

Pre-Squad Training Programme in October to December 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10-12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
	02/10/2026
06/10/2026	09/10/2026
13/10/2026	16/10/2026
20/10/2026	23/10/2026
27/10/2026	30/10/2026
03/11/2026	06/11/2026
10/11/2026	13/11/2026
17/11/2026	20/11/2026
24/11/2026	27/11/2026
01/12/2026	04/12/2026
08/12/2026	11/12/2026
15/12/2026	18/12/2026
29/12/2026	