

**香港初級代表隊培訓計劃 – 初級代表隊訓練時間表(2023年9-11月)**

**Update Timetable of Feeder System Scheme –**

**Pre-Squad Training Programme in September to November 2023:**

**Kata & Kumite Lesson**

**Venue: Hong Kong Park Sports Centre Activity Room I & II**

**Address: 29 Cotton Tree Drive, Central, Hong Kong.**

**地址: 香港中環紅棉路二十九號**

**Kata & Kumite Lesson**

<b>Tuesday</b>	<b>Friday</b>
<b>7-9pm</b>	<b>8-10pm</b>
<b>05/09/2023</b>	<b>01/09/2023</b>
<b>12/09/2023</b>	<b>08/09/2023</b>
<b>19/09/2023</b>	<b>15/09/2023</b>
<b>26/09/2023</b>	<b>22/09/2023</b>
<b>03/10/2023</b>	<b>06/10/2023</b>
	<b>13/10/2023</b>
<b>17/10/2023</b>	<b>20/10/2023</b>
<b>24/10/2023</b>	<b>27/10/2023</b>
<b>31/10/2023</b>	<b>03/11/2023</b>
<b>07/11/2023</b>	<b>10/11/2023</b>

*Rev. 10-8-2023*