

Training Hours & Criteria Chart

Minimum accumulated hours, eligibility criteria and exam duration for each badge level

Level	Stage	Age	Min. hours	Eligibility / criteria	Exam time
Mini Star 1	Mini Star	3–4	No minimum	Takes part in the Mini Star class this term	15 min
Mini Star 2	Mini Star	4–5	No minimum	Has Mini Star 1	15 min
Mini Star 3	Mini Star	5	No minimum	Has Mini Star 2	15 min
Level 1	Discovery	6+	30 hours	New starters age 6+, or at least 1 term after Mini Star 3	30 min
Level 2	Discovery	7+	60 hours	At least 1 term after Level 1	45 min
Level 2+	Discovery · compulsory	8+	60 hours	At least 1 term after Level 2 (not in the same exam window as Level 3)	45 min
Level 3	Development	8+	90 hours	At least 1 term after Level 2+	45 min

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Level 4	Development	9+	120 hours	At least 1 term after Level 3	60 min
Level 4+	Development · compulsory	10+	140 hours	At least 1 term after Level 4	60 min
Level 5	Mastery	10+	160 hours	At least 2 terms after Level 4+	60 min
Level 6	Mastery	11+	220 hours	At least 2 terms after Level 5	90 min
Level 6+	Mastery · optional bonus	12+	260 hours	At least 1 term after Level 6	90 min
Level 7	Elite	12+	300 hours	At least 2 terms after Level 6, and selected by the head coach	120 min
Level 8	Elite	13+	380 hours	At least 2 terms after Level 7	120 min

Hours are total accumulated training hours (class and combat practice) since starting at HKFM. Exam fee: HK\$500 per level (badge & certificate included).