

Sports 精英體育 Excellence




匯豐銀行慈善基金優秀教練選舉頒獎典禮
Hongkong Bank Foundation Coaching Awards Presentation

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傑出教練在「2005匯豐銀行慈善基金優秀教練選舉」頒獎禮上獲嘉許

Tireless Coaches Honoured at the 2005 Hongkong Bank Foundation Coaching Awards Presentation

于立光：崇尚武德 訓練以人為本 Yu Liguang: The Coaching Philosophy of Wushu

武術精英：杜宇航和曾思敏 Wushu Elite: To Yu-hang & Angie Tsang

量度肌肉僵硬度的新方法 A New Method to Quantify Muscle Stiffness

太極拳虛實步態變換的動力學研究 Research on the Empty and Full Steps in Tai Chi Chuan

sports 精英體育 Excellence

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SPORTS INSTITUTE
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編者的話

優秀教練 體壇成就的幕後功臣



香港精英運動員在國際體壇上屢創驕人成績，致勝的關鍵除了在於運動員本身的技術發揮、投入拼搏和勤奮鍛煉外，教練們在背後的默默耕耘和孜孜不倦的訓練亦同樣重要。

90年代初設立的滙豐銀行慈善基金優秀教練選舉，正是向這群勞苦功高的教練予以肯定，而剛於四月二十三日圓滿舉行的2005滙豐銀行慈善基金優秀教練選舉共頒發五大獎項組別、合共63個獎項給表現超卓的教練，這也展示了香港體壇擁有一股強大的運動員培訓力量。

因此，我們特別挑選了四位獲得全年最佳教練獎的教練為今期《精英體育》封面人物，內文以圖文並茂報道頒獎禮當天盛會，包括各位獲獎教練的喜悅及嘉賓向教練致敬的精采時刻。

今期我們重點介紹中國武術，讓大家可以獲得更多武術知識 — 包括武術的源流、項目及基本技巧。體院武術總教練于立光會向大家分享他的教練之道，而武術運動員杜宇航和曾思敏亦會暢談他們的訓練生涯。

此外，運動科學及醫學發展一日千里，體院運動生理兼運動科學統籌主任蘇志雄及香港理工大學醫療科技及資訊學系副教授鄭永平博士介紹了有關監控肌肉僵硬度的最新發展，而運動生物力學專家張百鳴和朱栢強則發表了太極拳虛實步態的研究報告，讓讀者對精英體育最新的科研進展有更深的了解。

為配合2008奧運會及傷殘人士奧運會的馬術項目比賽場地的改建工程，體院總部將於今年十二月移師至烏溪沙青年新村。正當體院各同事忙於搬遷安排，我們亦不忘精英運動員訓練設施的長遠發展，今期我們亦會簡布有關重建體院計劃的進展。

一如以往，希望大家會賞心閱讀新一期的《精英體育》！

總編輯

鍾伯光博士



Editorial

Winning Coaches, Coaching to Win

We are delighted to witness the growing achievements of Hong Kong elite athletes in the international sporting arena. However, it takes more than an athlete's skill, commitment and hard work to produce a medal winning performance. The role their coaches play behind the scenes is critical to successful athletic performance.

That is why the Hongkong Bank Foundation Coaching Awards were initiated more than a decade ago, and it was once again gratifying to see our coaches receive their due recognition at the prestigious 2005 Hongkong Bank Foundation Coaching Awards Presentation which was successfully held on 23 April 2006. A total of 63 awards in five categories were made at the Presentation – an indication of the strength in depth that now exists in coaching across the Hong Kong sporting landscape.

To celebrate the occasion we have chosen the four Coach of the Year Awards winners for the cover of this edition, and have included in the magazine other snapshots of the winning coaches as well as tributes to our coaches by guests at the presentation ceremony.

In this issue, you will also discover more about wushu – its origins, disciplines and basic skills. Yu Liguang, HKSI Wushu Head Coach, shares with us his coaching philosophy and experience, while wushu athletes To Yu-hang and Angie Tsang talk about the life of a wushu athlete.

Sports science and sports medicine continue to develop at a frenetic pace. To keep readers up-to-date on the latest trends, our Sport Physiologist and Sports Science Coordinator Raymond So and Associate Professor of Department of Health Technology and Informatics of The Hong Kong Polytechnic University Dr Zheng Yong-ping give you an update on the monitoring of muscle stiffness, while Sport Biomechanics experts Cheung Pak-ming and Danny Chu deal with the subject of empty and full steps in Tai Chi Chuan.

To facilitate the conversion work of the premises into competition venues for the 2008 Beijing Olympic and Paralympic Games' equestrian events, the headquarters of the Hong Kong Sports Institute (HKSI) will relocate temporarily to the Wu Kai Sha Youth Village in December. While every colleague is busy preparing for the move, rest assured we are not ignoring the long-term development of our elite athlete training facilities. Progress on the HKSI Redevelopment Plan has been made and is reported in this issue.

As ever, I hope you will enjoy reading this issue of Sports Excellence!

Dr Chung Pak-kwong
Editor-in-Chief



傑出教練在「2005滙豐銀行慈善基金優秀教練選舉」頒獎禮上獲嘉許 Tireless Coaches Honoured at the 2005 Hongkong Bank Foundation Coaching Awards Presentation



各主禮嘉賓包括港協暨奧委會會長霍震霆議員（前排右五）、香港上海滙豐銀行有限公司執行董事王冬勝（前排右六）、體院主席李家祥博士（前排右七）、香港教練培訓委員會主席傅浩堅教授（前排右八）、頒獎嘉賓與得獎教練合照。

Group photo of officiating guests including Hon Timothy Fok, President of SF&OC (fifth from right, front row), Peter Wong, Executive Director of the HSBC (sixth from right, front row), Dr Eric Li, Chairman of the HKSI (seventh from right, front row), Professor Frank Fu, Chairman of the HKCC (eighth from right, front row), presenting guests and winning coaches.

體壇一年一度的盛事「滙豐銀行慈善基金優秀教練選舉」頒獎禮已於二零零六年四月二十三日舉行，大會共頒發63個獎項。五個獎項組別包括全年最佳教練獎、精英教練獎、傑出貢獻獎、最佳教練培訓工作者獎及社區優秀教練獎。是項活動由香港教練培訓委員會主辦、滙豐銀行慈善基金資助，藉此表揚過去一年一群致力協助香港運動員在國際體壇爭取佳績的優秀教練。

主禮嘉賓香港教練培訓委員會主席傅浩堅教授及香港上海滙豐銀行有限公司執行董事王冬勝，聯同逾200位體育界人士在香港君悅酒店舉行的頒獎禮上，向各位傑出教練致敬。

傅教授在典禮上致辭時衷心感謝這群出色的教練，帶領香港體壇渡過光輝的二零零五年。他說：「本地運動員去年在多項大型賽事中成績彪炳，除了運動員所付出的努力和投入訓練外，實在有賴他們的教練在背後默默支持，我們應該給予教練同等的讚賞。」

王冬勝亦讚揚本地教練為香港體壇所付出的努力，他說：「教練除了啟發和激勵運動員，更是他們的良師益友，協助他們面對成敗得失、作出鼓勵和循循善導，教練的付出絕對應得到認同，因此滙豐早在九零年代已開始資助教練培訓計劃和優秀教練選舉。」

今屆選舉共有41位精英教練獎得主，他們於二零零五年帶領運動員或運動隊伍，在國際大型運動會如全國運動會、亞洲及世界錦標賽等奪取驕人成績；而16位獲頒社區優秀教練獎的教練，均在過去三年在社區層面對運動員及教練培訓有特別貢獻。

在個人項目高級組，曾帶領香港武術隊在越南舉行的第八屆世界武術錦標賽中獲得兩金兩銀的于立光教練奪得最佳教練殊榮。他曾奪一九九六、一九九九年及二零零三年全年最佳教練獎。在團體項目高級組，同樣曾奪得二零零三年全年最佳教練獎的崔小燕今年再奪榮譽。香港弱智人士女子乒乓球隊在她的指導下，在第四屆國際智障人士體育聯盟世界乒乓球錦標賽贏得兩面金牌。

青少年組方面，風帆教練黃德森連續第五年獲得個人項目的殊榮，團體項目的榮銜則由壁球教練蔡玉坤奪得。黃教練曾帶領年輕新星在亞洲滑浪風帆錦標賽2005中勇奪一金一銀的佳績。香港壁球隊在蔡教練悉心栽培下去年成績亦令人讚嘆，女子壁球青少年隊分別在第十一屆世界女子青少年錦標賽及第十二屆亞洲青少年壁球錦標賽中勇奪金牌。

此外，前中國劍擊隊成員王銳基教練帶領香港傷健劍擊隊逾十年，贏過無數獎項，今年獲嘉許傑出貢獻獎。拯溺教練楊偉文則獲得最佳教練培訓工作者獎。

自一九九二年至今，滙豐銀行慈善基金為香港教練培訓計劃提供超過港幣1,600萬元的資助，為本地教練培訓工作的發展提供不可或缺的資源，歷年來逾19,000人次的教練獲評級或曾參與培訓計劃所舉辦之培訓課程，而優秀教練選舉活動亦自一九九三年展開。傅教授向這個長期夥伴致以衷心感激，並說：「這些年來，我們喜見各界對優秀教練的認同與日俱增。」

香港教練培訓委員會在一九九一年由中國香港體育協會暨奧林匹克委員會（港協暨奧委會）及香港體育學院聯合組成，目的是為本地教練培訓事業確立一套完善的發展模式。



香港教練培訓委員會主席傅浩堅教授（右一）、香港上海滙豐銀行有限公司執行董事王冬勝（右四）、體院主席李家祥博士（左二）、及體院院長鍾伯光博士（左一）與部份出席為教練打氣的運動員在頒獎禮上喜相逢。

Professor Frank Fu, Chairman of the HKCC (first from right), Peter Wong, Executive Director of the HSBC (fourth from right), Dr Eric Li, Chairman of the HKSI (second from left) as well as Dr Chung Pak-kwong, Chief Executive of the HKSI (first from left) meet with some Hong Kong athletes who come to cheer for their coaches at the Presentation.

A total of 63 awards were given at the 2005 Hongkong Bank Foundation Coaching Awards Presentation on 23 April 2006. These included awards in five categories, namely the Coach of the Year Awards, the Distinguished Services Award for Coaching, the Coach Education Award, the Coaching Excellence Awards, and the Community Coach Recognition Awards. Presented by the Hong Kong Coaching Committee (HKCC), and funded by the Hongkong Bank Foundation (HBF), the prestigious award aims to recognise the achievements of coaches in Hong Kong who have been providing valuable support to Hong Kong elite athletes for the past whole year.

More than 200 guests from the local sports community joined Professor Frank Fu, Chairman of the HKCC, and Peter Wong, The Hong Kong and Shanghai Banking Corporation Limited (HSBC) to pay tribute to the achievements of Hong Kong coaches at the Grand Hyatt Hong Kong.



頒獎嘉賓與四位全年最佳教練獎得主一起祝願香港體壇在2006亞運會再創高峰。
Presenting guests and four recipients of the Coach of the Year Awards make a wish together for the success of Hong Kong athletes at the 2006 Asian Games.

During the ceremony, Professor Fu delivered a heart-felt thank you to all coaches who had steered Hong Kong sports to another successful year in 2005. He said, "Our athletes have returned with remarkable results from a number of major games in 2005. While no one will doubt their hard work and commitment for the achievements, their coaches also deserve equal recognition for the efforts they have made to help these athletes."

Peter Wong also expressed his gratitude to coaches for their contribution to local sport, "Coaches are more than just masters of motivation. They are also mentors, counsellors, instructors and friends, providing praises, sympathy, encouragement, and guidance. They should also get the recognition they deserve. That's why the HBF has been funding the Coach Education Programme and the Awards since the early 1990s to acknowledge the importance of coaches in developing athletes."

