




NSW & ACT Performance Pathway Development Camp

PLACES LIMITED

 September 29 - October 1, 2022 (3 days)

 Australian College of Physical Education

 120.00 per athlete. FREE for Pathways Athletes.
Register here or via the **QR Code** below

Registrations close Friday, September 16, or when places are full.

Contact

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Australian Taekwondo

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SCAN ME

Accepted belts & ages



Red Belts 12+



Black Belts 12+

Training & Development

key areas covered as part of the camp

- Conditioning & Pressure Simulation
- Nutrition For Competition
- Injury Prevention
- Balancing Sport & Education
- New Taekwondo Rules
- Taekwondo Specific Scenarios
- Taekwondo Technical Training
- Competition Simulation Training
- Daedo & Competition Sparring

CLICK HERE FOR THE SCHEDULE