



Karate-Do Class

Welcome to join the class!

Date: 3 January – 8 May, 2024; Every Wednesday (except Public Holidays)

Time: 1:00 to 2:00 p.m.

Venue: Multi-Purpose Room LG1027, HKUST

- (training venue may change and make-up class will arrange subject to the arrangement)

Level: Beginners and participants who have attended the Karatedo training are very welcome!

Instructor: Dr. C M LI; Japan Goju-Ryu Karate-Do Black Belt 7th Dan, Shihan, Renshi.

Medium of instruction: Cantonese and English

Brief description / additional information: Training include Self-defense Techniques, Kata, Yakusoku Kumite and Kumite

Fee: SA Members - HK\$ 680; Non-SA Members - HK\$710

For registration: please go to https://ust.az1.qualtrics.com/jfe/form/SV_8eKeYLTZ0Be0bT8

All new and existing team members please register on-line. First-come-first-served. Priority will be given to Members/Associate Members of Staff Association.

Non-members are welcome to join Staff Association to enjoy member benefits. Annual membership fee is \$30. Register at http://staff.ust.hk/membership_form.html

All participants should be faculty/staff of the University or Full/Associate Member of Staff Association.

Deadline for registration: From now till to 2 January, 2024. If you wish to join the class after the deadline, please feel free to contact Dr. C.M.LI or Ms Rita Yau for the arrangement.

Payment instruction and purchase of uniform for training purpose will be advised by the Instructor.

Enquiry: Dr. C.M.LI cmlsea@gmail.com or Ms. Rita Yau saykk@ust.hk

空手道班

歡迎參加!

日期：2024年1月3日至5月8日;逢星期三(公眾假期除外)

時間：下午一時至二時

地點：香港科技大學 LG1027 室

- (視乎安排，場地可能有所更改及必要時會安排補堂)

程度 / 級別：初學者及曾受空手道訓練的人仕均歡迎參加!

教練：李志滿博士;日本剛柔流空手道黑帶七段、師範、鍊士

授課語言：廣東話及英語

簡要說明/附加資料：訓練包括自衛術、套拳, 約束組手及組手(即博擊術)

費用：會員 港幣 680 圓; 非會員 港幣 710 圓

報名請登入: https://ust.az1.qualtrics.com/jfe/form/SV_8eKeYLTZ0Be0bT8

新舊隊員均須網上報名，先到先得。教職員協會會員/附屬會員優先。

歡迎非會員加入本會，享用會員福利，年費港幣 30 元。

登記網址: http://staff.ust.hk/membership_form.html

所有參加者都必須是科大教職員或教職員協會會員/附屬會員。

報名及截止日期: 由現在直到 2024 年 1 月 2 日。在截止報名後, 如欲報名參加。

歡迎向教練 或 游嘉琪女士 查詢!

教練將會通知付款及空手道制服安排。

查詢：李志滿博士 cmlsea@gmail.com 或 游嘉琪女士 saykk@ust.hk