



Shaw College Sports and Recreation Course for 2021/22 (Term 2)

# 空手道體驗班 Karate Experience Workshop



**Date:** 15 and 22 Mar 2022 (Tue)

**Time:** 7:00 - 9:00 pm

**Venue:** Dancing Room, LG3/F Kuo Mou Hall,  
Shaw College

**Instructor:** Ms. Margo MA

(retiring karate athlete, East Asian Game medalist)

**Target:** Students and staff of Shaw College

**Quota:** 18

**Fee:** HK\$100 (HK\$50 course fee + HK\$50 deposit)

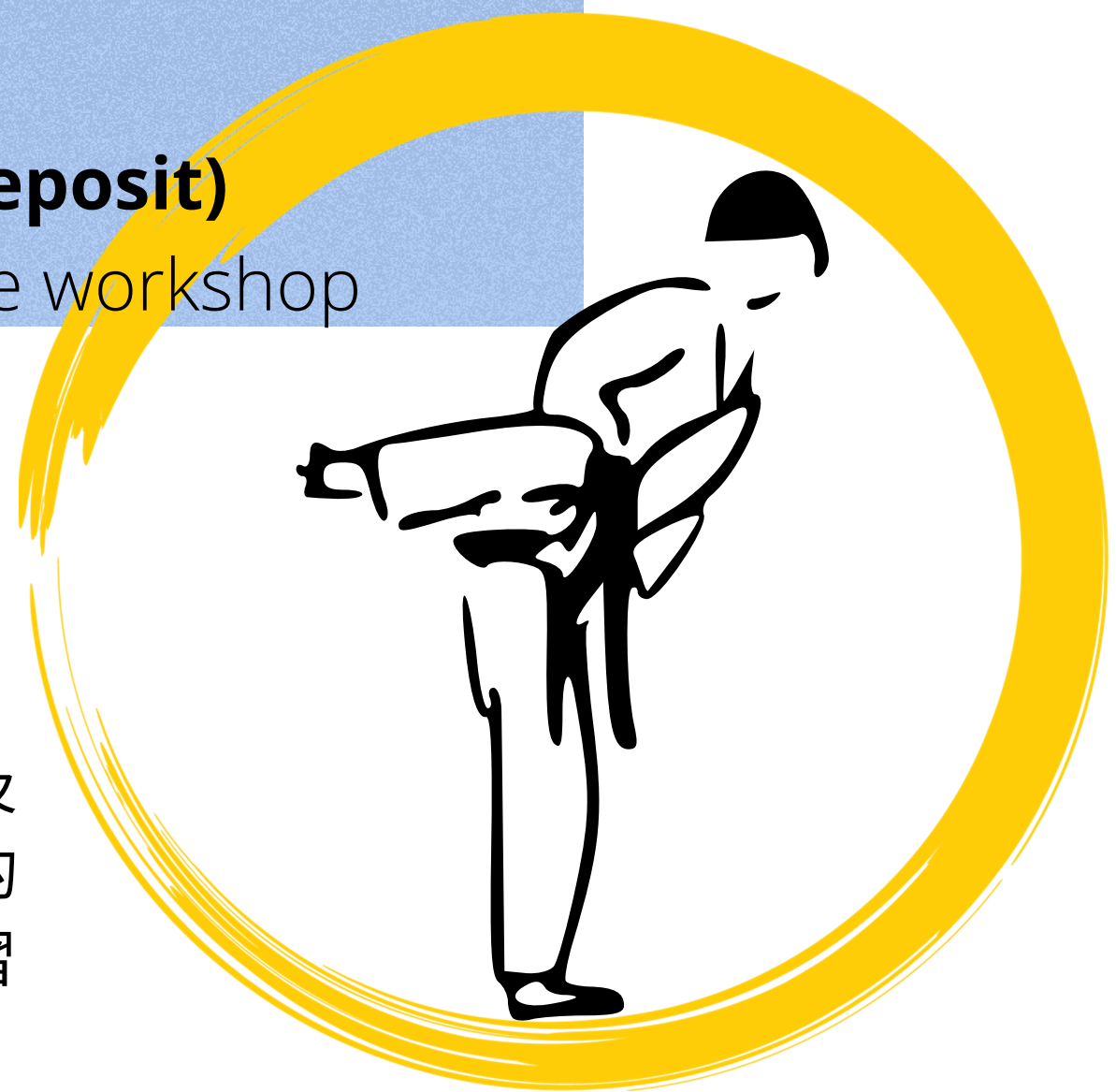
Deposit can be refunded if completed the workshop

## ONLINE APPLICATION



<https://bit.ly/3qekIDU>

空手道，作為2020年奧運會新增的項目，分為「形」(套拳)及「組手」(搏擊)兩個項目，「形」是空手道攻擊與防守技術的自我演練；「組手」是有規則規定的自由對打。空手道的學習講求遵守禮儀，鍛鍊強健的體魄，訓練堅毅不屈的體育精神，適合任可年紀人士參與。體驗班將會教授空手道的基本禮儀與規則、基本空手道馬步、攻擊與防守的技術，示範與讓學員體驗「形」與「組手」兩個奧運項目的比賽模式。



Karate, as one of the new sports in Tokyo 2020 Olympic Games, is divided into two events i.e. Kata (Pattern) & Kumite (Sparring). Kata is a self-demonstration of karate's attack and defense techniques. Kumite is free sparring with sets of rules. Karate training emphasizes etiquette, strong physique as well as sportsmanship, which is suitable for all age to participate. The experience class would cover the karate basic techniques, etiquette and rules, basis karate stances, attack and defense techniques. The class will demonstrate and allow the participants to experience Kata & Kumite, the two competing events in Olympics.

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