

# 2026 年武术训练安排总表

Wushu Training Schedule 2026

注明 (Remark): 州队运动员需至少选择 两堂课。

- 选择 一堂课: 总收费 RM120
- 选择 二堂课: 总收费 RM200
- 选择 三堂课: 总收费 RM280
- 选择 四堂课: 总收费 RM320

State team athletes must choose at least two classes.

- Choose one class: total RM120
- Choose one class: total RM200
- Choose one class: total RM280
- Choose one class: total RM320

每堂训练课为两小时 Every training session duration is 2 hours.

## 培才二校



📍 Jln BU 3/1, Bandar Utama, 47800 Petaling Jaya, Selangor

📅 日期 (DATE)

星期二 Tuesday

⌚ 时间 (TIME)

8pm - 10pm

💰 学费 (FEES)

RM 120

📅 日期 (DATE)

星期三 Wednesday

⌚ 时间 (TIME)

8pm - 10pm

💰 学费 (FEES)

RM 120

### 训练内容 TRAINING CONTENT

1. 10岁以下 (Under 10 years) - D组套路晋级去C组套路。准备明年7月州赛选kpm
2. 10岁以下 (Under 10 years) - C组套路。准备明年7月kpm。11岁-13岁 B组套路准备明年7月州赛
3. 14岁以上 (14 years and above) - 自选和A组套路。准备5月全国赛和7月州赛
4. 后备队 (Reserve Team) - 学员一起学传统套路。准备明年7月州赛和全国传统武术锦标赛

# 武术体育学院训练中心



Dewan Badminton MBA, Multi Storey Car Park, Level RF, Jalan BP 7/11, Bandar Bukit Puchong, 47120 Puchong, Selangor

日期 (DATE)

**星期日 Sunday**

时间 (TIME)

**10am - 12pm  
12pm - 2pm**

学费 (FEES)

**依据堂課計單 學費為定  
2026  
1月18, 25 (RM60)  
2月1, 8 (RM60)  
3月1, 8, 15, 29 (RM120)**

日期 (DATE)

**星期三 Wednesday**

时间 (TIME)

**8pm - 10pm**

学费 (FEES)

**RM 120**

## 训练内容 TRAINING CONTENT

1. A组套路, 自选套路
2. B组套路
3. C组套路
4. D组套路
5. 太极套路
6. 传统套路

## 太极组 TAI CHI GROUP

### 培才二校



Jln BU 3/1, Bandar Utama, 47800 Petaling Jaya, Selangor

日期 (DATE)

**星期五 Friday**

时间 (TIME)

**8pm - 10pm**

学费 (FEES)

**RM 120**



## 武术体育学院训练中心

Dewan Badminton MBA, Multi Storey Car Park, Level RF, Jalan BP 7/11, Bandar Bukit Puchong, 47120 Puchong, Selangor

日期 (DATE)

星期日 Sunday

时间 (TIME)

10am - 12pm

学费 (FEES)

RM 120

### 💰 学费组合配套 FEE COMBINATION PACKAGES

#### Scenario 1: MBA Sunday Classes Only

- Select MBA Sunday classes (10am-12pm or 12pm-2pm) at Wushu Sport Academy
- RM30 per individual class session

Total: 依据堂課計單 學費為定 Fee calculated based on class dates

#### Scenario 2: Tuesday + Sunday (12pm-2pm)

- PC2 Tuesday 8pm-10pm (RM120)
- MBA Sunday 12pm-2pm (Fee calculated based on class dates)

Total: RM120 + Sunday fee calculation

#### Scenario 3: Tuesday Class Only

- PC2 Tuesday 8pm-10pm only

Total: RM120

#### Scenario 4: State Team 4 classes

- PC2 Tuesday 8pm-10pm
- PC2 Wednesday 8pm-10pm
- PC2 Friday 8pm-10pm (Tai Chi)
- MBA Sunday 12pm-2pm

Total: RM320 (4 classes per week)

#### Scenario 5: Two-Class Combinations For State Team

Option A: PC2 Tuesday 8pm-10pm + PC2 Wednesday 8pm-10pm

Option B: PC2 Tuesday 8pm-10pm + PC2 Friday 8pm-10pm

Option C: PC2 Tuesday 8pm-10pm + MBA Sunday 12pm-2pm

Total: RM200 (2 classes per week)

#### Scenario 6: Three-Class Combinations (RM280)

Option A: PC2 Tuesday 8pm-10pm + MBA Wednesday 8pm-10pm + MBA Sunday 12pm-2pm

Option B: PC2 Tuesday 8pm-10pm + PC2 Wednesday 8pm-10pm + PC2 Friday 8pm-10pm (Tai Chi focus)

Total: RM280 (3 classes per week)

#### 备注 REMARKS

- 学费缴付 Fee Payment: 学费需在每月10号之前缴付，并且把Receipt Update给教练以及Admin。
- 着装要求 Dress Code: 训练一定要穿武馆衣服和鞋子，具备衣服裤子鞋子