

HONGKONG CHINA

9/8/2026

INTERNATIONAL COMPETITION

INTERNATIONAL WRESTLING  
TRAINING CAMP  
3-7 AUG 2026



WRESTLING \* BJJ \* GRAPPLING \* AMMA

SAT, 8/8/2026, 15:00 WEIGHT CHECK-IN

SUN, 9/8/2026, 08:00 COMPETITION

MA ON SHAN SPORT CENTER

WWW.HKWRESTLING.ORG

THE 6<sup>TH</sup> HONG KONG CHINA  
INTERNATIONAL COMPETITION 2026

WRESTLING, GRAPPLING AMMA

ORGANIZER: HONG KONG CHINA WRESTLING ASSOCIATION LIMITED



# INTERNATIONAL COMPETITION INFORMATION:

- **GUIDANCE UNIT:**
- THE SPORT FOR ALL CONFEDERATION OF HONG KONG CHINA
- **ORGANIER:**
- HONG KONG CHINA WRESTLING ASSOCIATION LIMITED
- **CO-ORGANIER:**
- SHATIN SPORT ASSOCIATION
- **WEBSITE:** [www.hkwrestling.org](http://www.hkwrestling.org)
- **EMAIL:** [info@hkwrestling.org](mailto:info@hkwrestling.org)
- **VENUE:** NEW TERRITORIES MA ON SHAN SPORT CENTER
- **NUMBERS OF MATS:** 3
- **REFEREES :** UWW CATOGORIES/NATIONAL CATOGORIES
- **REGISTER FEE:** HK\$550/PER
- **CONTACT PERSON:** EMANA LEUNG, WHATSAPP: 852 91497227
  
- **\*FURTHER DETAILS WILL BE NOTIFIED SEPARATELY**

## INTERNATIONAL COMPETITION:

HONGKONG, NEW TERRITORIES, MA ON SHAN

## ACCOMANDATIONS & F&B:

### COMPETITION PACKAGE:

HK\$2800/PER ,8- 10/8/2026

(2 PERSON SHARE 1 ROOM,IF SINGLET NEEDS EXTRA CHARGE HK\$1000)  
(2NIGHTS HOTEL ROOMS、 SHUTTLE、 9-10/8 BREAKFAST、 8-9/8 LUNCH、  
8-9/8 DINNER)

### TRAINING CAMP PACKAGE:

HK\$4000/PER, 3-7 /8/2026 (5 NIGHTS IN CAMP, GROUP STYLE ROOM)

HK\$5200/PER,3-7/8/2026(5 NIGHTS HOTEL ROOM,2 PERSON SHARE 1 ROOM,IF SINGLET  
NEEDS EXTRA CHARGE HK\$3000)  
INCLUDED BREKFAST,LUNCH,DINNER)

**\* The discounted fee for participating in the 7-day competition and training camp is  
HK\$6,200 per person(CAMP GROUP ROOM)**

## DETAILS OF HOTELS:

REGAL RIVERSIDE HOTEL/ or equivalent hotel

## DEADLINE:

Please register and pay before June 2, 2026.

# Competition weight class:

- **MAX U10: 18kg-27kg**
- **FS U13: 28kg, 32kg, 36kg, 40kg, 44kg, 50kg, 50+kg**
- **FS U15: 38kg, 41kg, 44kg, 48kg, 52kg, 57kg, 62kg, 68kg, 75kg, 85kg**
- **FS U17: 45kg, 48kg, 51kg, 55kg, 60kg, 65kg, 71kg, 80kg, 92kg, 110+kg**
- **FS: 57kg, 61kg, 65kg, 70kg, 74kg, 79kg, 86kg, 92kg, 97kg, 120kg**
  
- **WW U13: 28kg, 32kg, 34kg, 38kg, 40kg, 44kg, 48kg, 50+kg**
- **WW U15: 36kg, 39kg, 42kg, 46kg, 50kg, 54kg, 58kg, 62kg, 66kg**
- **WW U17: 40kg, 43kg, 46kg, 49kg, 53kg, 57kg, 61kg, 65kg, 69kg, 73+kg**
- **WW: 50kg, 53kg, 55kg, 57kg, 59kg, 62kg, 65kg, 68kg, 72kg, 76kg**