Of all the award recipients, 41 coaches won the Coaching Excellence Awards for having led an athlete or a team to achieve outstanding performance at major international competitions such as the National Games, and the Asian and World Championships in 2005. The Community Coach Recognition Awards were presented to 16 coaches who were adjudged to have made a special contribution to the development of athletes and coaches within the community for a period of three consecutive years.

For Coach of the Year Awards in senior athletes category of individual sport, wushu coach Yu Liguang was honoured with his achievement in guiding his team to two gold and two silver medals at the 8th World Wushu Championships in Vietnam. Yu had also been awarded Coach of the Year in 1996, 1999 and 2003.

In team event of the senior athlete category, the honour went to Cui Xiaoyan, a table tennis coach for mentally handicapped sports. She was also a recipient of Coach of the Year Awards of 2003. Cui helped female disabled table tennis team to win two gold medals at the 4th INAS-FID Table Tennis World Championships.

In junior category, windsurfing coach Wong Tak-sum took the title of Coach of the Year for the fifth year in individual sport. He helped the windsurfers to capture one gold and one silver medals at the 2005 Mistral Asian Windsurfing Championships. In team sport, squash coach Choi Yuk-kwan was the title's winner. He led the junior female squash team to victory with two gold medals at the 11th World Junior Women's Squash Championship and the 12th Asian Junior Squash Championship.

Wang Ruiji, an ex-member of the formidable China fencing team and a fencing coach serving both able-bodied athletes and those with physical disability in Hong Kong for more than 10 years with a long list of achievements, won the Distinguished Services Award for Coaching while Yeung Wai-man of life-saving was the winner for the Coach Education Award.

The HBF has been lending staunch support to coach education since 1992. Over the years, more than HK\$16 million has committed to the Hong Kong Coach Education Programme enabling over 19,000 coaches to receive accreditation and training. The Awards programme has

been held since 1993. Professor Fu expressed his gratitude to HBF's unfailing support, saying "We at the HKCC are delighted to see the gradual improvement on recognition offered to coaches in Hong Kong throughout these years."

Being a joint committee of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC), and the Hong Kong Sports Institute set up in 1991, the HKCC aims to build an infrastructure conducive to shaping the development of coach education in Hong Kong.



大會以紅地氈鋪設「星光大道」，藉此向一群不辭勞苦，全情投入體育事業的教練致敬。全年最佳教練獎得主——體院武術總教練于立光在「星光大道」上留影。

The setting of "Star Avenue" is to pay tribute to coaches for their hard work and commitment to sports over the past years. Yu Liguang, HKSI Head Wushu Coach, also winner of the Coach of the Year Awards, walks along the Avenue to receive the honour.



所有嘉賓一起揮動「星星棒」向一群默默耕耘的教練致敬。
All guests waving the "star sticks" together to pay tribute to coaches.

全年最佳教練獎

Coach of the Year Awards

銀行慈善基金優秀教練選舉頒獎 Hongkong Bank Foundation Coaching Awards Presentation



體院主席李家祥博士(左一)與香港上海滙豐銀行有限公司執行董事王冬勝(右一)頒獎予全年最佳教練獎(團體項目青少年組)得主體院壁球總教練蔡玉坤。
Winner of the Coach of the Year Awards (junior athletes, team event), HKSI Head Squash Coach Choi Yuk-kwan (centre), receive the award from Dr Eric Li, Chairman of the HKSI (first from left) and Peter Wong, Executive Director of the HSBC (first from right).

Bank Foundation Coaching Awards Presentation



全年最佳教練獎(團體項目高級組)得主崔小燕獲運動員送上鮮花祝賀。
An athlete congratulating winner of the Coach of the Year Awards (senior athletes, team event) Cui Xiaoyan with flowers.



全年最佳教練獎(個人項目青少年組)得主風帆教練黃德森分享得獎心聲。
Winner of the Coach of the Year Awards (junior athletes, individual sport), Windsurfing Coach Wong Tak-sum shares after receiving the award.

滙豐銀行慈善基金優秀教練選舉頒獎典禮 Hongkong Bank Foundation Coaching Awards Presentation



港協暨奧委會會長霍震霆議員(左一)與香港上海滙豐銀行有限公司執行董事王冬勝(右一)頒獎予全年最佳教練獎(個人項目高級組)得主體院武術總教練于立光。
Hon Timothy Fok, President of SF&OC (first from left) and Peter Wong, Executive Director of the HSBC (first from right), present the award to the winner of the Coach of the Year Awards (senior athletes, individual category), HKSI Head Wushu Coach Yu Liguang (centre).

傑出貢獻獎

Distinguished Services Award for Coaching

銀行慈善基金優秀教練選舉頒獎典禮 Hongkong Bank Foundation Coaching Awards Presentation



獲傑出貢獻獎的體院劍擊總教練王銳基(左)從港協暨奧委會義務秘書長彭冲手中接過獎項。
Wang Ruiji, HKSI Head Fencing Coach (left), winner of the Distinguished Services Award for Coaching, with Pang Chung, Hon Secretary of SF&OC.

最佳教練培訓工作者獎

Coach Education Award

滙豐銀行慈善基金優秀教練選舉頒獎典禮 Hongkong Bank Foundation Coaching Awards Presentation



獲最佳教練培訓工作者獎的拯溺教練楊偉文與頒獎嘉賓教練選舉評審團主席梁美莉教授。
Yeung Wai-man of life-saving, winner of the Coach Education Award, and the presenter Professor Leung Mee-lee, Chairman of the Coaching Awards Sub-committee.

社區優秀教練獎

Community Coach Recognition Awards



社區優秀教練獎得主 (左起)：李志堅 (足球)、陳偉程 (劍擊)、潘俊傑 (硬地滾球)、何中二 (籃球)、謝國權 (棒球) 及黎振雄 (田徑) 與頒獎嘉賓體院董事局成員范錦平 (左四)。

Recipients of the Community Coach Recognition Awards include (from left): Lee Chi-kin (football), Chan Wai-ching (fencing), Poon Chun-kit (boccia), Ho Chung-ye (basketball), Tse Kwok-kuen (baseball) and Lai Chun-hung (athletics), and the presenter John Fan, Board of Director of the HKSI (fourth from left).



社區優秀教練獎得主 (左起)：林杭貴 (武術)、梁承楷 (三項鐵人)、郭啟業 (三項鐵人)、郭大明 (賽艇)、熊錦盛 (拯溺)、李兆剛 (野外定向) 及黃永業 (手球) 與頒獎嘉賓體院董事局成員及港協暨奧委會副主席馮劉掌珠 (左四)。

Recipients of the Community Coach Recognition Awards include (from left): Lam Hong-kwai (wushu), Leung Sing-kai (triathlon), Kwok Kai-yip (triathlon), Kwok Tai-ming (rowing), Hung Kam-sing (life-saving), Lee Siu-kong (orienteering) and Wong Wing-yip (handball), and the presenter Vivien Fung, Board of Director of the HKSI & Vice-President of SF&OC (fourth from left).

精英教練獎

Coaching Excellence Awards



精英教練獎得獎教練投下心意咭，表示他們將會繼續全力支持香港體壇。
Recipients of the Coaching Excellence Awards drop "heart-shaped card" to signify their continuous commitment to Hong Kong Sport.



各精英教練獎得獎者大合照。
Recipients of the Coaching Excellence Awards.



于立光

Yu Liguang

崇尚武德

訓練以人為本

The Coaching Philosophy
of Wushu

現任體院武術總教練的于立光，原本在中國哈爾濱師範大學體育系教研室當武術教授，一九九五年應香港武術聯會和體院的邀請，以優才身份來港擔任武術總教練，迄今達11年。于教練三度獲「滙豐銀行慈善基金優秀教練選舉」全年最佳教練獎，先後培育了九位世界級金牌武術運動員，他將會與大家分享他的教練之道。

「我就在這裏等你。」

在香港這片彈丸之地，要教授武術談何容易？于教練說，跟其他國家不同，學習武術的年輕運動員都不是專業的，大部份運動員只能利用課餘時間來練習；再加上香港是一個多元文化的繁盛都市，選擇甚多，家長要培育子女，武術亦非唯一的選擇。于教練說，有些運動員聲稱已習武四、五年，看起來卻只像學了幾個月，就是因為練習不足的緣故，一星期只練習一次，怎能有好成績？

正所謂「巧婦難為無米炊」，為了遷就運動員，于教練不辭勞苦，分設早午晚三個訓練時段，他說：「你（運動員）甚麼時候來，我就在這裏等你。」十分豪情壯語，而他亦會因應學習者的心理特性、當時情況及環境設計適合的訓練方法，目的是「先讓他進來」，再抓緊訓練的機會。在訓練的過程中，他會盡量構想出一些動作的變化，不會完全沿用中國內地的一套，以免枯燥。

習武者先要明白武術要義

「武術是中國文化寶庫內的一顆珍珠，是中國人民在長期生活中不斷積累、發展、創造的活動。與其他體育運動不同，武術的起源就是在中國，通過學習武術，既可鍛煉民族的自信心和自強感，亦可以培養出一種愛民族愛祖國的情操。」于教練強調，學習武術，最重要還是要讓運動員和家長認識武術，建立一個正確的概念。

此外，于教練亦認為，對武術有修養，明白習武講求武德、武道、武風，整體技巧亦會改進。他引述《武德訓》一文，作為習武者的格言——

「未曾學藝先學禮，未曾習武先習德。缺德者不可與之學，喪理者不可教之武。習武者應不謀利而秉大義，不畏強暴而捨己身。」《武德訓》

難忘的片段

在香港11年的教練生涯中，于教練說有太多難忘的片段了。「每當看到運動員在頒獎台上，特區旗幟升起，奏出國歌，當然感到十分開心；然而，當運動員因傷或其他原因輸了比賽，就是教練最心痛的時候。」

「記得一九九七年五月，香港武術隊在第二屆東亞運動會中取得當時唯一一面代表香港體育界的金牌，當時大會升起了香港的旗幟，那是九七回歸前，香港旗幟最後一次在國際賽事上飄揚，半年後，香港武術隊又在羅馬舉行的第七屆世界武術錦標賽中奪標，香港區旗首次在世界錦標賽事上飄揚，真教人興奮。」

真心關注運動員的成長

不過，更令人動容的，是于教練對運動員真摯的關心。「作為良師益友，你可以給運動員甚麼呢？你有錢便提供物質，卻不會在他們的人生道理上作出指點，那就不算是真心關心他們，所以我除了在武術基礎上向運動員作出指點，希望栽培他們成為金牌選手，我還會鼓勵他們在個人修養上努力，積極修練人生，日後成為世界上和社會上有用的人。」

于教練在過去的教練生涯正正把自己的理想付諸實踐，身體力行。大家熟悉的世界級金牌武術運動員，包括吳小清、張萬強、鄭家豪等，就是在他的鼓勵下積極修養人生，踏進大學的門檻；他更親自與北京體育大學取得聯繫，讓羅雅菁、周定宇等數位取得世界錦標賽三甲名次的運動員順利免試入學。他要讓他們看得到自己的前景，明白武術以外另有洞天。于教練坦言，他的心情是矛盾的，因為學生專注學業就難免令練習時間減少，但他仍然堅持，只要在上課方面給予彈性和盡量配合運動員的需要，雖然完成學業所需的時間可能較長，但運動員仍可兼顧學業。

未來的心願

談到自己的心願，于教練揚言希望在他退休之前能夠多栽培三位世界級金牌運動員，連同原有的九位世界級金牌運動員，包括吳小清、梁日豪、李暉、張萬強、周定宇、鄭家豪、羅雅菁、杜宇航及曾思敏，就湊合成「一打」的金牌佳績。作為教練，這會令他開心、滿足，也就是對他過去努力的回報和認同。



香港武術隊在一九九七年十二月舉行的第七屆世界武術錦標賽中奪標，香港特區區旗首次在世界體育賽事上飄揚。
Hong Kong wushu's winning team at the 7th Wushu World Championships in December 1997. HKSAR's flag was raised for the first time at a world sporting event.



