

## **Rosena Tang**

鄧少恩

- The 3rd Dan Black Belt, Hong Kong Taekwondo Association  
香港跆拳道協會黑帶 3 段
- Intermediate Coach Certificate, Hong Kong Taekwondo Association  
香港跆拳道協會中級教練証
- Poomsae Judge Certificate, Hong Kong Taekwondo Association  
香港跆拳道協會初級套拳評審証
- Professional Certification in Fitness Instruction, Hong Kong Baptist University (School of Continuous Education)  
香港浸會大學持續教育學院體適能導師專業證書
- Level 1 Sports-general Theory of Hong Kong Coach Accreditation Programme  
體育學院運動通用概論初級證書
- Over 10 years' experiences in teaching Taekwondo  
任教跆拳道年資超過十年