

香港初級代表隊培訓計劃 – 初級代表隊訓練時間表(2024年7-9月)

Update Timetable of Feeder System Scheme –
Pre-Squad Training Programme in July to September 2024:

Kata & Kumite Lesson

Venue: Wai Tsuen Sports Centre 蕙荃體育館 (Every Tuesday)

Address: 2/F Activity Room (Big) No. 6 Miu Kong Street, Tsuen Wan.

地址: 荃灣廟崗街6號2樓活動室(大)

Venue: Tsuen Wan Sports Centre 荃灣體育館 (Every Friday)

Address: 3/F Activity Room (Big) 53 Wing Shun Street, Tsuen Wan, N.T.

地址: 新界荃灣永順街53號3樓活動室(大)

* Venue: Yuen Chau Kok Sports Centre 圓洲角體育館 (Every Friday)

(Start from 30 August 2024 由2024年8月30日起)

Address: 2/F Activity Room (Big) No. 35 Ngan Shing Street, Sha Tin, NT.

地址: 新界沙田銀城街35號2樓活動室(大)

Kata & Kumite Lesson

Tuesday	Friday
7-9pm	7-9pm
02/07/2024	05/07/2024
09/07/2024	12/07/2024
16/07/2024	19/07/2024
23/07/2024	26/07/2024
30/07/2024	02/08/2024
06/08/2024	09/08/2024
13/08/2024	16/08/2024
20/08/2024	23/08/2024
Tuesday	*Friday
7-9pm	8-10pm
27/08/2024	30/08/2024
03/09/2024	
10/09/2024	13/09/2024
	20/09/2024
24/09/2024	27/09/2024