對教練來說，運動員接受艱苦訓練後取得獎牌，是一種莫大的回報。
A greatest reward for coach - witnessing athletes' win after training hard.



比賽過後，于立光教練（左四）與一群武術運動員圍席而坐，輕鬆一番。體院院長鍾伯光博士（右六）也參與其中，支持運動員。

Yu Liguang (fourth from left) and his athletes enjoying a big meal after a big competition. HKSI Chief Executive Dr Chung Pak-kwong (sixth from right) delighted to show his support.

于教練的建議

于教練傳授給同業的三大心得：

- 當運動員的良師益友，關心他們的成長。
- 身教勝言教，以身體力行來潛移默化，薰陶和感染他們。
- 教學以人為本，要全面建立，造就他們成材。

家長可以怎樣培育子女成為優秀的武術運動員？

香港武術聯會設有不同程度的武術裝備班，適合不同年齡兒童參加，學員達至特定水平可獲級別徽章，以作鼓勵。此外，香港體育學院設有體壇明日之星甄選計劃，從而發掘具潛質的年輕運動員接受專業訓練。家長如欲得知更多有關武術裝備班資料，可瀏覽香港武術聯會網址：www.hkwushuu.com.hk 或致電2504 8226 查詢。

HKSI's wushu head coach has been in Hong Kong since 1995, following a spell as a professor in the Harbin Normal University sports faculty in China. He is a three time winner of the Coach of the Year Award at the Hongkong Bank Foundation Coaching Awards and has coached and developed nine wushu world champions. Here he shares with us his views on coaching.

" I'll be waiting for you ! "

Training athletes in Hong Kong is not easy. Unlike other countries, where athletes mix training and study, young athletes in Hong Kong usually only have time to practise after school. In addition, Hong Kong, as a multi-cultural and well-developed city, offers its children a wealth of choice on how to spend their down time - wushu is just one of the many activities available. According to Coach Yu, this often means that some athletes are kept at beginners' level even though they have spent four or five years on training, simply because they lack practice. "How can they perform well if they only train once a week?" he asks pointedly.

To overcome this problem, Coach Yu usually arranges three training sessions in a day. "Whenever you (the athletes) are available, I'll be waiting for you!" he says. "The first thing I do is to stimulate their interest when they take up wushu, then I seize every opportunity to train them well." To ensure the training sessions are interesting, he regularly adjusts his training method to match the characteristics and needs of the athletes as well as the environment in which they train.

Understanding the essence of wushu

Yu Liguang stresses the importance of ensuring that athletes and their parents understand the essence of wushu before



于立光教練（左二）與他的得意弟子（左起）：梁日豪、羅雅菁及吳小清。
Yu Liguang (second from left) and his athletes (from left): Leung Yat-ho, Lo Nga-ching and Ng Siu-ching.



于立光訓練運動員的情況。
Yu Liguang and athletes during training.

learning the sport. "Wushu is highly valued in Chinese culture. The sport originated in China, unlike other sports which have been introduced from overseas. It is an activity created by Chinese people, after a long period of evolution and development. I believe this means that through practising wushu, Chinese can develop their pride and passion for our nation."

Yu Liguang also believes that once the athletes know and understand the essence of wushu including its virtues, morals and manners, and their skills will improve. He quotes from the article "Lesson on wu-de" as a motto for wushu athletes :

"Before learning the art and skills, learn the proper manner first, before learning the art of wushu, learn the virtue first.
Don't ever learn with the unscrupulous,
don't ever teach with the irrational.
Wushu learners should uphold justice and should not bother with wealth and profit,
they should make self-sacrifice and should not be frightened by violence." ~ Lesson on wu-de

Unforgettable moments

Throughout 11 years of coaching in Hong Kong, he recalls many unforgettable moments. Yu Liguang has been delighted to witness his athletes winning awards, seeing the flag of HKSAR raised at the international sporting competitions, and hearing the national anthem. He recalls two extra special moments.

"In May 1997, Hong Kong's wushu team won a gold medal at the 2nd East Asian Games, which was our only gold medal at the Games. This was the last time before the handover of sovereignty that the Hong Kong flag was raised at an international sporting competition. Six months after the handover, the Hong Kong wushu team won again at the 7th World Wushu Championships in Rome which marked the first appearance of the HKSAR flag at a World Championships. It was exciting."

True care for athletes

Coach Yu's great care for his athletes and willingness to be a good teacher and friend of his students makes a strong impression. "What does a coach provide for his athletes? If you are rich and only provide them with materialistic support, but no guidance on life, it is meaningless. So as well as teaching the basic skills in wushu, and even leading the very best to become world champions, I also encourage them to strive for self-development, to cultivate and equip themselves to make a personal contribution to the world and society."

Yu Liguang puts his idea into practice. Famous wushu world champions like Ng Siu-ching, Cheung Man-keung, Cheng Ka-ho all started their university life under Yu's guidance. He also liaised directly with Beijing Sport University to secure examination exemption for several world championship medallists including Lo Nga-ching and Chow Ting-yu. He encourages athletes to broaden their horizons and lets them understand that there is more to life than simply wushu. Coach Yu revealed that he does have a dilemma when it comes to letting athletes study which reduces the time available for wushu training. Nevertheless, he insists on trying to ensure the right balance by allowing flexibility for athletes in attending classes and matching their needs. Although time required for completing the courses may be longer, athletes would find it the best way to facilitate them in managing both areas well.

Hopes for the future

Coach Yu hopes to nurture three more world champions before he retires. Together with his existing nine world champions, including Ng Siu-ching, Leung Yat-ho, Li Fai, Cheung Man-keung, Chow Ting-yu, Cheng Ka-ho, Lo Nga-ching, To Yu-hang and Angie Tsang, Coach Yu would like to have played his part in the development of a dozen world champions. If he achieves this goal, Coach Yu will be very contented. It would be a great reward and recognition for his effort over the years.



武術運動重視武德，運動員訓練前後均向老師行抱拳禮。
Emphasising virtue: athletes are required to salute the coach before and after training.

Coaching Tips

Coach Yu offers three tips for any aspiring coach :

- Be a mentor and friend of athletes, and take care of their personal growth.
- Be a role model and try to influence athletes gradually. How you behave as a coach is more important than words.
- Help athletes to develop all-round skills and to excel in everything that they do.

How can parents nurture their children to become outstanding wushu athletes?

The Hong Kong Wushu Union organises preparatory classes at different skill levels targeting children of different ages. Athletes are awarded badges to recognise their achievements at different stages. In addition, the HKSI organises the Searching for New Sport Stars programme to identify potential young athletes for further intensive training. Parents may visit the website of the Hong Kong Wushu Union at www.hkwushuu.com or call 2504 8226 for more information about the training classes.



傑出青少年運動員選舉周年慶典暨 二零零六年第一季選舉頒獎典禮

2005 Annual Celebration & Prize Presentation for the Outstanding Junior Athletes for the 1st Quarter of 2006



主禮嘉賓體院主席李家祥博士(後排左九)、屈臣氏集團企業傳訊總監倪文玲(後排右六)、港協暨奧委會副會長余國樑(後排左七)、體記協會執委會主席朱凱勤(後排左六)及特別嘉賓正富資產管理有限公司董事總經理龐愛蘭(後排右八)，與一眾嘉賓及二零零五年獲提名的傑出青少年運動員聚首一堂，慶祝去年在國際體壇取得佳績。

The officiating guests, Dr Eric Li, Chairman of the HKSI (ninth from left, rear row), Malina Ngai, Director of Corporate Communications & PR of the A.S. Watson Group (sixth from right, rear row), Tony Yue, Vice-President of the SF&OC (seventh from left, rear row), Chu Hoi-kun, Executive Committee Chairman of the HKSPA (sixth from left, rear row) and special guest Scarlett Pong, Managing Director of the Realchamp Asset Management Limited (eighth from right, rear row), celebrating with the guests and the nominees of the 2005 Awards the international sporting success achieved last year.

為表揚青少年運動員多年來的努力及慶祝二零零五年勇創佳績，體院於五月二十五日舉行屈臣氏集團/香港體育學院傑出青少年運動員選舉周年慶典暨二零零六年第一季選舉頒獎典禮。

是項活動由體院主席李家祥博士、屈臣氏集團企業傳訊總監倪文玲、中國香港體育協會暨奧林匹克委員會(港協暨奧委會)副會長余國樑及香港體育記者協會(體記協會)執委會主席朱凱勤主禮。在二零零五年，逾40位本地青少年運動員被提名角逐是項殊榮，當中12位榮膺「傑出青少年運動員」的榮譽；六位則獲頒「優異獎狀」，他們都應邀出席活動，並獲大會頒贈嘉許狀，以示鼓勵，並祝願他們繼續努力，成績更上一層樓。

是項選舉由香港體育學院主辦及屈臣氏集團贊助，並得到港協暨奧委會及體記協會的鼎力支持，每季均表揚有傑出表現的本地青少年運動員，每位得獎者均獲頒獎狀、現金獎港幣2,500元及價值港幣2,500元的運動用品禮券。

自一九九九年成立以來，逾52位運動員被推選為傑出青少年運動員。李博士感謝屈臣氏集團自二零零三年起對是項選舉的支持，他表示：「過往的『傑出青少年運動員』在體壇上發光發熱，並為香港帶來榮譽。他們正是現時冒起的新秀所學習的榜樣，鼓勵年輕一代奮發向上，爭取佳績。」

四位體壇新秀包括蒙筠怡及陳祉嘉(羽毛球)、廖梓苓(壁球)及孫嘉兒(游泳)榮膺屈臣氏集團/香港體育學院二零零六年第一季傑出青少年運動員。此外，三位成績優異的候選運動員——謝旻樹(游泳)、司徒兆殷及陳以高(三項鐵人)獲頒發優異獎狀。

羽毛球運動員蒙筠怡及陳祉嘉憑藉在三月舉行的荷蘭青少年羽毛球公開錦標賽勇奪女雙銅牌的佳績，雙雙奪得今次殊榮。

蒙筠怡表示：「這項選舉大大激勵年青運動員爭取更好的成績。我非常感謝我的教練、家人和朋友給予我的教導、鼓勵和支持。我會繼續努力，期望能夠達到更高的世界排名。」

蒙筠怡的隊友、年僅15歲的陳祉嘉對於獲得殊榮表現得很高興，她說：「得到獎勵當然是十分開心，這亦證明自己的努力得到認同。我希望與我的教練分享這個榮譽，以答謝他多年來的關懷和指導。」陳祉嘉現就讀於浸信會呂明才中學中四級。

15歲的壁球新星廖梓苓在一月舉行的英國青少年壁球公開賽擊敗來自13個國家超過40位好手並奪得一面銅牌，因而獲得評審團垂青，在得悉獲選後，她表示既驚且喜：「今季其他候選人亦有不俗的成績，能夠獲獎實在十分高興。」廖梓苓是在參加小型壁球比賽時被教練發掘，並於二零零一年接受系統式訓練。

在三月舉行的第七屆亞洲游泳錦標賽中奪得一面銅牌的孫嘉兒得知獲獎非常雀躍，「這是我首次被提名，更沒有想過會得獎，然而這次獲得嘉許鼓勵我更加倍用功，在未來的賽事中突破佳績。」孫嘉兒就讀於香港浸會大學副學士一年級。

是次頒獎典禮更安排了「理財活學·活用」的工作坊，並邀請到「十大傑出青年」(1998年)、正富資產管理有限公司董事總經理龐愛蘭女士，與運動員分享個人財務管理及計劃的心得，增進他們生活所需的基本知識。

To mark the outstanding achievements in 2005 and to show appreciation to the hard work of the athletes over the years, an annual celebration together with the prize presentation for the A.S. Watson Group/Hong Kong Sports Institute Outstanding Junior Athletes for the first quarter of 2006 was held on 25 May 2006 at the HKSI.

