

Pre-Squad Training Programme in April to June 2026:

香港初級代表隊培訓計劃 – 初級代表隊訓練時間表(2026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 |
| | 10/04/2026 |
| 14/04/2026 | 17/04/2026 |
| 21/04/2026 | 24/04/2026 |
| 28/04/2026 | |
| 05/05/2026 | 08/05/2026 |
| 12/05/2026 | 15/05/2026 |
| 19/05/2026 | 22/05/2026 |
| 26/05/2026 | 29/05/2026 |
| 02/06/2026 | 05/06/2026 |
| 09/06/2026 | 12/06/2026 |
| 16/06/2026 | |
| 23/06/2026 | 26/06/2026 |
| 30/06/2026 | |