

學校及社區體育推廣計劃

School and Community Sports

Development Programme

拳擊、踢拳講座及證書訓練課程
Certificate in Boxing & Kickboxing
Lecture & Training Course
Development Programme

Combat Sports
Boxing
Kickboxing

Address: Room 1012,
Olympic House
1 Stadium Path,
So Kon Po,
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Organized by



香港拳擊總會

HKBA



香港踢拳總會

HKKA

香港拳擊總會

香港拳擊總會成立於 1955 年，為中國香港體育協會暨奧林匹克委員會 (SF&OC) 成員；同時，亦為本港康樂及文化事務署 (L.C.S.D.) 及香港教練培訓委員會 (HKCC) 受資助團體。

Hong Kong Boxing Association (HKBA)

Established in 1955, Hong Kong Boxing Association is a member of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and subsidized by the Leisure and Cultural Services Department (L.C.S.D.) as well as the Hong Kong Coaching Committee (HKCC).

香港踢拳總會

香港踢拳總會為隸屬世界踢拳總會 (World Association of Kickboxing Organizations) 香港區唯一成員。踢拳現已於歐洲大行其道，近年於亞洲地區積極發展，更成為 2009 年「亞洲室內運動會」競賽項目之一。

Hong Kong Kickboxing Association

Hong Kong Kickboxing Association is the sole official member of the World Association of Kickboxing Organization (WAKO) for Hong Kong. Kickboxing is enjoying immense popularity in Europe and is rapidly developing in Asia. Kickboxing is an official competition programme in the 2009 Asian Indoor Games.

計劃背景

自 2006 年「學校及社區體育推廣計劃」成立至今，已獲多所學校、社區中心邀請舉辦講座及課程，並超過約 1,500 人次參與是次計劃。希望透過是次計劃將具備完整及有系統的拳擊及踢拳講座及課程，推廣於各地區學校及社區中心，以增加青少年對擂台運動的正確認識。

Background

Since the establishment of the School and Community Sports Development Programme in 2006, we have been holding workshop and training courses for schools and community centre with over 1,500 participant's to-date. We aim to promote boxing and kickboxing at schools and community centre, through our self-contained and systematic workshop and training courses that will enable young people to gain proper knowledge and understanding on such ring sports.

目的

1. 透過是次計劃加青少年對擂台運動的正確認識。
2. 以完整及有系統之講座及課程，鍛鍊學員之身心發展、紀律及團隊精神。

Objectives

- a. To enable young people to gain proper knowledge and understanding on ring sports through our workshop and training programme.
- b. To develop participants' physical and mental capabilities, discipline and team spirit through our self-contained and systematic workshops and training.

計劃概要

本會以有系統之拳擊及泰拳的講座及訓練計劃，教導學員基礎之認識及技巧；學員於訓練計劃中出席率達 80%或以上及考核及格者，將可獲由香港拳擊總會或香港踢拳總會頒發之學校及社區推廣計劃證書乙份。

The Scheme

Using our systematic workshop and training programme, the fundamentals and basic skills in boxing and kickboxing are taught. Hong Kong Boxing Association or Hong Kong Kickboxing Association shall award a certificate of attendance to individual participants of the programme with not less than 80% attendance.





香港拳擊總會 香港踢拳總會

拳擊、踢拳講座及證書訓練課程

Certificate in Boxing & Kickboxing Workshop & Training Course

總會專用

For Official Use Only H.K.B.A

不接納的原因

Non-admission cause:

_____ 已滿額 Full

_____ 資料不全 Defective of Information

報名表格 Application Form

課程 Course	講座/ 訓練課程 Workshop / Training Course	體育項目 Sport	拳擊 / 踢拳 Boxing / Kickboxing	節數 Session	1 節 / 8 節 / 16 節 1 / 8 / 16 sessions
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課程地點
Address of Course

北河街體育館六樓 搏擊中心 / _____
Pei Ho Street Sports Centre
Complex Indoor Game Hall _____

日期
Date _____

時間
Time _____

學校/團體中文名稱
School / Group(Chinese) _____

英文名稱
(English) _____

地址
Address _____

聯絡人姓名
Contact person _____

電話號碼
Tel _____

傳真
Fax _____

電郵地址
E-mail _____

申請人簽署
Applicant's Signature _____

申請學校/團體蓋印
Applicant's chop _____

日期
Date _____

日期
Date _____

備註：a. 資料只用於本會報名記錄及日後新課程聯絡之用；除本會授權的職員外，不會提供予其他人士。
如欲更改或查詢個人的申報資料，請與本會職員聯絡。

We shall use the information in the application forms for record purposes and for future contacts concerning our new programmes but such information will not be disclosed to any unrelated third parties. You may contact us directly for changes to your personal details or if you have any queries regarding your personal details supplied to us.

b. 參加者明白及自願參加訓練班，並願意承擔財物損失和傷亡之責任，有關合辦機構及人士均無需負上任何責任。

Participants understand that they participate in our programme voluntarily and are willing to take own responsibility for loss of personal effects, life or injuries. They warrant to indemnify the organizer of the programme of any responsibilities arising from the programme, whatsoever.

