



中國香港劍道協會 2024 至 2025 年度 青年訓練計劃（青訓）

宗旨：推廣劍道至年青一代，並訓練人材成為未來中國香港劍道代表隊成員。

青訓內容簡介：

- 為期 12 個月 (4/2024 – 3/2025)，每星期練習一次，學員出席率須達 7 成或以上
- 日期、時間及地點：請參閱劍協網站
- 訓練內容主要為加強基本實技、體能及比賽技巧
- 2024 年底將考核評估學員進度，成績佳或有潛質的學員更可獲中國香港劍道協會資助，參與外地訓練營及交流比賽，與不同地區選手交流學習，增廣見聞
- 如學員表現卓越，翌年會被教練推薦參與中國香港劍道隊訓練
- 如未獲選加入港隊，可再申請於青訓繼續接受訓練

入選資格：

- 香港永久性居民或持香港特區護照，並以代表中國香港參加比賽為目標
- 40 歲或以下(截至 2024 年 10 月 28 日)；若未滿 18 歲，申請人須同時提交家長同意書
- 申請者必須為中國香港劍道協會會員或認可屬會之會員，並獲其教練或館長推薦
- 遵從中國香港劍道協會及教練一切訓練安排

總會對青訓學員的要求：

- 所有青訓學員須於 2024 年 4 月 7 日開始參加逢星期日的集訓
- 參加 2 日 1 夜訓練營 (澳門 / 深圳 / 廣州)
- 訓練期間，遵從教練指示，包括：網上練習
- 參加海外比賽 (亞太地區)
- 參加本地比賽 (至少兩次)及講習會
- 出席率達 7 成或以上，方可接受所有活動全數資助及發放物資
- 參加升段試 (尚未符合考試年期要求者除外)
- 參與年度考核評審 (出席率、技巧測試、比賽成績、海外活動參與等，均會將計入排名之用)

備註：

- 學員完成計劃後，可獲頒證書
- 歷屆青訓成員，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
- 如有需要，本會有權修改本計劃章程

報名截止日期：2024年3月20日



The Kendo Association of Hong Kong, China

2024 - 2025

Junior Squad Training Programme (Junior Squad)

Objectives: To promote Kendo to the younger generation and to train up potential players to join Squad Training of Hong Kong, China Team.

Programme Summary:

- Duration: 12 months (4/2022-3/2023), trainees shall join 70% or above of the weekly practice
- Date, time and venue: Please visit HKKA's website
- Aimed at strengthening Kendo skills, physical agility and competition skills
- Trainees with good performance in the year-end assessment or great potential will have higher priority to participate the overseas training activities with subsidy
- Coaches will recommend outstanding trainees to join Hong Kong, China Team Squad Training next year
- Trainees not shortlisted for Hong Kong, China Team are eligible to reapply for Junior Squad up to 3 years

Eligibility:

- Hong Kong permanent residents or HKSAR passport holders and with the aim of representing Hong Kong, China in competitions
- Aged 40 or below (As of 28th Oct 2024); applicants under 18 years old shall submit application with a written parental consent
- Applicant shall be a member of HKKA or HKKA's affiliated dojos and recommended by his/her coaches / dojo masters
- Trainees shall completely follow the training programme arranged by HKKA and the coaches

Junior Squad trainees shall meet HKKA's requirements as follows:

- All Junior Squad trainees shall attend the Sunday trainings from 7 April 2024
- To participate in 2-Day-1-Night training Camp (Macau / Shenzhen / Guangzhou)
- To follow the coach instructions during the programme period, including online training
- To participate in overseas competitions (Asia-Pacific region)
- To participate in local Kendo competitions (at least two events) and seminars
- An attendance rate of 70% or above is required to receive full subsidy and distribution of materials for all activities.
- To participate in Dan examination (Except for Kendo players not reaching the minimum time lapse)
- To participate in the yearly assessment review (Incl. attendance, skills test, competition results and participation of overseas activities etc. will be counted in the ranking)

Remarks:

- Trainees will receive a Certificate of Achievement upon completion of the programme
- Previous Junior Squad trainees shall re-submit the application for joining the programme this year
- Trainees can subscribe an insurance at own discretion if needed
- All applications will be subject to the final decision of HKKA

- HKKA reserves the right to revise this programme content if necessary

Application Deadline: 20th March, 2024