

## Wushu Nanquan Experience Class 武術「南拳」體驗班

Description: Basic Wushu techniques, five-stances fist routine, Nanquan / Weapons & Self-defense techniques ([Video](#))

課程內容：武術基本功、五步拳、南拳/兵器及自衛術 ([影片](#))

Level: Beginners (two free-trial sessions)

程度：初學者（首二堂免費）

Date: 11<sup>st</sup> September - 18<sup>th</sup> December 2020 (every Friday except Public Holidays)

日期：由 2020 年 9 月 11 日至 12 月 18 日（逢星期五，公眾假期除外）

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

時間：下午 1 時至下午 2 時

Venue: LG1027

地點：LG1027

Instructor: [Mr. Lewis Li](#) (Accreditation Coach of the Hong Kong Coaching Committee, Registered Coach & Referee of the Hong Kong Wushu Union and the Chinese Martial Arts Dragon and Lion Dance Association)

導師：[李志鴻教練](#)（香港教練培訓委員會認可武術教練、香港武術聯會及香港中國國術龍獅總會教練及裁判）

Medium of instruction: Cantonese (supplemented with English and Putonghua when needed)

語言：廣東話（如有需要可輔以英語或普通話）

Quota: 10 (Priority for Members/Associate Members of Staff Association)

名額：10 人（教職員協會會員/附屬會員優先）

Fee: Members: \$390, Non-members: \$420 (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](http://staff.ust.hk/membership_form.html)

費用：會員 港幣 390 元；非會員 港幣 420 元（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](http://staff.ust.hk/membership_form.html)

Registration: Quota are limited and available on a first-come-first-served basis. Priority will be given to Members/Associate Members of Staff Association. All new and existing class participants, please register on-line at <https://forms.gle/vZWmjg4Q7waRQy5Q7>

報名辦法：新舊學員均須網上報名，先到先得。教職員協會會員/附屬會員優先，報名請登入：<https://forms.gle/vZWmjg4Q7waRQy5Q7>

Deadline: Application is accepted all year round. If you wish to join the class, please feel free to contact Mr. Lewis LI for the arrangement.

截止日期：全年接受報名。如欲報名參加，歡迎向李志鴻教練查詢！

Enquiry: Mr. Lewis LI (email: [lblewis@ust.hk](mailto:lblewis@ust.hk) / Tel: 23586769)

查詢：李志鴻教練（電郵：[lblewis@ust.hk](mailto:lblewis@ust.hk) / 電話：23586769）

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

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

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