

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；

青訓計畫內容概覽：

- 2016 至 2017 年度計劃為期七個月 (9/2016 – 3/2017)。
- 青訓練習每星期一次，時間表將於稍後公佈。
- 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，訓練內容亦包括非本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交通費用與參與非本地之訓練營及交流比賽的學員。
- 本計劃暫定於十一月舉行審查；內容包括內部比賽、技巧測試及整體出席率。每位青訓學員的測試整合結果會作排名，首 5 位男學員及首 5 位女學員將會被優先考慮參與本地之訓練營及交流比賽。
- 訓練計劃完結時，個別學員會被推薦參與港隊訓練。

申請條件及入選資格：

- 25 歲或以下（參考日期為 2016 年 8 月 28 日前）
- 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；
- 所有申請參與計劃之人仕必須為香港劍道協會或其認可之道場或分會之會員；
- 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；
- 參與並合格通過 2016 年 8 月 28 日舉行之評核測試。

訓練內容：

為培養學員的自主性，學員需參與每星期一次的集訓，並於自己的道場學習「訓練內容」中各項目的要求及知識。內容包括：

- 劍道基本
- 劍道比賽
- 木刀運用
- 體能
- 其他 (如參與比賽工作人員經驗)

參與評核：

- 所有報名參加者需於 2016 年 8 月 28 日進行參與評核，以決定能否參與此青年訓練計劃。
- 評核內容包括：基本實技及體能測試。
- 結果將於同日公佈。

審查：

- 審查暫定於十一月舉行。
- 審查內容包括：內部比賽、實技測試及整體出席率。

報名期間：2016 年 8 月 12 日至 8 月 21 日

截止日期：8 月 21 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 2016/ 2017 Training program will be lasted for 7 months (from 9/2015-3/2016).
- The training will be conducted once a week, the schedule will be announced later on.
- 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 the travelling expenses for those who participate in the non-local trainings and/or competitions.
- An assessment test would be held in November 2016. The assessment will include competition, skills test and review of attendance record. The assessment result of each member will be ranked. The top 5 male members and the top 5 female members will be accorded with higher priority to participate the non-local trainings and competitions.
- Selected Junior Squad Team members would be recommended to join Nation Squad Training Team of Hong Kong.

Application requirement and eligibility to participate

- Aged 25 and below (reference date should be before 28 August 2016);
- 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 ID card;
- 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
- Participate and pass the assessment test scheduled on 8 August 2016.

Training Program Content:

Elements and assessment ratio:

- 1) Kendo basic
- 2) Competition
- 3) Kendo Kata
- 4) Physical training
- 5) Other (e.g. Work as helper in local competition)

Program Assessment:

- All applicants will participate the assessment for eligibility of joining the program on 28 August 2016, assessment content includes kendo basic skills and physical tests.
- Content includes: basic skills and physical tests.
- Results will be announced at the same day.

Program Assessment:

- Assessment will be held in November 2016.
- Content includes: competition, skills test and attendance record assessment.

Application period: 12th August – 21st August, 2016

Application deadline: on or before 5pm, 21st August, 2016