

HONG KONG TAEKWONDO DEVELOPMENT SCHEME
INTERNATIONAL DIVERSIFIED LIFE-EDUCATION ASSOCIATION

才德藝體全能造星挑戰賽

培養文化
德育價值

ALL-ROUND & COMPREHENSIVE
COMPETITION 2021



才 WISDOM

德 MORAL

IQ test/difficulties

Poetry reciting

藝 ART

體 SPORTS

Fitness and kicking

Poomsae techniques

才德藝體全能造星挑戰賽

ALL-ROUND & COMPREHENSIVE COMPETITION 2021

B. Chinese or English poem reciting

A. Fitness test



C. Sparring



*D. 3-minutes
IQ problems solving*



E. Kicking



F. 1 Poomsae practice

Donate & Support

SEN, AUTISUM & ADHD STUDENTS

****All profit will be donated to**



聯合國兒童基金香港委員會

**AIM FOR EQUITABLE ACCESS
-ABILITY-EQUITABLE ACCESS TO QUALITY
EDUCATION FROM EARLY CHILDHOOD**



*Different education makes
different students.*



DETAILS OF EACH EVENT

A. FITNESS TEST

Do push-up, sit-up and cross jump within a certain period of time



B. POETRY RECITING

Choose one poem (Chinese or English) and recite within 3 minutes

C. SPARRING

1 sparring per participant. Score is given according to the performance and points gained



D. 3-MINUTE IQ PROBLEMS SOLVING

Solve as many questions as you can!

E. KICKING

Randomly assign few sets of kicking to participants.



F. POMSAE

Choose one pattern by yourself. score is given according to the performance and the difficulty of the pattern.

***Each participant can choose three events.**

Awards will be distributed based on the total scores

AGE GROUP

Junior 1: G1 - G3

Junior 2 : G4 - G6

Senior 1: S1 - S3

Senior 2: S4 - S6

JOIN NOW!

SIGN UP HERE (E-APPLICATION FORM) :

<https://forms.gle/CRKcQDTHzjNb7aRY8>



"All rounded & comprehensive competition for charity" Enrollment Form
「才德藝體全能造星挑戰賽」報名表

Agreement and emergency contact 同意書及緊急聯絡

All data collected are for internal use only. 收集的所有數據僅供內部使用

For participants aged under 18, this section should be filled by his/her parents or legal guardian 18歲以下參加者需由其家長/合法監護人填寫

I do hereby consent for my child to participate in All rounded & comprehensive competition for charity, conducted in Lei Yue Mun Sports Centre. I will urge my child to follow the instructions of the organizer. And I do grant permission and assign of right, title and interest to the organizer to utilize their appearance, name and voice in connection with the event in service development and promotion. 本人清楚及同意子女的身體狀況是適合參加貴校於2021年6月27日、7月4日及7月11日於鯉魚門體育館舉行的「體仁藝智全能造星挑戰賽」(比賽日子會按組別及項目安排), 本人定督促子女遵從工作人員一切指示。此外, 本人亦明白, 子女在參加是次活動所拍的相片及影片, 均會作為貴校服務發展及宣傳之用

☒ Agree 同意 (18歲以下參加者適用)

Clear selection

SS in progress

Male's division 男子組:

Please select your age group 請選擇報名組別*

☒ Junior 1 初級組 1 (P1-P3 / G1-G3)
☐ Junior 2 初級組 2 (P4-P6 / G4-G6)
☐ Senior 1 高級組 1 (S1-S3)
☐ Senior 2 高級組 2 (S4-S6)

Event 比賽項目

choose 3 選擇 3 項 *

☐ A. Fitness Test 體能測試
☒ B. Poetry Reciting 朗誦
☒ C. Sparring 搏擊
☒ D. Kicking 踢擊
☐ E. 3-minute IQ Problem Solving 3分鐘 IQ 測試
☐ F. Poomsae 品勢

DATE:

**27/6, 4/7, 11/7,
18/7, 25/7**

date will be arranged
according to age groups
and events chosen



The school will not bear the risks of any accident and loss in property during the event

主辦單位不會負責活動期間之任何事故及損失

The school has the final decision-making power for all matters. Other people are not allowed to object.

主辦單位擁有所有事項之最終決策權, 任何人不得異議

YOU ARE THE NEXT SUPER STAR!