Officiated by Dr Eric Li, Chairman of the HKSI, Malina Ngai, Director of Corporate Communications & PR, A.S. Watson Group, Tony Yue, Vice-President of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and Chu Hoi-kun, Executive Committee Chairman of the Hong Kong Sports Press Association (HKSPA), the presentation marked as a celebration of success of young athletes in 2005. Last year, more than 40 local junior athletes were nominated, with 12 outstanding sportsmen and sportswomen being honoured with "Outstanding Junior Athletes" and six being presented with Certificate of Merit. They were presented at the function with Certificate of Merit by the HKSI, wishing them future sporting success.

Presented by the Hong Kong Sports Institute with the sponsorship of the A.S. Watson Group, as well as the support from the SF&OC and the HKSPA, the Awards scheme aims to recognise the achievement of local junior athletes on a quarterly basis. Each of the recipients received a cash prize of HK\$2,500, a sports gear voucher of HK\$2,500 and a Certificate of Merit.

Since its inauguration in 1999, the Awards scheme has recognised 52 athletes. "We are delighted to see the juniors who are previously recognised through the Scheme, sparkle in their sports and bring glory to Hong Kong in major international competitions. This encourages the up-and-coming juniors to keep up with their good work and strive for sporting excellence," said Dr Li. He also thanked the A.S. Watson Group for providing support to the Awards scheme since 2003.

Badminton players Mong Kwan-yi and Chan Tsz-ka, Liu Tsz-ling of squash and Suen Ka-yi of swimming have been honoured A.S. Watson Group/Hong Kong Sports Institute Outstanding Junior Athlete Awards title for the first quarter of 2006 at today's ceremony. Certificates of Merit were also presented to Geoffrey Cheah of swimming,

Szeto Shiu-yan and Chan Ye-ko of triathlon as a recognition of their remarkable performances.

Badminton players Mong Kwan-yi and Chan Tsz-ka claimed the title after winning a bronze medal in the Dutch Junior Open Championship held in March.

"The Award boosts juniors to strive for sporting excellence. I really appreciate to receive the honour and would like to thank my coaches, family and friends for their encouragement, guidance and support to me. I will keep working hard, aiming to gain a higher world ranking in the coming year," said 18-year-old Mong.

Chan Tsz-ka, 15, paired with Mong Kwan-yi, to win this Award, "I am very happy to win this Award which is a great recognition for my hard work and effort. I would like to share this honour with my coach in appreciation of his care and guidance over the past years," said fourth form student of Baptist Lui Ming Choi Secondary School.

15-year-old Liu Tsz-ling of squash, won over 40 players from 13 countries to clinch a bronze medal in the British Junior Open 2006 held in January which gave her a winning edge in this Award. "I am surprised yet delighted to win the Award as there are many strong competitors for this quarter." Having begun formal training in 2001 after being identified in a local competition by her coach, she would like to thank her coach for his support.

Suen Ka-yi, as a first-time winner of this Award, has been excited to win this honour, "This is my first time to be nominated and I have never thought of winning the Award. This is a great encouragement for my pursuit in the upcoming competitions," said Year 1 Associate Degree student of the Hong Kong Baptist University, who captured a bronze medal at the 7th Asian Swimming Championships in March.

The occasion also showcased a workshop on "Financial Management-Theories & Application" which was hosted by Scarlett Pong, 1998 Ten Outstanding Young Persons Award winner and Managing Director of the Realchamp Asset Management Limited. Ms Pong shared with the athletes on personal financial planning and management, enriching their life skills knowledge outside sports.

Watson Group/Hong Kong Sports Institute Outstanding Junior Athlete Awards 2005 Annual Presentation & Prize Presentation for 1st Quarter 2006



頒獎嘉賓 屈臣氏集團主席李家祥博士(後排右二)、屈臣氏集團企業傳訊總監倪文玲(後排右三)、港協暨奧委會副會長余國樑(後排左一)、體記協會執委會主席朱凱勤(後排左二)及正富資產管理有限公司董事總經理龐愛蘭(後排右一)恭賀四位榮膺屈臣氏集團/香港體育學院二零零六年第一季傑出青少年運動員(前排左起): 孫嘉兒(游泳)、陳祉嘉(羽毛球)、廖梓苓(壁球)、蒙筠怡(羽毛球), 以及獲頒發優異獎狀的運動員司徒兆殷(三項鐵人)。

Presenting guests, Dr Eric Li, Chairman of the HKSI (second from right, rear row), Malina Ngai, Director of Corporate Communications & PR of the A.S. Watson Group (third from right, rear row), Tony Yue, Vice-President of the SF&OC (first from left, rear row), Chu Hoi-kun, Executive Committee Chairman of the HKSPA (second from left, rear row) and Scarlett Pong, Managing Director of the Realchamp Asset Management Limited (first from right, rear row) congratulating the recipients of the A.S. Watson Group/HKSI Outstanding Junior Athlete Awards for the 1st Quarter of 2006 (from left, front row): Suen Ka-yi of swimming, Chan Tsz-ka of badminton, Liu Tsz-ling of squash, Mong Kwan-yi of badminton and the recipient of Certificate of Merit Szeto Shiu-yan of triathlon.



頒獎典禮盛況。
A scene in the Awards ceremony.

屈臣氏集團/香港體育學院傑出青少年運動員選舉
A.S. Watson Group/Hong Kong Sports Institute
Outstanding Junior Athlete Awards

二零零六年第一季得獎者 Recipients for the First Quarter of 2006

陳祉嘉
Chan Tsz-ka

羽毛球 Badminton

年齡 Age 15

荷蘭青少年羽毛球公開錦標賽
女雙銅牌

Bronze medal, girls' doubles,
Dutch Junior Open
Championships



蒙筠怡
Mong Kwan-yi

羽毛球 Badminton

年齡 Age 18

荷蘭青少年羽毛球公開錦標賽
女雙銅牌

Bronze medal, girls' doubles,
Dutch Junior Open
Championships



孫嘉兒
Suen Ka-yi

游泳 Swimming

年齡 Age 18

第七屆亞洲游泳錦標賽女子50米蛙泳銅牌
Bronze medal, 50m women's breaststroke,
7th Asian Swimming Championships

廖梓苓
Liu Tsz-ling

壁球 Squash

年齡 Age 15

英國青少年壁球公開賽十五歲以下組別女單銅牌
Bronze medal, under 15 girls' singles,
British Juinior Squash Open 2006



武術精英：杜宇航和曾思敏

Wushu Elite : To Yu-hang & Angie Tsang

問：何時開始參與武術運動？為甚麼對武術感興趣？

杜：我的父母均喜歡武術活動，在我六歲開始，便安排我參加坊間開辦的武術班。兩年後，我參加比賽獲獎，之後便繼續學習，亦在一九九四年加入體院青少年集訓隊。

曾：從小到大，媽媽都會替我報讀一些興趣課程。大約在十歲的時候，一次偶然的機會，我認識了我的武術啟蒙老師夏德建，他本身擅長舞獅，於是我便由學習傳統舞獅動作開始，再接受武術訓練，並在一九九四年加入了青少年集訓班，一直練習至今。

Q : When did you start learning wushu and why are you interested in it ?

To : My parents enjoyed wushu. When I was six-year-old, I started learning wushu in interest class. Two years later, I won awards in competitions, which encouraging me continue practicing the sport. In 1994, I was selected as a member of the HKSI's youth squad.

Tsang : My mother was always arranging for me to attend special classes when I was young. When I was 10 years old, I met my mentor Ha Tak-kin, who was an expert in lion dancing, so I first started learning this traditional martial art before taking up wushu training. From then on I have kept on learning and was recruited as a member of Hong Kong's youth squad in 1994.



問：訓練過程遇到甚麼困難而又如何克服？

杜：在接受訓練的過程中，畢竟年紀尚小，思想和能力均欠成熟，卻又經常跟前輩們比較，容易感到吃力。

曾：練習武術久了，會以為自己掌握得很好，卻往往又會在這時覺得力不從心，愈想突破，愈難完成。另外，有時候練習多了太疲倦，會希望自己受傷，以便可多休息一兩天；不過，當真的不幸受傷時，整個人又會焦急起來。去年參加東亞運動會賽事，賽前便碰上腰患，令我無奈地要犧牲訓練時間來接受治療，希望儘快痊癒。

Q : What difficulties have you encountered in training ? How did you resolve the situation ?

To : Perhaps because I was quite young when I took up intensive training, I was a bit immature mentally and physically and I always tried to compare my performance with the seniors, which made me feel frustrated.

Tsang : Years of training have made me believe that I can manage the actions very well, yet sometimes my expectations are simply too great. When that occurs I feel frustrated for failing to make the breakthroughs which I believe that I could achieve. Sometimes when I feel exhausted, I almost wish for an injury so that I can take a rest for one or two days! However, I would become worried if I really did get injured. I remember I had a waist problem last year before the East Asian Games, I was very sad and frustrated; instead of spending the time training, I had to receive medical treatment.

問：訓練時間怎樣？

杜：在香港逗留期間，每逢星期一至星期六我們都要接受訓練，逢星期日休息。每日練習約五、六小時，分早晚時段，以遷就一些放學後才可以參加訓練的年輕運動員。在中國內地，我們會安排在下午及晚上接受訓練，上午休息。

曾：每天放工，逢星期一至日都要練習，每次約兩個半小時。

Q : What is your training schedule ?

To : In Hong Kong, we train five to six hours every day from Monday to Saturday and have Sunday off. To help young athletes who come to HKSI after school, we train in the morning and evening. When we are in Mainland China, we train in the afternoon and in the evening, with rest in the morning.

every day from Monday to Sunday after work, around two and a half hours each session.



問：有何難忘的比賽經歷？

杜：在二零零一年參加在大阪舉行的東亞運動會的長棍項目，在差不多完成最後動作時失手，手上的棍跌在地上，令我整個人頓時呆住。其後得到教練鼓勵，我在其餘兩項賽事都能保持水準，最後在長拳和刀術項目分別取得第三和第四名。

曾：在二零零五年十二月於越南舉行的世界武術錦標賽南棍項目，我首次在國際賽事上取得金牌，算是相當難忘，因為過往接受十多年有系統且專業的訓練，都未能在世界級賽事中摘金，現在我僅以工餘時間來練習，反而奪得殊榮，我既感到安慰，亦體會到要成功，真是要天時地利與人和的結合。

Q : Any unforgettable moments during competitions ?

To : In the 2001 East Asian Games in Osaka, I accidentally dropped the rod on the floor near the end of the competition. I just froze for a while before taking the rod again to finish the event. Thanks to the encouragement of my coach, I completed the following two competitions finishing 3rd and 4th respectively.

Tsang : In December 2005, I won a gold medal at the World Wushu Championships held in Vietnam. That's the first gold medal I have ever won at an international sports event. It was an amazing and unforgettable experience because I had only limited time for preparation and training after work. This was quite a contrast to my systematic and professional training over the previous 10 years, so it was a great achievement. I was so delighted to win the competition, and I do believe that success comes not only from the effort you put but also many other factors such as timing, environment, etc.



