



# Karate-Do Training Class

## 空手道訓練班

All “Faculty Members/ Non-Academic Staff” and their family members are welcome to join. No age limit!



Date/ Time : Every Monday (except Public Holidays), 1:00 – 2:00pm

Venue: Room LG3002, Multi-purpose Room

(training venue may change 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 7<sup>th</sup> Dan, Shihan, Renshi

(李志滿博士; 日本剛柔流空手道黑帶七段、師範、鍊士)

Medium of instruction: Cantonese and English

Description: Training include Self-defense Techniques (自衛術),

Kata (套拳) and Kumite (組手即博擊術)

Fee\*: SA Members HK\$400; Non-SA Members HK\$430 per term

\*Course fee does not include karatedo uniform

For details, please visit:

# RECRUITMENT



Enquiry: Dr. C M LI [cmlsea@ust.hk](mailto:cmlsea@ust.hk)