



# 空手道 KARATE

**KARATE** is a martial art that is primarily a striking art, using punching, kicking, knee and elbow strikes and open-handed techniques such as knife-hand and ridge-hand. Traditional karate places emphasis on self development (budo).

Modern training emphasizes on the psychological elements incorporated into a proper kokoro (attitude) such as perseverance, fearlessness, virtue and leadership skills.

## Instructors Information

### 導師資料

Master Yu Kin Sang 6 DAN  
余健生師範 六段

Master Harrie Cheng 4 DAN  
鄭國榮師父 四段

All Masters hold the following qualifications:

*Certified Coach of LCSD*

各師父均持有康文署認可教練証書

*Representative of the*

*Hong Kong Karate Team*

空手道香港代表隊成員



空手道是巧妙應用拳、腳，探究勝負的原理，進而達到超越勝敗的境地，是磨煉精神、體魄、技術，探究真、善、美的動態的禪道。通過不懈的鍛煉、嚴格艱辛的競技，掌握高級的護身之技，養成強健的身體和健全的精神，以信心和勇氣努力實踐，從而為人類社會的正義

、和平、發展，的確可以積極作出某種程度的貢獻。要特別注意，空手道的道十分重要，也就是空手道的精神，是空手道最根本的精髓。

**Day/Time** : **Every Thursday**  
**6:00pm-7:30pm**

**Every Friday**  
**6:30pm-8:00pm**

**Every Sunday**  
**10:00am-11:30am**  
**11:30am-1:00pm**

**Fee** : \$160 per class

**Age** : 4 years & above

**Venue** : Studio A 2/F



# KARATE

To sign up, scan the QR code or call The Fitness Centre on 2657 8292 for enquiries.