

Pre-Squad Training Programme in July to September 2025:

香港初級代表隊培訓計劃 – 初級代表隊更新訓練時間表(2025年7-9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
	04/07/2025
08/07/2025	11/07/2025
15/07/2025	18/07/2025
22/07/2025	25/07/2025
29/07/2025	01/08/2025
05/08/2025	08/08/2025
12/08/2025	15/08/2025
19/08/2025	22/08/2025
26/08/2025	29/08/2025
02/09/2025	05/09/2025
09/09/2025	12/09/2025
16/09/2025	19/09/2025
23/09/2025	26/09/2025
30/09/2025	