# INTERNATIONAL COMPETITION INFORMATION:

MA ON SHAN SPORT CENTER (HONG KONG)



MAIN HALL INSIDE OF MA ON SHAN SPORT CENTER



# INTERNATIONAL COMPETITION ACCOMMODATION

REGAL REIVERSIDE HOTEL



ROOM IMAGE



# INTERNATIONAL TRAINING CAMP INFORMATION:

- **ORGANIER:**
- HONG KONG CHINA WRESTLING ASSOCIATION LIMITED
- **CO-ORGANIER:**
- HONGKONG INTERNATIONAL SCHOOL
- **WEBSITE:** [www.hkwrestling.org](http://www.hkwrestling.org)
- **EMAIL:** [info@hkwrestling.org](mailto:info@hkwrestling.org)
- **VENUE:**HONG KONG INTERNATIONAL SCHOOL
- **NUMBERS OF MATS:**3
- **COACHES :**ALL COUNTRIES'S COACHES
- **FEE:**HK\$4000/PER
- **CONTACT PERSON:**
- EMANA LEUNG, WHATSAPP:852 91497227
- **\*FURTHER DETAILSWILL BE NOTIFIED SEPARATELY**

## INTERNATIONAL TRAINING CAMP:

Hong Kong International School (No. 1 Red Hill Peninsula, Repulse Bay Road, Hong Kong Island)or

## Accommodation and meal fees:

### TRAINING CAMP PACKAGE:

HK\$4000/PER, 3-7 /8/2026 (5 NIGHTS IN CAMP, GROUP STYLE ROOM)

HK\$5200/PER,3-7/8/2026(5 NIGHTS HOTEL ROOM,2 PERSON SHARE 1 ROOM,IF SINGLET NEEDS EXTRA CHARGE HK\$3000)  
INCLUDED BREKFAST,LUNCH,DINNER)

**\* The discounted fee for participating in the 7-day competition and training camp is HK\$6,200 per person.(CAMP GROUP STYLE ROOM)**

## DETAILS OF HOTELS:

Stanley Outdoor training camp(St. Stephen's Beach)OR or equivalent CAMP

## DEADLINE:

Please register and pay before June 2, 2026.

## **\*EXTRA ADDITIONAL TRAINING CAMP IN CHINA SHENZHEN**

### TRAINING CAMP PACKAGE:

HK\$2000/PER,10-13/8/2026(3 NIGHTS HOTEL ROOM,2 PERSON SHARE 1 ROOM,IF SINGLET NEEDS EXTRA CHARGE HK\$1000)  
(INCLUDED BREKFAST,LUNCH,DINNER,SHUTTLE BUS FEE)

# INTERNATIONAL TRAINING CAMP FACILITY OVERVIEW

HKIS (STANLEY)



HKIS(STANLEY)