問：參與武術運動對您的性格或其他方面有否影響？

杜：自小我較為內向、沉靜，但是學習武術後，有機會跟其他習武的小朋友相處，溝通亦自然多了。再加上武術運動經常有不同的比賽和表演機會，自信心亦逐漸增加。

曾：武術運動能鍛煉人的恆心和意志，不會因小小的困難例如疲倦、貪玩而令自己放棄訓練。另外，身體會較強健，肢體協調性強，反應快。

Q : Has wushu made an impact on you as a person ?

To : I was rather quiet when I was young, but wushu taught me how to communicate with other children. I have also built up a high level of self-confidence as a result of the success I have had in competition.

Tsang : Learning wushu has strengthened my perseverance and determination. Athletes won't give up training easily with excuses like tiredness or other distractions. Besides, wushu training makes you healthier and stronger, and enhances body coordination and body reaction as well.

問：要成為優秀的武術運動員須具備甚麼條件？

杜：我一直堅持「不斷學習才能進步」的心態來激勵自己，並會經常提醒自己，驕傲會令人停滯不前，難以進步。相反，經常謙虛學習，留意別人的優點，保持好學不倦的精神，樂於接受新事物，才能不斷向前。

曾：最重要就是要熱愛武術，之後便要持之以恆地反覆練習，不怕艱辛地接受訓練。另外，運動員亦要勇於面對挫敗，才會步向成功。

Q : What are the qualities of a good athlete ?

To : I always remind myself you have to keep learning if you want to excel, but arrogance impedes improvement. As athletes, we must be humble, eager to learn new things, and analyse the strengths of others so that we can continue to improve ourselves.

Tsang : A passion for wushu and a great interest in the sport are essential. Then one must practise constantly, and not be afraid of the difficulties encountered in training. Besides, athletes have to be brave to face failure before achieving success.

問：請分享未來的目標。

杜及曾：未來目標就是在年底舉行的多哈亞運會中取得好成績。

Q : What are your goals ?

To & Tsang : Our first target is to achieve a good result in the Doha Asian Games later this year.



杜宇航 To Yu-hang

出生日期 Date of Birth : 1-1-1981

體重 Weight : 70公斤kg

身高 Height : 177厘米cm

現況 Status : 體院獎學金運動員

HKSI Scholarship Athlete

教練 Coach : 于立光 Yu Liguang

重要獎項 Major Achievements

2003 第七屆世界武術錦標賽 7th World Wushu Championships

男子刀術銀牌 Silver Medallist in Men's Daoshu

男子長拳銅牌 Bronze Medallist in Men's Chuanguan

三人對練銀牌 Silver Medallist in Men's Dual Event

2004 第六屆亞洲武術錦標賽 6th Asian Wushu Championships

男子長拳銀牌 Silver Medallist in Men's Changquan

男子刀術銀牌 Silver Medallist in Men's Daoshu

男子棍術銀牌 Silver Medallist in Men's Gunshu

男子對練銀牌 Silver Medallist in Men's Dual Event

2005 第四屆東亞運動會 4th East Asian Games

男子對練金牌 Gold Medallist in Men's Dual Event

武術精英



曾思敏 Angie Tsang

出生日期 Date of Birth : 28-8-1978

體重 Weight : 55公斤kg

身高 Height : 163厘米cm

現況 Status : 警察

Policewoman

教練 Coach : 于立光Yu Liguang

重要獎項 Major Achievements

2003 第七屆世界武術錦標賽7th World Wushu Championships

女子南刀銀牌Silver Medallist in Women's Nandao

女子南拳銅牌Bronze Medallist in Women's Nanquan

女子對練銅牌Bronze Medallist in Women's Dual Event

2005 第四屆東亞運動會4th East Asian Games

女子南刀南棍全能銅牌Bronze Medallist in Women's Nandao,
Nangun Two Events Combined

第八屆世界武術錦標賽8th World Wushu Championships

女子南棍金牌Gold Medallist in Women's Nangun

女子南刀銀牌Silver Medallist in Women's Nandao

Wushu Elite

【武術入門】 *A Guide to Wushu*

武術是中華民族之瑰寶，是中華文化寶庫內的一顆珍珠，具有多采的形式，內容豐富浩瀚，充滿深邃的文化意蘊，具有健身、防身、修性、競技、娛樂等多方面的社會功能，無愧是中華民族獨到的文化精粹，世代相傳，歷久不衰，後來更成為體育競賽項目，不僅為廣大群眾喜聞樂見，而且得到世界上愈來愈多人青睞。

Wushu is much more than a sport; it is a recognizable, distinct and cherished element of Chinese civilization and cultural heritage. Its richness and history offers a diverse range of social and cultural benefits, including better health, defense ability, self-cultivation, competition and entertainment. The unique skills of this sport have been passed from generation to generation, and continue to thrive; no longer confined just to China, or Chinese communities in other lands, wushu is today a competitive sport attracting growing interest and participation from people around the world.

【武術主要分類 *Classification*】

拳術 *Boxing*

多指徒手套路，是各拳種的總稱。武術拳種紛紜，流派眾多，大家熟悉的包括長拳、少林拳、查拳、南拳、太極拳、形意拳、八卦拳、翻子拳、通臂拳、地躺拳和象形拳等等。

A generic term describing the unarmed routine of all types of boxing. There are numerous wushu boxing disciplines from various schools. Among the best known to the public are: Modern Long Boxing, Shaolin Shadow Boxing, Cha Boxing, South Boxing, Tai Chi Chuan, Form and Will Boxing, Eight-diagram Palm, Fanzi Boxing, Tongbei Boxing, Ditang Boxing and Xiangxin Boxing.



長拳 *Modern Long Boxing*

一般動作舒展，快速有力，節奏鮮明，起伏轉折，適合廣大青少年鍛煉。

Stretching with ease, prompt in action with power, smooth in transition, suitable for young people.



南拳 *South Boxing*

拳勢剛烈，步法穩固，動作果斷，以發聲吐氣來助長發力，為流傳在中國長江以南各地拳種的總稱。

Powerful fist gesture, steady footwork, decisive in action, generating strength with cries, it is a generic term for various types of boxing in South China.



太極拳 *Tai Chi Chuan*

柔和、緩慢、輕靈，動作綿綿不斷，處處呈現圓形規律的拳術，並結合了古代的吐納術。

Mild, slow, relaxed with continuous action, full of circular movement, combined with ancient breathing method.

器械 *Weapon*

武術器械種類繁多，傳統流傳十八般武藝的說法，何謂十八？一百零八也不止。武術器械按類可分為長兵器、短兵器、雙兵器和軟兵器等等，運動員因應不同種類的兵器的特定手法，如點、撩、劈、扎等，配以各種步型、步法、跳躍構成套路。縱觀武術歷史，劍術、刀術、槍術、棍術在眾多兵器中佔據重要位置，成了當今國際武術競賽中的主要項目。

There are many different kinds of wushu weapon. Though the Chinese proverb says that there are 18 forms of martial arts, there are in fact more than 108 types of weapon. They can be classified into long weapon, short weapon, dual weapon and soft weapon, etc. Different weapons require different postures like pointing, lifting, chopping and stabbing, each linked with stepping, moving and jumping actions that make up the different routines. Sword, sabre, spear and staff are some of the historically important weapons which have now been adopted for major international wushu competitions.



長器械 *Long weapon*

槍術 *Spear*

槍術動作範圍大，身體要求靈活多變。

Involves a large scope of movement, flexible and changing body stunts.

棍術 *Staff*

勇猛洗練，橫打一片，密集如雨，氣勢磅礴。

Smooth and fierce in action, with intense horizontal movement showing tremendous power.

短器械
Short weapon

劍術 *Sword*

輕快、敏捷、瀟灑、飄逸、靈活多變、形態優美。
Quick, nimble, unconventional and elegant, flexible and excellent in form.

刀術 *Sabre*

快速有力、勇猛慄悍、氣勢逼人，猶如猛虎。
Swift and vigorous, fierce as a tiger with an imposing manner.

太極劍 *Tai Chi Sword*

動作連貫圓活，勢式相連，連綿不斷，動作輕靈，舒展大方。
Dynamic and continuous in movement, slight in action, stretching with ease.



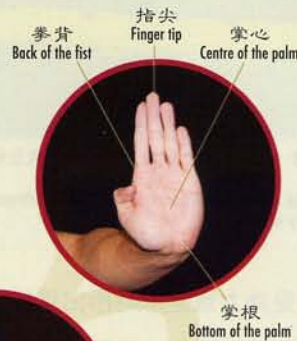
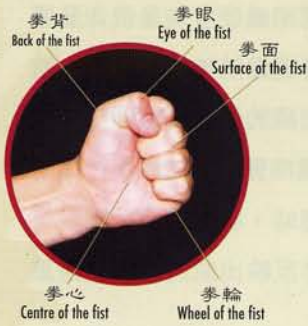
對練是兩人或兩人以上按固定套路進行假設性的實戰練習。
對練分徒手對練、徒手對器械和器械對器械三種類別。

Dual event - two or more persons practise in a group based on a fixed routine to simulate real competition. There are three categories - armed to unarmed, unarmed to weapon and weapon to weapon.

【武術基本功 Basic Skills in Wushu】

拳 *Fist*

握拳，姆指屈壓於食指、中指的第二指節上。拳心向下為平拳，拳眼向上為立拳。
Holding the fist, putting the thumb onto the second part of the forefinger and the middle finger with force. When the centre of the fist is facing downward, it is flat fist, and when the eye of the fist is facing upward, it is stand fist.



掌 *Palm*

四指併攏伸直，向後伸張，姆指一節併攏於食指一側。
The four fingers cling together and hold straight out, the thumb clings to the forefinger.



勾 *Hook*

五指捏攏，屈腕為勾。
Pinch the fingers, bend the wrist to form the hook.



弓步 *The Bow-shaped Step*

前腿屈膝近水平，膝蓋約垂直與腳尖，後腿伸直，腳尖內扣，兩腳全着地，挺胸、直腰。
Bend front knee to the horizontal level, knee kept at the vertical level to the toe, stretch back leg straight, top-end of the feet to be hooked up, both feet stand on the floor, hold the chest up and straighten the waist.

馬步 *The Horse-shaped Step*

兩腳平行開立，相距約三個腳掌寬。屈膝下蹲，大腿接近水平，兩膝約垂直與腳尖，挺胸、直腰。
Two feet apart from each other for 3 feet, parallel with the shoulders. Bend knee and kneel down, bring the thigh horizontal, the two knees to be vertical to the toe, hold the chest up and straighten the waist.



【主要賽事 Major Competitions】

亞運會、東亞運動會、世界武術錦標賽和亞洲武術錦標賽都是武術運動的重要賽事；而國際武術聯會亦積極爭取武術成為奧運會標準競賽項目。

The Asian Games, East Asian Games, World Wushu Championships and Asian Wushu Championships form the four recognised major international competitions for wushu. The International Wushu Union is working hard to include wushu as an Olympic sport.

資料來源 Sources: 體院武術總教練于立光 Yu Liguang, HKSI Head Wushu Coach
《中國武術》(中國奧委會新聞與出版委員會出版)
"Wushu - Chinese Martial Arts" by the Press Commission of the Chinese Olympic Committee

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做運動的時候，肌肉處於一種活動狀態。當運動愈劇烈時，肌肉負重的程度則愈大，而肌肉亦會變得僵硬。因此，藉着量度肌肉的僵硬度可以監察肌肉負荷的情況。肌肉僵硬度可說是一個與肌肉疲勞有關的嶄新且重要的課題。



運動員經常進行艱苦的訓練，了解肌肉僵硬度變化，有助建立有效的復原策略。
Elite athletes take intensive training. Monitoring muscle stiffness helps establish effective recovery strategies.

