

Pre-Squad Training Programme in October to December 2025:

香港初級代表隊培訓計劃 – 初級代表隊更新訓練時間表(2025年10-12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

Tuesday	Friday
7-9pm	8-10pm
	03/10/2025
	10/10/2025
14/10/2025	17/10/2025
21/10/2025	24/10/2025
28/10/2025	31/10/2025
04/11/2025	07/11/2025
11/11/2025	14/11/2025
18/11/2025	21/11/2025
25/11/2025	28/11/2025
16/12/2025	19/12/2025
23/12/2025	
30/12/2025	