



香港中文大學職員協會 香港中文大學教師協會  
合辦



## 空手道暨自衛術班

空手道訓練不分年齡和性別、它可使到學員身強力壯、身手靈敏，還會讓人學懂謙虛忍耐、體驗團隊精神、以及將心比心互相尊重。透過持續鍛鍊，對逆境轉移，轉危為機更見效用。

學員上課需穿空手道袍。學員可自行購買或由導師代購，道袍售價 HK\$280 (多除少補)。

教 練：李志滿博士(日本剛柔流空手道正剛館：七段、師範、練士。曾任香港空手道總會主席、培訓部總監。現任中國香港空手道總會副會長。)

|       |                                  |
|-------|----------------------------------|
| 上課日期: | 02/4/2026 – 04/6/2026 (逢星期四)     |
| 時間:   | 18:30 – 20:30 (2 小時)             |
| 地點:   | 富爾敦樓 310 室                       |
| 費用:   | 會員/家屬: \$900 ; 非會員: \$950 (10 堂) |
| 截止日期: | 27/3/2026                        |



聯絡人：林小姐 電話：3943 0806 傳真：2603 6363 WhatsApp：9188 8758  
(辦公時間：星期一至五 上午十一時至下午六時)

### 空手道暨自衛術班 – 報名表格

本人擬參加空手道暨自衛術班課程。

付款方法：(請填妥以上表格) **\*\*付款後務必收到本會收據方為作實\*\***

繳付支票：連同表格交職協 (支票抬頭：香港中文大學職員協會/Staff Association of the CUHK)；

繳付現金：連同表格交職協關小姐/林小姐辦理 (11:00 – 18:00)；

銀行入數：恆生銀行帳戶簡稱 **STAFF ASSN OF CUHK/帳號 293-282828-002** 入數收據連同表格遞交職協：  
WhatsApp 9188 8758 或 傳真 26036363 或 電郵 [staff-association@cuhk.edu.hk](mailto:staff-association@cuhk.edu.hk)

**\*\*\*使用銀行櫃檯入帳，將收取\$30 銀行服務費\*\*\***

會員/家屬姓名：\_\_\_\_\_ 會員編號：\_\_\_\_\_ 部門：\_\_\_\_\_

聯絡電話：\_\_\_\_\_ 電郵地址：\_\_\_\_\_ 日期：\_\_\_\_\_

學費 \$\_\_\_\_\_ 及\*購買空手道袍費\$280 [身高\_\_\_\_\_cm] (\*如有需要)，合計：\$\_\_\_\_\_

現金 / 支票或轉帳 (號碼:\_\_\_\_\_)



Staff Association of CUHK & Teachers' Association of CUHK



# KARATE & SELF-DEFENCE

Karate training does not distinguish between age and gender. It can make students strong and agile. It can also make people learn humility and patience, experience team spirit, and respect each other. Through continuous exercise, it is more effective to transfer adversity and turn crisis into opportunity.

*Students are required to wear karate-gi (uniform) during class. Students can purchase it by themselves or have their instructors purchase it on their behalf. The price of the karate-gi is HK\$280 (will be charged according to the actual price).*

**Instructor: Dr. C.M. Li** (Japanese Goju-ryu Karate Seigokan: Seventh Dan, Shihan, Trainer. Dr. Li was served as the Chairman & Coaching Director of the Hong Kong Karatedo Federation. He is currently the Vice President of Karatedo Federation of Hong Kong, China.)

|                                         |                                                                 |
|-----------------------------------------|-----------------------------------------------------------------|
| Date:                                   | 02/4/2026 – 04/6/2026 (Every Thurs.)                            |
| Time:                                   | 18:30 – 20:30 (2 hours)                                         |
| Venue:                                  | Rm 308, John Fulton Centre                                      |
| Tuition Fee:                            | Member/Family member: \$900<br>/ Non-member: \$950 (10 lessons) |
| Deadline:                               | 27/3/2026                                                       |
| Main Language of Instruction: Cantonese |                                                                 |



Contact: Ms. Lam Tel: 3943 0806 Fax: 2603 6363 (11:00 am - 6:00 pm / Mon - Fri)  
WhatsApp: 9188 8758 Email: staff-association@cuhk.edu.hk

## Karate & Self-Defense Course – Enrollment Form

I would like enroll the **Karate & Self-Defense Course**.

### Payment Method :

**Pay by Cash** Return the form to Ms. Kwan/Ms. Lam at CUSA office;

**Pay by Cheque** Return the form and crossed cheque (cheque payable to “Staff Association of the CUHK”)

**Bank Transfer** **Hang Seng Bank** - Account Name/No. : **STAFF ASSN OF CUHK/293-282828-002**

Return the transfer slip and form to :

WhatsApp : 9188 8758 OR Fax : 2603 6363 OR Email : staff-association@cuhk.edu.hk

**\*\*\*A bank service fee of \$30 will be charged for bank over-the-counter deposits\*\*\***

Name/Family Member : \_\_\_\_\_ Membership no. : \_\_\_\_\_ Dept : \_\_\_\_\_

Tel : \_\_\_\_\_ Email : \_\_\_\_\_ Date : \_\_\_\_\_

Tuition Fee \$\_\_\_\_\_ and \*fee of Karate-gi purchase \$280 (height:\_\_\_\_\_ cm) (\*if need)

Total Amount: \_\_\_\_\_ Cash/Cheque or Bank-in (No: \_\_\_\_\_)