

Update Timetable of Feeder System Scheme –
Pre-Squad Training Programme in October to December 2024:
香港初級代表隊培訓計劃 – 初級代表隊訓練時間表(2024年10-12月)

Kata & Kumite Lesson

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

Address: 1/F Activity Room (Big) No. 6 Miu Kong Street, Tsuen Wan.

地址: 荃灣廟崗街6號1樓活動室 (大)

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

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	8-10pm
08/10/2024	
15/10/2024	18/10/2024
22/10/2024	25/10/2024
29/10/2024	
05/11/2024	08/11/2024
12/11/2024	15/11/2024
19/11/2024	22/11/2024
26/11/2024	29/11/2024
03/12/2024	
10/12/2024	13/12/2024
17/12/2024	20/12/2024
	27/12/2024