計劃內容 Programme Details

計劃項目: 講座

項目內容: 拳擊 / 踢拳 (1 堂)

課程地點: 可由學校或團體提供場地 / 深水埗北河街體育館六樓 搏擊中心

課程時間: 1 小時 30 分

課程人數: 10 至 60 名

課程費用: 每節港幣 500 元正(包括 1 名導師/教練及助理教練) 。

課程器材: 由本會提供拳擊用品及裝備。

授課語言: 廣東話/英語或雙語授課

課程證書: 學員可獲由香港拳擊總會或香港踢拳總會頒發之「學校及社區推廣計劃講座證書」乙份。

Programme: Lecture

Topic: Boxing / Kickboxing (1 session)

Venue: At clients' premises or the Complex Indoor Game Hall, 6/F, Pei Ho Street Sports Centre, Pei Ho Street, Sham Shui Po, Kowloon

Duration: 1 hour 30 minutes

Class size: 10 to 60.

Course fee: HK\$500 for each session (including 1 tutor/coach and 1 assistant coach from the organizer for the course)

Course equipment: To be provided by the organizer

Medium of instructor: Cantonese / English or bilingual

Course: Participants to receive a School and Community Sports Development

Certificate: Certificate from Hong Kong Boxing Association or Hong Kong Kickboxing Association.

計劃項目: 證書訓練課程

項目內容: 拳擊 / 踢拳 (8 節或 16 節)

課程地點: 可由學校或團體提供場地 / 深水埗北河街體育館六樓 搏擊中心

課程時間: 每節 1 小時 30 分

課程人數: 10 至 20 名

課程費用: 每節港幣 1,000 元正 (包括 1 名導師/教練及助理教練), 如超過 20 人, 之後每學員每節港幣 50 元正。

課程器材: 由本會提供拳擊用品及裝備。

授課語言: 廣東話/英語或雙語授課

課程證書: 學員出席率達 80%或以上及考核及格者, 可獲由香港拳擊總會頒發之「學校及社區推廣計劃課程證書」乙份。

Programme: Certificate Training Course

Topic: Boxing / Kickboxing (8 or 16 sessions)

Venue: At clients' premises or at the Complex Indoor Game Hall, 6/F, Pei Ho Street Sports Centre, Pei Ho Street, Sham Shui Po, Kowloon

Duration: 1 hour 30 minutes per session

Class size: 10 to 20

Course fee: HK\$1,000 for each session (including 1 tutor/coach and 1 assistant coach from the organizer for the course) and HK\$50 each person if more than 20 people

Course equipment: To be provided by the organizer

Medium of instructor: Cantonese / English or bilingual

Course: Participants with attendance of over 80% and passing course test to receive

Certificate: a Certificate in Boxing & Kickboxing Workshop & Training Course from

報名方式: 填妥報名表格，寄予香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1012 室，註明香港拳擊總會收。

- 備註:**
1. 報名一經接納，合約將以電郵方式寄回 貴校/團體，合約簽署確認後寄回合約正本一份予本會。
 2. 如資料不全或欠回郵信封，恕不受理。
 3. 資料只用於本會報名記錄及日後新課程聯絡之用；除本會授權的職員外，不會提供予其他人士。如欲更改或查詢個人的申報資料，請與本會職員聯絡。
 4. 參加者請注意自己的身體狀況，並考慮是否適宜參加是項活動。如有疑问請先徵詢醫生的意見。
 5. 如天文台懸掛八號或以上風球或黑色暴雨警告訊號，將停課一天；補課與否視乎場地安排而定。
 6. 本章程如有未盡善之處，本會有權按情況作出合理修改。

計劃查詢:

電話：(852)2504-8130

圖文傳真：(852)2882-5443

電子郵件：hkbxa@hkolympic.org

網址：<http://www.hkboxing.org>

Application method:

- Fill in the course application form and return it by post to Hong Kong Boxing Association, Room 1012, Olympic House, 1 Stadium Path, So Kon Po, Hong Kong.
- Upon acceptance of your application, confirmation will be sent by email and one copy of the confirmation with your endorsement shall be returned to us by post.

Remarks:

- Incomplete application forms or applications without prepaid envelope for our return post shall not be processed.
- We shall use the information in the application forms for record purposes and for future contacts regarding our new programmes only but we will not disclose such information to any unrelated third parties. You may contact us directly for changes to your personal details or if you have any queries regarding your personal details supplied to us.
- Participants should fully consider their own physical condition to decide whether they are fit for participation of our programme and should seek medical advice if in doubt.
- Classes shall be cancelled when typhoon signal No. 8 or above or black rainstorm warning shall be hoisted by the Hong Kong Observatory. Substitute classes may or may not be arranged subject to whether it would be practicable for venues to be arranged.
- We reserve the right to make reasonable adjustments to our programme for betterment if we see fit.

Enquiries:

Tel：(852)2504-8130

Fax：(852)2882-5443

Email：hkbxa@hkolympic.org

Website：<http://www.hkboxing.org>

COMBAT SPORTS



香港拳擊總會 香港踢拳總會

School and Community Sports Development Programme

**Certificate in Boxing & Kickboxing
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