

Pre-Squad Training Programme in January to March 2026:

香港初級代表隊培訓計劃 – 初級代表隊更新訓練時間表(2026年1-3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
	02/01/2026
06/01/2026	09/01/2026
13/01/2026	16/01/2026
20/01/2026	23/01/2026
27/01/2026	30/01/2026
03/02/2026	06/02/2026
10/02/2026	13/02/2026
24/02/2026	27/02/2026
03/03/2026	06/03/2026
10/03/2026	13/03/2026
17/03/2026	20/03/2026
24/03/2026	27/03/2026
31/03/2026	