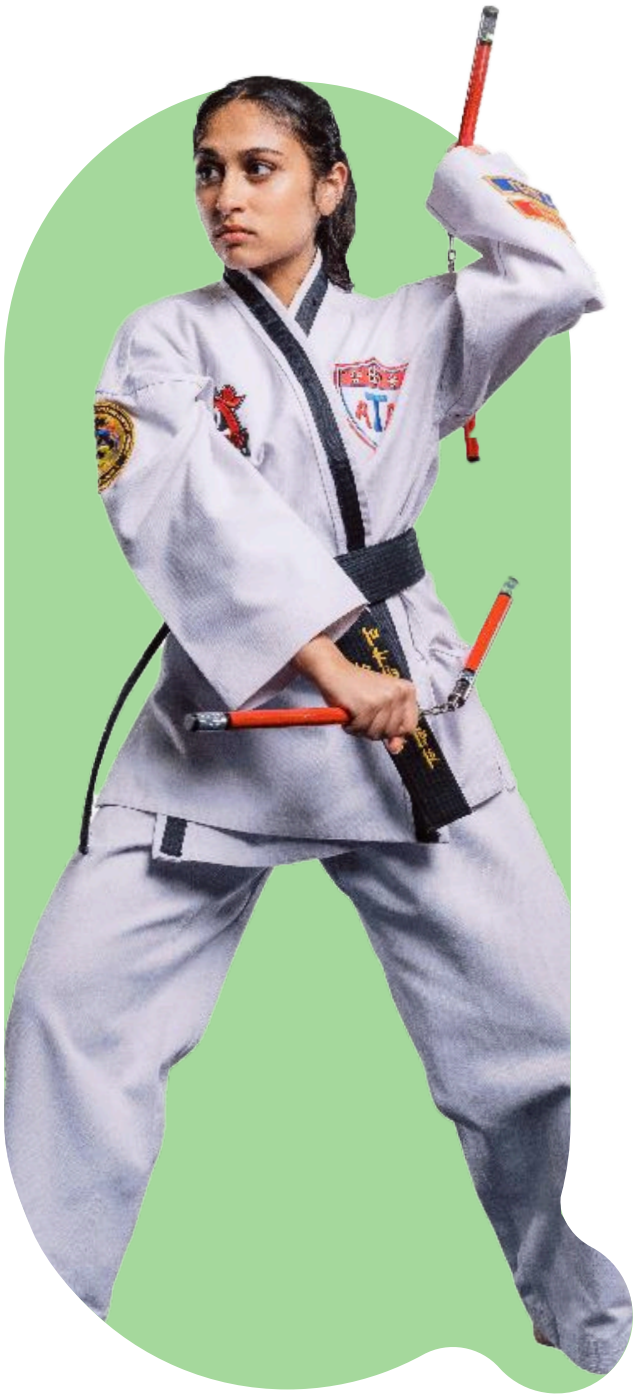
Payments must show before the online link will be received.

Annual - 1 payment per year (5% discount) invoiced per year and payable by the end of February.

Payments must show before the online link will be received.

Who can join?

Ages 9 - 18+



Duration

50-minute classes

Monthly competitions as per year program

Testings every two months

Lesson times

Online students -
Tuesday - Thursday

- Group 1 - 10:00 - 10:50
- Group 2 - 11:00 - 11:50
- Group 3 - 12:00 - 12:50

In-person -
Tuesday - Thursday

- Group 1 - 14:00 - 14:50
- Group 2 - 15:00 - 15:50

In-person classes are available in Pretoria only and are subject to availability

Programme requirements

- Wear loose and comfortable clothing.
- Bring water and a hand/face towel (Optional).
- Have a quiet room with ample space available for movement (Online students).
- Sparring gear and protech (Purchased from us)

Students responsibilities

- Students must be punctual for all classes.
- If the student is not attending, they must contact the instructor before the class.
- Show respect to the instructor and other students.
- Dress appropriately.

Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now

Build Character, Confidence and Success

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Watch video →

