

Pre-Squad Training Programme in April to June 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4-6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
08/04/2025	11/04/2025
15/04/2025	
22/04/2025	25/04/2025
29/04/2025	02/05/2025
06/05/2025	09/05/2025
13/05/2025	16/05/2025
20/05/2025	23/05/2025
27/05/2025	30/05/2025
03/06/2025	06/06/2025
10/06/2025	13/06/2025
17/06/2025	20/06/2025
24/06/2025	27/06/2025