肌肉僵硬度乃指肌肉受外力致變形時所出現的對應阻力；肌肉僵硬限制了肌肉的運作，並且出現疼痛、拉緊和繃緊的感覺，而肌肉僵硬與一般的肌肉痛楚有別。概括來說，肌肉僵硬的程度會因應肌肉活動的頻密度而遞增。過去釐定肌肉僵硬度乃決定於主觀臨床觸診，因此，被觀察對象由相互和內部觀察所產生的診斷便相當明顯。

有見及此，香港理工大學賽馬會復康科技中心(現正名為醫療科技及資訊學系)研發了一部超聲組織硬度測量儀來量度肌肉組織厚度和硬度，從而提供客觀分析數據。該系統已成功應用在不同的人體組織上。

該超聲組織硬度測量儀設有一個手提式、筆型的印壓探測器、一個超聲波發射/接收器，以及一部個人電腦來顯示和分析收集得來的數據。探測器的頂端部份除用作超聲波發射器和接收器外，也同時用作印壓

頭。使用這儀器時，須先在肌肉表面塗上超聲波啫喱，才可將超聲波的訊息傳送至底層的軟組織。當探測器被放置在肌肉表面時，超聲波訊號便傳導至軟組織與骨頭的界面，再從骨頭的表面反射回探測器；而超聲波訊號會隨着身體軟組織受壓和鬆弛時的厚度變化而改變。這個測量儀除了提供軟組織的厚度和形狀改變的數據外，其探測器亦可探測到相應的壓力反應。依據軟組織內的超聲波速度，可以計算到組織變形的情况，並進一步得到由楊氏模量來描述的肌肉僵硬度。

體院運動科學部曾進行研究，在十位身體健康的運動員身上了解運動過勞對肌肉軟組織僵硬度的影響。每位運動員會在等速肌能測試系統上進行使腿部疲勞的運動；他們會進行兩組相同的右膝伸展及彎曲動作，每組動作重覆50次。研究人員會利用超聲組織硬度測量儀測量運動員右邊大腿肌肉軟組織在疲勞運動前後的僵硬度。結果顯示，運動過勞後，肌肉軟組織的僵硬度會明顯增加(>10%)，這點正與運動員的主觀感覺成正向關係。這研究顯示了當身體肌肉負重及過勞時，軟組織會明顯變得僵硬；而肌肉僵硬的量化數據亦反映出肌肉過勞的嚴重情况。

精英運動員每天都會進行艱苦的訓練，但對於運動員肌肉負荷的限度卻往往難以判斷。在訓練的過程中不同的負重情況下，肌肉會出現不同程度的腫脹、收縮及僵硬，而這個超聲組織硬度測量儀則是一部操作簡易及安全的量度工具，用以測試身體軟組織的生物動力特性。因此利用這部儀器可以探測到運動員在接受訓練前和後，及訓練期間身體軟組織的僵硬度，並能顯示出運動員在運用不同肌肉群的情况，甚至可以提示身體肌肉負重的地方是否正確。此外，從測試結果亦可得知訓練時肌肉負荷的情况，這樣既可確保運動員是在一個理想的負重狀態下接受訓練，亦可以改善訓練計劃的成效。

運動員透過輕量的運動、伸展的動作、按摩、針灸治

療、物理治療等方法來復原肌肉組織的活躍程度、減低僵硬度和痛楚，藉以紓緩肌肉過勞問題。不過，由於各種不同主觀因素的影響，這些復原肌肉方法的成效難以測度。在進行這些治療之前和之後，運用超聲組織硬度測量儀來監察肌肉的僵硬度，則可量化治療的成效，協助判斷在不同勞損的情況下，肌肉復原所需的時間。因此，該測量儀能協助運動員建立有效的復原策略。

透過超聲組織硬度測量儀，我們能清楚得知運動員接受訓練前和後，及訓練期間肌肉勞累的程度，而訓練時肌肉負荷的情況也可以客觀地量度和監察。這些反應數據為教練提供資料，從而決定訓練時候的負重程度及評估訓練計劃的成效。此外，教練和運動員都可以透過該測量儀來選擇有效的復原方法。總括而言，在訓練或復原事項中使用超聲組織硬度測量儀，相信都能促進運動員的訓練質素，從而提升運動表現。體院亦會繼續進行超聲組織硬度測量儀作為評估肌肉僵硬度的進一步研究工作。

A New Method to Quantify Muscle Stiffness

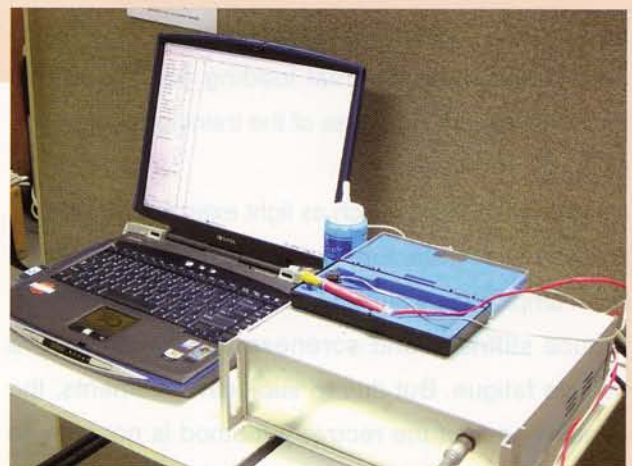
Muscles keep working during exercise. The higher the intensity of exercises the higher the stress on muscles and usually accompany with muscle stiffness or tightness. Therefore, by measuring muscle stiffness, muscle stress may be possible to be monitored. Muscle stiffness is also a relatively new yet important topic related to muscle fatigue.

Muscle stiffness refers to the resistance of the muscle to deflection by an applied force. Muscle stiffness is the restriction of motion with a feeling of soreness, tension, or tightness. It is different from muscle soreness in that it does not produce pain. In general concept, muscle stiffness increases with the increase in working intensity of the underlying muscles. Traditionally, muscle stiffness is determined by the subjective impression of clinical

palpations. However, error caused by inter- and intra-observers is significant.

In view of this, the Jockey Club Rehabilitation Centre (now named the Department of Health Technology and Informatics) of the Hong Kong Polytechnic University has developed a tissue ultrasound palpation system (TUPS) for the quantitative and objective measurement of tissue thickness and stiffness. The system has been successfully used for the assessment of various human tissues in vivo.

The TUPS comprises a pen-size, hand-held indentation probe, an ultrasound pulser/receiver and a personal computer to display and process the collected data. The ultrasound transducer at the tip of the probe serves as an ultrasound emitter, receiver, and indenter at the same time. Ultrasound coupling gel is put on the skin surface to couple the ultrasound signal with the soft tissues underneath. By putting the probe on the skin surface, an ultrasound echo wave is reflected from the soft tissue-bone interface. The ultrasound echo shifts with the thickness change of the soft tissue during loading and unloading. Other than thickness and deformation of the soft tissue layer, the corresponding force response can be obtained by the probe. With reference to the standard sound velocity in soft tissue, the deformation of the tissue and hence the muscle stiffness in terms of effective Young's Modulus (kPa) can be calculated.



超聲組織硬度測量儀是量度肌肉僵硬度的新方法。
The TUPS provides a new method to quantify muscle stiffness.

The Sports Science Department of the HKSI has conducted a study on the effect of fatigue exercise on soft tissue stiffness in 10 healthy athletes. Each athlete performed two sets of 50 repetitions of right knee isokinetic extension and flexion on the Biodex Muscle Testing System. Soft tissue stiffness in the right thigh muscle was measured with TUPS before and after the two sets of exercise. The results showed that there was a significant increase in the soft tissue stiffness (>10%) after performing the fatigue exercise, which was positively related to the athletes' subjective feeling. This indicated that the athletes' soft tissues became significantly stiffer when the underlying muscles were stressed and fatigued. The quantified muscle stiffness reflected the level of muscle fatigue.

Elite athletes undertake strenuous exercise and training everyday and it is often difficult to determine whether the optimal training stress has been put on the muscles. Under different training loads, the muscle may become swollen, shortened and stiff to different extents. The TUPS is an easy-to-use and safe quantitative tool to assess the biomechanical properties of the soft tissue. Hence, the TUPS can be applied to investigate the stiffness of the underlying soft tissue of the athletes before, during and after training in on-field conditions. The results can indicate the utilisation of muscle groups, and therefore whether the stress is put on the desired muscles or not. It also shows the level of stress the training puts on the muscles and ensures the athletes are trained under optimal loading condition. This improves the effectiveness of the training programme.

Recovery modalities such as light exercise, stretching, massage, acupuncture and physical therapy have been employed by athletes to restore muscle function, reduce stiffness and soreness and hence relieve muscle fatigue. But due to subjective elements, the effectiveness of the recovery method is not easy to determine. By monitoring the muscle stiffness using the TUPS before and after the recovery treatment, the

effectiveness of the treatment can easily be quantified. This helps to define the optimal duration for recovery from specific fatigue levels. Therefore the TUPS can assist the athletes to adopt an effective recovery strategy.

With the help of the TUPS, we can have a clearer picture on muscle fatigue levels before, during and after training. The training stress on muscles can be objectively quantified and monitored in real-time. It serves as a sound feedback system to coaches regarding the training load and the effectiveness of the training programme. It also facilitates coaches and athletes in choosing effective recovery strategies for training. By applying the TUPS to training and recovery, it is hoped that the quality of training can be facilitated and sports performance enhanced. Further research in using TUPS for the muscle stiffness evaluation is being conducted in the HKSI.



運動員正在利用超聲組織硬度測量儀來量度肌肉僵硬度。
Athlete measuring muscle stiffness with TUPS.

太極拳虛實步態變換的動力學研究

Research on the Empty and Full Steps in Tai Chi Chuan

太極拳中虛實步態的動作特徵是以太極陰陽變化的哲學思想為基礎。中國古代哲學家認為，陰陽相依與永不休止的陰陽轉化是導致世界生生不已的原因，能夠結合這種哲學思想的強身健體的運動形式，首推太極拳。

研究目的

太極拳的動作特徵是"圓道"。虛實步態的平穩性和圓滑性受制於運動員對太極理論的理解程度，以及在此基礎上對肢體的控制能力。對太極拳運動員虛實步態進行動力學特性研究，旨在針對太極拳的陰陽虛實變化加以數量化的量度，並以國際賽事的標準比賽項目42式太極拳來進行。研究結果可與傳統的外觀表現評價結果加以比較，為多角度討論太極拳提供更多的科學資料。

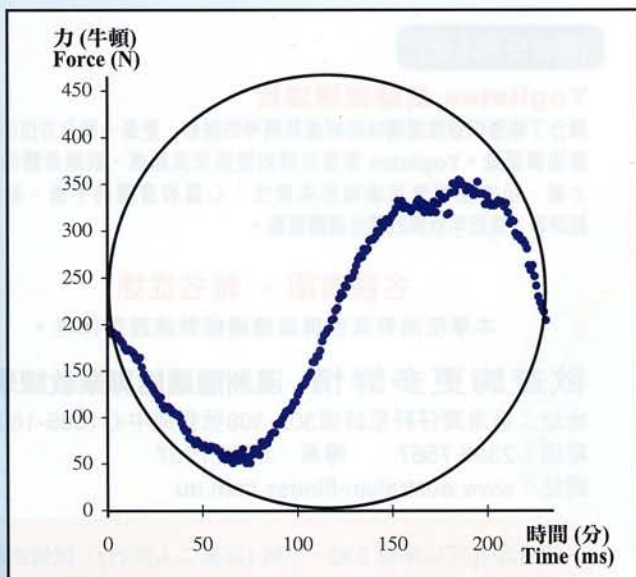
研究方法

參與本研究的運動員包括27名太極拳精英運動員(12男，15女)，他們的成績達世界前15名位置，以及28名非精英運動員(15男，13女)，他們經常參加地區性質的武術比賽。研究人員利用腳底壓力測量儀記錄測試對象在42式太極拳過程中左右腳的壓力變化資料，並將測試壓力曲線和理論曲線的差別加以計算。

結果與討論

在虛實步態壓力曲線的研究中發現，這些壓力曲線與太極陰陽圖十分相似(如圖一及圖二所示)。這個結果在以前的文獻從來沒有記載過。我們認為，研究結果顯示太極拳背後所蘊藏的陰陽理論不但能夠以數量化加以量度，而精於太極拳的人士更可以從特定的太極拳運動規律來體現太極陰陽學說。

在42式太極拳中，所有連續的左右腳不離地的虛實變化曲線，完全體現出太極陰陽圖中的S形運動特徵。但是由於這是人體的真實運動行為，它們不可能達到完全的圓滑及平穩的理想狀態，而是與理想狀態有一定的偏差。列於表一的計算結果是測試曲線與理論曲線之間的差別，它是對測試曲線與理論曲線之間的差異程度的數量化量度，當測試曲線與理論曲線吻合的程度越高，其平滑性越大。不論男女性別，精英組別的測試對象與非精英組別的測試對象兩個組別的腳底壓力曲線之間皆有差別，這樣的結果說明，精英組別的測試對象做虛實步態時對自己腿部肌肉的控制能力比非精英組別強，而肌肉的顫抖程度亦比非精英組別的少，而測量儀器探測到精英組別進行42式太極拳時，腳步的平穩性及平滑性亦較高。(見圖三)



圖一：腳底壓力曲線圖
壓力中心曲線圖所構成的形狀十分像一個太極陰陽圖。
Figure 1 : Curve showing foot reaction force, the shape of the curve is similar to the Tai Chi's yin-yang symbol.



