

## Pre-Squad Training Programme in July to September 2026:

香港初級代表隊培訓計劃 – 初級代表隊更新訓練時間表(2026年7-9月)

### Kata & Kumite Lesson

Venue: Hong Kong Park Sports Centre 香港公園體育館

**Address: 1/F Activity Room & Dance Room, 29 Cotton Tree Drive, Central, Hong Kong.**

**地址: 香港中環紅棉路29號1樓活動室及舞蹈室**

### Kata & Kumite Lesson

<b>Tuesday</b>	<b>Friday</b>
<b>7-9pm</b>	<b>8-10pm</b>
	<b>03/07/2026</b>
<b>07/07/2026</b>	<b>10/07/2026</b>
<b>14/07/2026</b>	<b>17/07/2026</b>
<b>21/07/2026</b>	<b>24/07/2026</b>
<b>28/07/2026</b>	<b>31/07/2026</b>
<b>04/08/2026</b>	<b>07/08/2026</b>
<b>11/08/2026</b>	<b>14/08/2026</b>
<b>18/08/2026</b>	<b>21/08/2026</b>
<b>25/08/2026</b>	<b>28/08/2026</b>
<b>01/09/2026</b>	<b>04/09/2026</b>
<b>08/09/2026</b>	<b>11/09/2026</b>
<b>15/09/2026</b>	<b>18/09/2026</b>
<b>22/09/2026</b>	
<b>29/09/2026</b>	