

**香港初級代表隊培訓計劃 – 初級代表隊訓練時間表(2023年7-8月)**

**Update Timetable of Feeder System Scheme –  
Pre-Squad Training Programme in July to August 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>04/07/2023</b>	<b>07/07/2023</b>
<b>11/07/2023</b>	<b>14/07/2023</b>
<b>18/07/2023</b>	<b>21/07/2023</b>
<b>25/07/2023</b>	<b>28/07/2023</b>
<b>01/08/2023</b>	<b>04/08/2023</b>
<b>08/08/2023</b>	<b>11/08/2023</b>
<b>15/08/2023</b>	<b>18/08/2023</b>
<b>22/08/2023</b>	<b>25/08/2023</b>
<b>29/08/2023</b>	

*Rev. 2-6-2023*