

# 香港劍道青年訓練計劃（青訓）

宗旨：

持續推廣香港劍道至年青一代，並為未來香港劍道代表隊訓練人材；

青訓計劃內容概覽：

- 2018 至 2019 年度計劃為期十一個月 (5/2018 - 3/2019)。
- 青訓練習每星期一次，地點為中山紀念公園體育館舞蹈室，時間為逢星期日下午 4 時至 6 時。
- 學員必需達到七成的出席率的要求。
- 訓練內容主要為加強基本實技、體能及比賽技巧。
- 除每星期本地集訓外，訓練內容亦包括外地之訓練營及交流比賽予青訓學員參加，讓學員能與不同地區選手交流學習，增廣見聞。香港劍道協會將會資助有潛質的學員參與外地之訓練營及交流比賽。
- 本計劃將於 2018 年年底舉行一次評審以測試學員進步程度，成績佳之學員將會被優先考慮參與福岡訓練營交流活動。
- 訓練計劃完結時，個別學員會被推薦參與港隊訓練。
- 如最終未能被選拔加入港隊的成員，可留在青訓繼續練習，逗留最長的期限為 3 屆及未滿 25 歲。
- 以往未能成功入選港隊的學員，也可再次申請參加青訓。

申請條件及入選資格：

- 25 歲或以下（以截止報名日期 2018 年 4 月 20 日為準）
- 申請人若未滿 18 歲，家長同意書須同時提交；
- 持香港特區護照或香港永久居民身分證，並以代表香港參加比賽為目標；
- 所有申請參與計劃之人仕必須為香港劍道協會會員或認可屬會之會員；
- 獲香港劍道協會導師或香港劍道協會認可之道場或分會會長/館長推薦；
- 遵從一切香港劍道協會之安排

總會對青訓學員的要求:

- 出席青訓練習
- 參加短程 (澳門/深圳/廣州) 訓練營 2 日 1 夜
- 參加海外比賽(至少一次)
- 參加本地比賽(至少兩次)
- 擔任工作人員 (至少兩次)
- 參加升段試 (尚未符合考試年期要求者除外)

以上之出席率及成績將會列入評審當中

訓練內容：

所有青訓學員需於 2018 年 5 月 1 日開始參加星期日之集訓。

內容包括：

- 劍道基本
- 劍道比賽
- 體能
- 其他 (如參與比賽工作人員經驗)

參與評核：

- 評核暫定於年底舉行，評審內容包括內部比賽、技巧測試、整體出席率以及參加由總會安排的海外活動均計算在內，以作排名之用。

備註：

- 以往第一至五屆青訓成員，若有意再次參加，請重新遞交表格。
- 學員如有需要請自行購買個人保險。
- 本會對所有報名保留最終決定權。
- 本章程如未有盡善之處，本會有權作出修改。

報名期間：2018 年 3 月 26 日至 4 月 20 日

截止日期：2018 年 4 月 20 日下午 5 時或之前

# Hong Kong Kendo Junior Squad Training Program

## Objective:

To continuously promote Kendo to the new generation of Hong Kong, and to train up potential players for the National Squad Training Team of Hong Kong.

## Program at a glance:

- The 2018 - 2019 Training program will be lasted for 11 months (from 5/2018-3/2019).
- The training will be conducted every Sunday, from 4pm to 6pm, at Dance Room, Sun Yat Sen Memorial Park Sports Centre.
- The members shall fulfill the requirement to attend at least 70% of the training sessions.
- Training is aimed at strengthening kendo skills, physical agility and competition skills.
- Besides weekly local training, overseas training camp and competitions will also be scheduled in order to enrich their exposure and experience. The HKKA will subsidize good potential candidates the travelling expenses for those who participate in the overseas trainings and/or competitions.
- An assessment test would be held by the end of 2018. This assessment will aim at testing the standard of members. Outstanding members will be accorded with higher priority to participate the Fukuoka Training Camp.
- Selected Junior Squad members would be recommended to join National Squad Training Team of Hong Kong.
- Those who are not selected are able to stay in Junior Squad for training up to 3 years with aged 25 or below.
- Those who are not selected in previous years can submit application again.

## Application requirement and eligibility to participate

- Aged 25 or below (according to the deadline of application date 20<sup>th</sup> April 2018);
- If applicant is under 18 years old, written agreement from the applicant's parent shall also be submitted;
- Possess HKSAR passport or Hong Kong Permanent Resident ID card, aim at representing Hong Kong in competition;
- Must be a recognized member of the HKKA and/or HKKA's affiliated dojos;
- Recommended by the HKKA dojo instructors and/or HKKA's affiliated dojo master; and
- Follow and comply to the arrangements of HKKA

Junior squad members would need to fulfill the following requirements set by HKKA.

1. Attend Junior Squad Training (attendance will be counted)
2. Participate in (Macau/Shenzhen/Guangzhou) Training Camp (2 Days&1 night)
3. Overseas Competition (at least one)
4. HK Local Competition (at least two)
5. Work as helper in local event (at least two)
6. Challenge Dan promotion

The attendance rates and competition results of the above will be counted in Assessment test.

### Training Program Content:

All Junior squad members are required to attend the training starting from 1<sup>st</sup> May, 2018

### Elements and assessment ratio:

- Kendo basic
- Competition
- Physical training
- Other (e.g. Work as helper in local competition)

### Program Assessment:

- All applicants will participate the assessment for eligibility of joining the program by the end of 2018
- Assessment content includes competition, skill test, attendance record of the whole assessment, and participation rate to overseas event.
- Assessment result of each member will be ranked.

### Remark:

- If any 1<sup>st</sup>-5<sup>th</sup> Junior squad members would like to join this programme, you are required to apply again.
- The members could consider whether they have to buy insurance if necessary.
- All application will be subject to the final decision of HKKA.
- HKKA reserves the right to change the terms and conditions of the program and arrangement.

**Application period: 26<sup>th</sup> March – 20<sup>th</sup> April, 2018**

**Application deadline: on or before 5pm, 20<sup>th</sup> April, 2018**