

# 非對打踢拳體驗興趣班



- 日期 : 二零二四年六月二十二日及二十九日(星期六)  
下午三時至四時三十分
- 地點 : 會所大樓2樓 - 多用途活動室
- 服飾 : 舒適的運動服裝 (上課時不需穿鞋)
- 報名 : 掃描二維碼登記
- 合資格參加者 : 沒有踢拳經驗的會員或其子女 (13歲或以上兒童)

收費 : HK\$200 (完成兩課堂後將可豁免)

名額八個，先到先得。



**教練: 本會會員 陳維雄博士** (超過10年以上的踢拳經驗)

踢拳是一種以拳擊和踢腿為基礎的全接觸混合武術和拳擊運動。通常戴著拳擊手套、護齒套、短褲和赤腳進行，以利於使用踢腿。踢拳可用於自衛、一般健身或競賽。學員容易盡情投入，透過活動能塑造肌肉線條，達至消脂的作用，並可減輕日常生活壓力，讓人放下煩思，身心暢快。

## No Sparring Kick Boxing Experience Interest Class

- Date : 22 & 29 - 6 - 2024 (Saturday) 3:00pm - 4:30pm
- Venue : Clubhouse 2/F-Multi-activities Room
- Clothing : Comfortable sportswear (no shoes required during class)
- Registration : Scan QR code to register
- Eligible participants : Members who have no kick boxing experience or their children (Children aged 13 or above)

Fee : HK\$200 (Waiver will be granted upon completion of the 2 classes) [Click to apply](#)

8 places, first come, first served.



**Coach : CCC Member Dr. Chen Vee Yong, Frederick**  
(more than 10 years kick boxing experience)

Kickboxing is a full-contact hybrid martial art and boxing type sport based on punching and kicking. It is normally conducted with boxing gloves, mouth guards, shorts, and bare feet to favor the use of kicks. Kickboxing is practiced for self-defense, general fitness, or for competition. It is easy for students to devote themselves to it. Through this sport, they can shape muscle lines, achieve the effect of fat loss, reduce the stress of daily life, let go of worries, and feel relaxed physically and mentally.