

HKFM Fencing Athlete Development Modules

運動員發展模塊

		 Program 課程	 Course 課時	 Force 體能	 Skills 技術	 Tactics 戰術	 Combat 實踐	 Emotion 心理
Lv. 04 ELITE 奧星劍 2-3 years	Intensive Core Program Sparkle	10*3 hrs	●	◎	◎◎	◎◎	◎	
	Diploma STAR Shine II	3*1.5 hrs per week	●	◎	◎◎	◎◎	◎	
	Diploma STAR Shine I	3*1.5 hrs per week	●	◎	◎◎	◎	●	
Lv. 03 MASTERY STAR 耀星劍 2-3 years	Intensive Core Program Glow	10*3 hrs	◎	◎◎	◎◎	◎		
	Diploma STAR II	3*1.5 hrs per week	◎	◎◎	◎◎	◎		
	Diploma STAR I	3*1.5 hrs per week	◎	◎◎	◎	◎		
Lv. 02 DEVELOPMENT STAR 展星劍 2-3 years	Intensive Core Program Bloom	10*3 hrs	◎	◎◎	●	●		
	Talent II	2*1.5 hrs per week	◎	◎◎	●	●		
	Talent I	2*1.5 hrs per week	◎	◎	●	●		
Lv. 01 DISCOVERY STAR 尋星劍 1 year	Intensive Core Program Ignite	10*3 hrs	◎◎	◎	●			
	Foundation II	2*1.5 hrs per week	◎◎	◎	●			
	Foundation I	2*1.5 hrs per week	◎	●				

Need more information?
Need some advice?

Please do not hesitate to contact us!



info@hkfencingmaster.com