圖二：太極陰陽圖
Figure 2 : Tai Chi's yin-yang symbol

表一：測試曲線值與理論曲線值差別的平均值 (在精英、非精英及男女子組別)

Table 1: Mean difference between tested and predicted reaction force curves across groups (elite and non-elite, males and females).

測量部份 Foot tested	性別 Sex	組別 Group	平均值(牛頓/千克體重) Mean(Newton/kg)
右腳 Right	女 female	精英組 elite	0.597
		非精英組 non-elite	0.449
左腳 Left	男 male	精英組 elite	0.616
		非精英組 non-elite	0.433
	女 female	精英組 elite	0.631
		非精英組 non-elite	0.432
男 male	精英組 elite	0.627	
	非精英組 non-elite	0.432	

27位精英組測試對象右腳的壓力曲線在測試與理論之間差別的平均值是0.442牛頓/千克體重，左腳是0.432牛頓/千克體重，而非精英組右腳記錄的數據是0.607牛頓/千克體重，左腳是0.629牛頓/千克體重，兩組測試對象在左右腳都有差別，這些資料就說明了精英組測試對象在掌控虛實步態的平穩性和圓滑性方面，都比非精英組更好，是以兩隻腳的表現都比非精英組好。此外，虛實步態質量好壞和性別無關。

結論

我們相信，因為精英組練習太極拳的時間較長，令他們對太極哲理會有更深刻的理解，以至對太極拳的基本技術的掌握也更加成熟，他們在做外在肢體呈圓渾的動作的同時，也令虛實步態的腳底壓力曲線表現出同樣性質的圓闊和平滑。事實上，研究人員在進行研究後諮詢一群曾參與本研究的精英運動員，他們認為研究結果或與他們長年練習太極拳，以至對太極哲理有更深理解有關。換句話說，運動員對太極哲理的理解，以及太極拳訓練水平，均是決定虛實步態質量的關鍵因素。

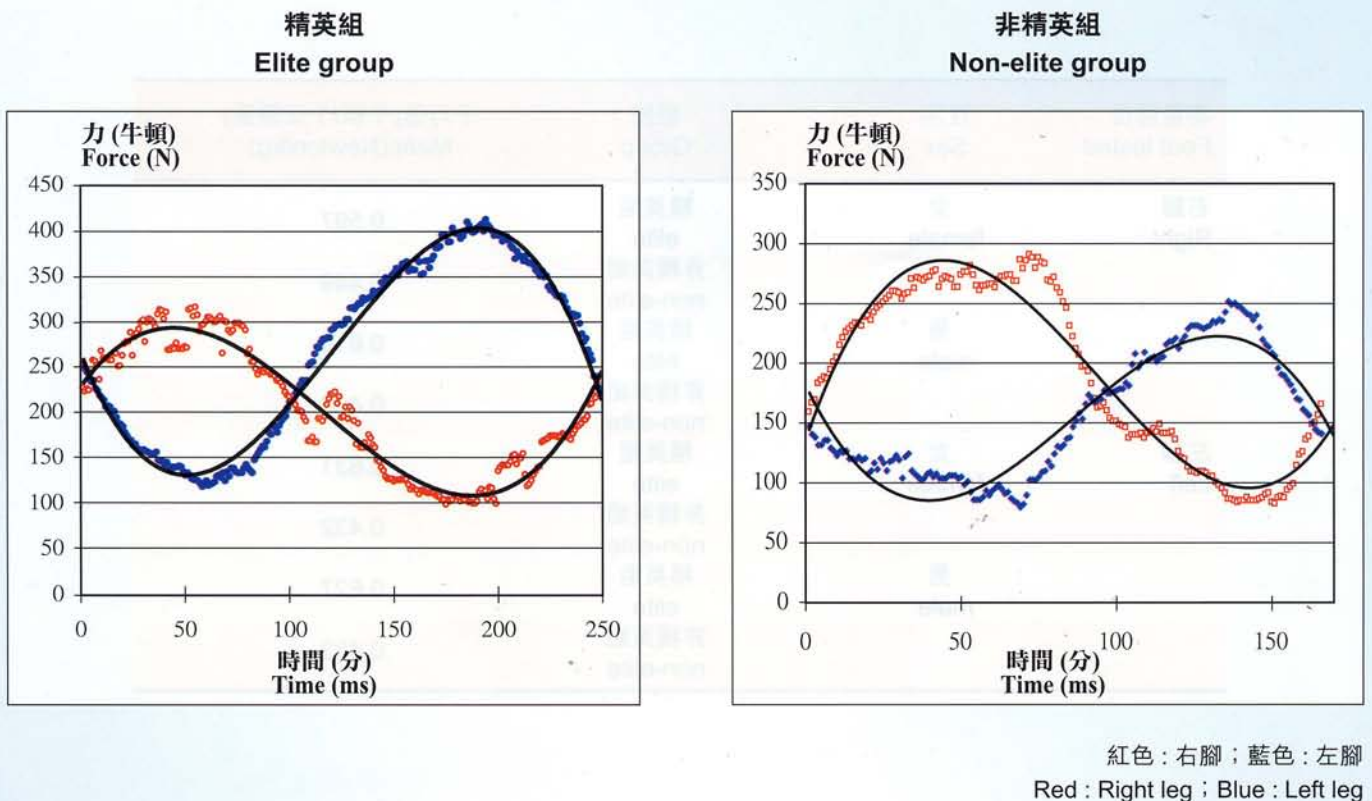
Tai Chi Chuan is a unique form of healthy exercise which is intensely integrated with philosophical thinking. The performance of a complete Tai Chi Chuan sequence can be interpreted as an interplay of yin-yang ("opposites"). The fullness (weight bearing) or emptiness (non-weight bearing) of the feet (empty and full steps) are built on the foundation of the Tai Chi's yin-yang concept. The dynamic nature of yin-yang and the inter-dependence of these concepts reveal the philosophic principle that when any process reaches its extreme; it begins to return or reverse.



在運動員進行42式太極拳期間，同時量度他的腳部壓力變化。
Foot pressure measurement during Tai Chi Chuan performance.

圖三：精英組別與非精英組別壓力曲線平穩性的比較

Figure 3 : Comparison on the force curve vertical stability between elite and non-elite group.



Research Objectives

Within Tai Chi Chuan postural emphasis is on "yuan dao" (smoothness). The steadiness and smoothness of the step movements depends on athletes' understanding of Tai Chi and their ability to control the body. The purpose of this research was to quantitatively measure the movement kinetics of Tai Chi Chuan empty and full steps in a specific Tai Chi Chuan movement set called the 42-Form set. The 42-Form set is the recognised set for the world level Tai Chi Chuan competitions. The results can be compared with results using traditional observational methods of the performance of Tai Chi Chuan. It also provides insight into different approaches for the future study of Tai Chi Chuan.

Research Method

A total of 27 elite Tai Chi Chuan athletes (12 male, 15 female) who ranked within the top 15 in the world and 28 non-elite Tai Chi Chuan athletes (15 male, 13 female) who regularly participated in local level competitions were recruited to join the study. The Novel Pedar Insole Measurement System was used to measure pressure changes on the left and right feet while performing the 42-Form Tai Chi Chuan

set. The difference between the tested reaction force curve and the predicted reaction force curve was calculated.

Results and Discussion

The force curve formed a visual pattern similar to the Tai Chi symbol (Figure 1 & 2). This unique result has not previously been found in other published studies. We suggest that this result indicates that it is possible to use mathematical measurements to reveal the underlying philosophical yin-yang concept proposed by the ancient Masters of Tai Chi Chuan. Conversely this research also demonstrates that expert practitioners of Tai Chi Chuan appear to be able to operationalise the philosophical concept of yin-yang through specific Tai Chi Chuan movement sequences.

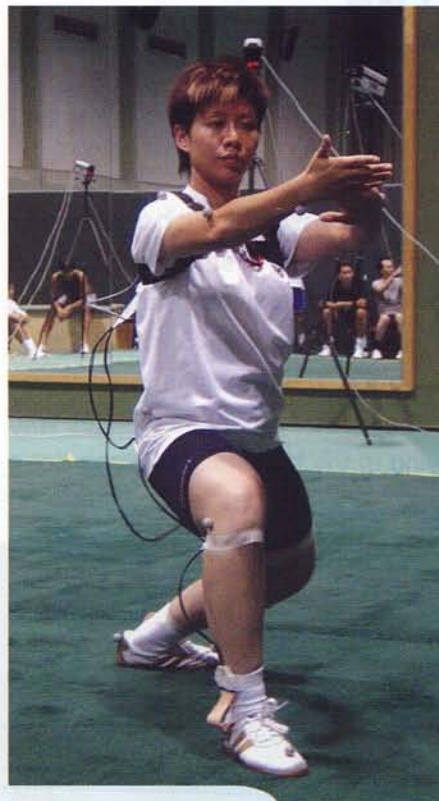
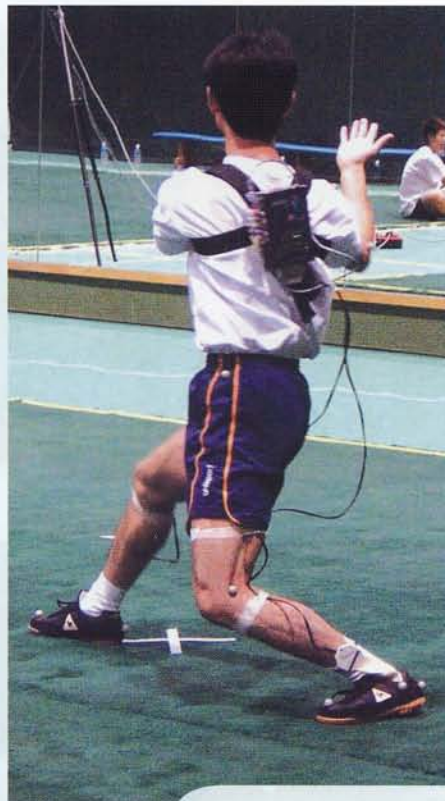
In performing the 42-Form of Tai Chi Chuan set, the continuous change between the empty and full steps shown in the curve exactly reflected the S-shape feature found in the Tai Chi yin-yang symbol. However, human body movements will not be perfectly smooth and steady, but will deviate from predicted patterns. The results listed

in Table 1 show the difference between the tested curve and the predicted curve. The closer the two curves, the greater the smoothness. The results illustrate that the elite group had more control of leg muscles and their muscles quivered less than the non-elite group, regardless of gender. The extent of stability and smoothness of vertical force as measured by the force transducer was greater in the elite group. (Figure 3)

Among the 27 elite Tai Chi Chuan athletes, the mean difference between the tested and predicted values of the foot reaction force of the right foot was 0.442 N/kg, and that of the left foot was 0.432N/kg. For the non-elite group, this value was 0.607N/kg for the right foot and 0.629N/kg for the left foot. There was a difference between right and left feet across the two groups. This illustrates that the elite athletes had better control of both right and left feet in terms of smoothness and steadiness than the non-elite group. Gender did not appear to be a factor contributing to the quality of the full and empty steps.

