



中國香港空手道總會有限公司  
The Karatedo Federation of Hong Kong, China Limited

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**香港初級代表隊培訓計劃 - 初級代表隊訓練時間表(2023年4-6月)**

**Update Timetable of Feeder System Scheme -**

**Pre-Squad Training Programme in April to June 2023:**

**Kata & Kumite Lesson**

**Venue: Hong Kong Park Sports Centre Activity Room I & II**

**Address: 29 Cotton Tree Drive, Central, Hong Kong.**

**地址: 香港中環紅棉路二十九號**

**Kata & Kumite Lesson**

<b>Tuesday</b>	<b>Friday</b>
<b>7-9pm</b>	<b>8-10pm</b>
<b>04/04/2023</b>	
<b>11/04/2023</b>	<b>14/04/2023</b>
<b>18/04/2023</b>	<b>21/04/2023</b>
<b>25/04/2023</b>	<b>28/04/2023</b>
<b>02/05/2023</b>	<b>05/05/2023</b>
<b>09/05/2023</b>	
<b>16/05/2023</b>	<b>19/05/2023</b>
<b>23/05/2023</b>	
<b>30/05/2023</b>	<b>02/06/2023</b>
<b>06/06/2023</b>	<b>09/06/2023</b>
<b>13/06/2023</b>	<b>16/06/2023</b>
<b>20/06/2023</b>	<b>23/06/2023</b>
<b>27/06/2023</b>	<b>30/06/2023</b>

*Rev. 03-03-2023*