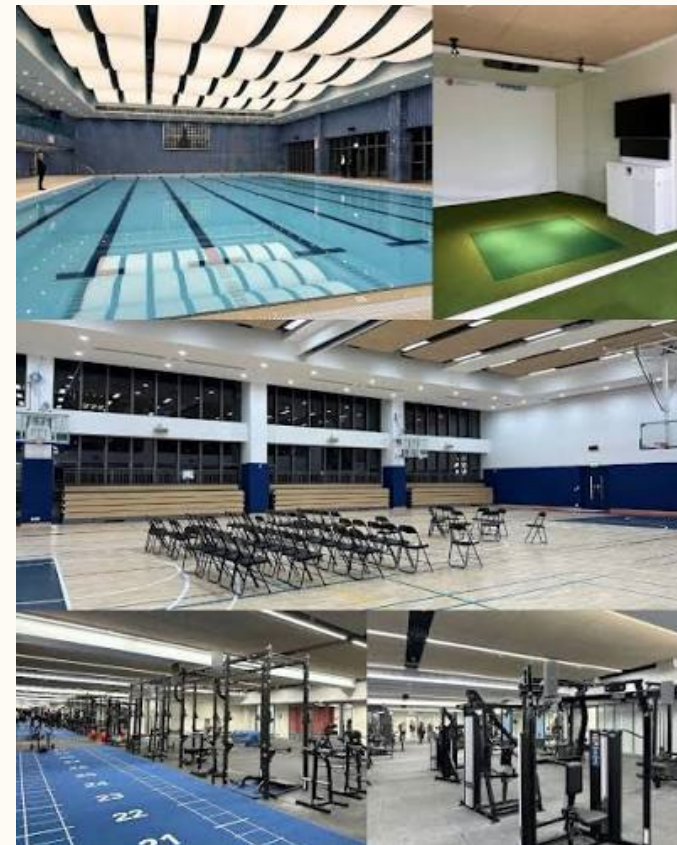


# INTERNATIONAL TRAINING CAMP FACILITY OVERVIEW



TAI TAM CAMPUS  
DRAGON CENTER  
FOR ACTIVITIES &  
ATHLETICS

## STRENGTH & CONDITIONING



# INTERNATIONAL TRAINING CAMP FACILITY OVERVIEW

## SPORT HALL



## WRESTLING MATS



# INTERNATIONAL TRAINING CAMP ACCOMMODATION

## JOCKEY CLUB STANLEY OUTDOOR TRAINING CAMP



## HOTEL





# HKCWA International Competition & Training Camp 2026

## 國際比賽及國際訓練營2026

# Schedule 行程表

3-9/8/2026

TIME	ARRVAL 到達	TRAINING 訓練	TRAINING 訓練	TRAINING 訓練	TRAINING 訓練	WEIGHT-IN 過磅	COMPETITION 比賽 (SHATIN)
	3/8/2026 MON一	4/8/2026 TUE二	5/8/2026 WED三	6/8/2026 THUR四	7/8/2026 FRI五	8/8/2026 SAT六	9/8/2026 SUN日
07:00		BREAKFAST早餐	BREAKFAST早餐	BREAKFAST早餐	BREAKFAST早餐	BREAKFAST早餐	BREAKFAST早餐
08:00							QUALIFICATION ROUND U10/U13/U15/U17/ADULT
09:00							
10:00	TEAMS ARRIVEL 隊伍到達	<b>SESSION 1</b> WELCOME & ORIENTATION TECHNICAL DRILLING Q&A SESSION	<b>SESSION 3</b> LIVE SPARRING SITUATIONAL DRILLING	<b>SESSION 5</b> LIVE SPARRING NEW TECHNIQUE	<b>SESSION 6</b> TECHNIQUE DRILLING FEEDBACK & CORRECTIONS		
11:30							
12:00							
13:00		LUNCH午	LUNCH午	LUNCH午	LUNCH午	CHANGE ACCOMMODATION	LUNCH午
14:00	CHECK IN 入住 ACCOMMODATION	<b>SESSION 2</b> TECHNIQUE INTRODUCTION DEFENSIVE COUNTERS &TRANSITION DRILLING	<b>SESSION 4</b> PARTIAL WRESTLING DRILLS NEW SKILL SEGMENT	<b>WATER PARK</b> 水上樂園	<b>SESSION 7</b> DRILLING SESSIONS CLOSING CIRCLE	COMPETITION CHECK-IN 過磅	SEMI-FINAL U10/U13/U15/U17/ADULT
15:00							
16:00							
17:30							OPENING CEREMONY
18:00	WELCOME MEETING	DINNER晚	DINNER晚	SELF DINNER自費晚餐	DINNER晚	DINNER晚	FINAL總決賽
19:00							AWARD CELEMONY頒獎 DINNER晚
20:00							

# ADDITIONAL 3-DAYS TRAINING CAMP IN SHENZHEN MAINLAND CHINA

HK\$2000/PER HEAD

## ACCOMMODATION(HOTEL)

- 10, AUG 2026 FROM HONGKONG TO SZ
- 11, AUG 2026 TRAINING ON MATS –SZ
- 12, AUG 2026 TRAINING ON MATS-SZ
- 13, AUG 2026 TRAINING ON MATS-SZ AND BACK TO HONG KONG

TWO LEYI ADMINISTRATION APARTMENT OR SAME GRADE



# SHENZHEN SPORT SCHOOL WRESTLING DEPARTMENT

8 MATS



HK\$2000/PER HEAD

- INCLUDED:
- 3 NIGHT ROOMS
- 3 MEALS A DAY  
(AUG 10 DINNER, 11, 12, 13 - BREAKFAST, LUNCH)
- SHUTTLE BUS 2 WAYS
- TRAINING EXCHANGE