Conclusion

We suggest that since the elite athletes have been undergoing intensive training in Tai Chi Chuan for a longer period, they predictably, may have more in-depth understanding about the philosophy of Tai Chi and be better at mastering the basic skills. Therefore, when they performed the empty and full steps, smoothness and steadiness could be maintained by the foot reaction force as shown in the curve, leading to better coordination throughout the movement sequence. Indeed, at a post research consultation with the elite participants in the study, they also confirmed that these results may be explained by their greater knowledge of Tai Chi philosophy which correlates with their extensive years of elite level training. In other words, it appears that both understanding of Tai Chi philosophy, together with skill level, affect the quality of the performance of full and empty steps.



太極拳運動員配帶上德國製的腳底壓力測量儀來記錄左右腳壓力變化的資料。

Tai Chi Chuan athlete wearing The Novel Pedar Insole Measurement System to measure pressure changes of the left and right feet.

精英運動員工作坊

Workshops for Elite Athletes

運動員在專注於競技場上拼搏以外，亦須為日後的生活作好準備。有見及此，體院運動員事務部為精英運動員安排了一系列的「精英運動員工作坊」，目的為增進精英運動員在運動以外的基本知識，好讓他們裝備自己，迎接未來。

While athletes are giving everything to achieve sporting excellence, they also have to equip themselves with many other skills for life after retirement. This is where the HKSI Athlete Affairs Department comes in. They have organised a series of workshops for elite athletes, to give them an understanding of life beyond sport. Here are some of their latest initiatives.

「運動獎學金計劃」講座

「運動獎學金計劃」講座於三月四日舉行。是次講座由體院與香港大學運動及潛能發展研究所合辦，為有意報考香港大學的運動員介紹計劃詳情，吸引了十多名就讀中學的運動員出席。

Seminar on Sport Scholarship Scheme

HKSI, in collaboration with the Institute of Human Performance of the University of Hong Kong, organised on 4 March an introductory seminar at the HKSI in Sha Tin on the Sport Scholarship Scheme. The aim of the seminar was to give an overview of the Scheme to those athletes who are interested in applying to the University of Hong Kong under the Scheme.





「系統及創作思考」工作坊

30多名運動員出席於三月三十至三十一日舉行的「系統及創作思考」工作坊。是次工作坊邀請了企業培訓專家、香港管理專業協會首席顧問（企業培訓項目）鍾慶華博士擔任主講嘉賓，分享如何通過系統及創意思考方法來促進個人成長，並將這些技巧應用於日常生活中。

Systematic and Creative Thinking Workshop

A workshop on Systematic and Creative Thinking was held on 30 - 31 March at the HKSI. Dr Paul H. Chung, Principal Consultant of Corporate Training Projects at the Hong Kong Management Association, shared his expertise on the topic with more than 30 athletes. Dr Chung has organised training programmes for various government departments, major corporations and secondary schools. Participating athletes were introduced to various creative thinking techniques and their applications in everyday life.



「理財活學·活用工作坊」

「理財活學·活用工作坊」於五月二十五日舉行。此工作坊是屈臣氏集團/香港體育學院傑出青少年運動員選舉周年慶典暨二零零六年第一季選舉頒獎典禮的特設環節；並邀請到一九九八年十大傑出青年、正富資產管理有限公司董事總經理龐愛蘭女士與運動員分享個人財務管理及計劃的基本知識和心得，增進他們生活所需的知識。

Workshop on Financial Management

A workshop on Financial Management - Theories & Application was held on 25 May, as part of the Outstanding Junior Athlete Awards 2005 Annual Celebration and Prize Presentation for the first quarter of 2006. It was hosted by Scarlett Pong, winner of the 1998 Ten Outstanding Young Persons Award and Managing Director of Realchamp Asset Management Limited, who shared with the athletes her views on personal financial planning and management which helps enrich athletes' life skills away from the world of sport.



香港體育學院重建進展

Progress of the HKSI Redevelopment

為配合2008奧運會及傷殘人士奧運馬術項目比賽場地的改建工程，香港體育學院（體院）總部將於今年十二月至二零零八年奧運會舉行期間暫時遷移到烏溪沙青年新村。

由於體院現址已有20多年歷史，部份設施頗為殘舊，體院藉着這個機會積極探討重建體院的方案，重建能夠改善精英運動員的訓練環境和配套設施。經過為期半年的諮詢和研究，以體院主席李家祥博士和精英體育事務委員會副主席傅浩堅教授為首、連同其他八名來自精英體育事務委員會及體院代表組成的重建香港體育學院聯席專責小組已完成建議報告，並提交民政事務局作進一步審議。

重建計劃以保留體院現有設施為大前題，在現有土地範圍改善、加建及擴充原本提供給精英體育運動項目的訓練設施，並為體院提供所需的配套建設，以提高精英運動員的整體培訓環境。

The headquarters of the Hong Kong Sports Institute (HKSI) will move to Wu Kai Sha Youth Village in December 2006 in order to convert the HKSI site into competition venues for the 2008 Olympics and Paralympics equestrian events. The HKSI will be based at Wu Kai Sha Youth Village until 2008.

Given that the HKSI headquarters at Sha Tin is now 20 years old, the HKSI management will use this period to explore the feasibility of redeveloping its facilities in order to improve the training environment for elite athletes after the Games. The Joint Task Force on the Redevelopment of Hong Kong Sports Institute (JTF), co-chaired by the HKSI Chairman Dr Eric Li Ka-cheung and Elite Sports Committee Vice Chairman Professor Frank Fu Hoo-kin, together with eight members of the Elite Sports Committee and representatives from the HKSI, has completed the HKSI Redevelopment Plan after six-month consultation and analysis. The Plan has been submitted to the Home Affairs Bureau for consideration.

The underlying concept behind the HKSI Redevelopment Plan is to better utilise the current land area through improvement, redevelopment and extension of the training facilities for the Elite Sports. The upgraded infrastructure would provide a better training environment for the athletes.



香港精英運動員不斷在國際比賽中取得突破，體院謹此恭祝他們，並祝願所有運動員繼續努力，在未來的賽事續創佳績！

Hong Kong elite athletes have continued to achieve breakthroughs in international competitions. The HKSI would like to congratulate them and wish all athletes continuous success at upcoming events.

單車 Cycling

王史提芬於五月在中國山西舉行的第一屆亞洲BMX小輪車錦標賽勇奪冠軍。此外，王史提芬亦在全國BMX冠軍賽奪魁，擊敗了來自七個省市共18名運動員，獲得一面金牌。

Steven Wong won a gold medal at the 1st BMX Asian Championships held in Shanxi, China in May. He beat 18 competitors from seven different provinces at the BMX National Championships and won a gold medal.



體壇創高峰

乒乓球 Table Tennis

乒乓球代表隊於四月底在德國不來梅舉行的二零零六年世界乒乓球錦標賽女子團體賽及男子團體賽事，為香港分別贏得女團銀牌和男團銅牌。

The table tennis team won a silver medal in the women's team event and a bronze medal in the men's team event at the 2006 Liebherr World Team Table Tennis Championships held in late April.



網球 Tennis

陳詠悠於四月在韓國西歸浦舉行的亞洲青少年網球錦標賽奪得女單亞軍。該項賽事共有來自11個國家的64位選手參賽；此外，陳詠悠亦夥拍張玲在女子雙打賽事獲得季軍。

Chan Wing-yau won a silver medal in the girls' singles event at the Asian Closed Junior Championships held in April in Seogwipo-si, Korea. There are 64 participants from 11 countries in this competition. Chan together with Zhang Ling also won a bronze medal in the girls' doubles event.



In Pursuit of Sports Excellence

保齡球 Tenpin Bowling



保齡球代表隊於四月在泰國曼谷舉行的第九屆亞洲學校保齡球錦標賽，為香港贏得兩面金牌和一面銀牌。曾栢期分別在男子優秀賽奪得冠軍及男子全能賽奪得一面銀牌。他更夥拍連家溢、甘兆麟及曾德軒在男子隊際賽奪得一面金牌。

The bowling team won two gold and one silver medals, its best ever result at the 9th Asian Schools Tenpin Bowling Championship held in April in Bangkok, Thailand. Tsang Pak-kei won a gold and a silver medals in the boy's masters finals and the boy's all events respectively. Tsang together with Lin Ka-yat, Kam Siu-lun and Tseng Tak-hin won a gold medal in the boy's team event.

奧運金牌選手邢慧娜與香港運動員交流心得

Olympic Gold Medallist Xing Huina Exchanged with Hong Kong Athletes

2004雅典奧運女子10,000米金牌得主邢慧娜於六月十七日到訪體院，並主持長跑工作坊，與香港長跑運動員分享她寶貴的訓練經驗及參加2004年雅典奧運的實戰經驗與心得。是次工作坊由體院主辦，旨在提升香港長跑運動的水平，並促進香港與國內田徑運動的交流。

Athens Olympic women's 10,000m gold medallist Xing Huina paid a visit to the HKSI on 17 June and shared her training experience, particularly the tactics on the participation in 2004 Athens Olympics. Organised by the HKSI, the workshop aims at enhancing the standard of long distance running in Hong Kong as well as promoting exchange between Mainland China and Hong Kong.

雅典奧運女子10,000米金牌選手邢慧娜與田徑精英運動員及長跑運動員分享訓練、比賽經驗及示範長跑熱身動作。
Athens Olympic women's 10,000m gold medallist Xing Huina shared her training and competition experience with athletics elite athletes and long distance runners, and demonstrated warm-up exercise before competition.



邢慧娜於長跑工作坊後與參加者合照留念。
Xing Huina and participants after the workshop.

祝賀 Congratulations

周一嶽醫生獲頒國際殘疾人奧委會榮譽獎章

Paralympic Award - Dr York Chow Given International Honour

體院謹此祝賀衛生福利及食物局局長周一嶽醫生最近榮獲國際殘疾人奧委會頒授最高榮譽的「國際殘疾人奧委會榮譽獎章」，表揚他對殘疾人士體育運動的支持和貢獻。

周一嶽醫生早在八十年代便參與殘疾人士體育運動的義務工作，並於一九八六至二零零四年間出任香港傷殘人士體育協會主席，協助發展香港傷殘人士體育運動超過20年，亦曾擔任國際殘疾人奧委會副會長兼發展委員會主席，為推動殘障人士運動提供寶貴意見。



The HKSI would like to extend its congratulations to Dr York Chow, Secretary for Health, Welfare and Food, who has been honoured for his work with physically disabled sportsmen and women by being awarded The Paralympic Order, the highest tribute bestowed by the International Paralympic Committee (IPC).

Dr Chow began his involvement with the Paralympics in the 1980s. In a voluntary capacity, he held the post of Chairman of the Hong Kong Sports Association for the Physically Disabled from 1986 to 2004 and had served as the Chairman of the Development Committee and Vice President of the IPC. He had contributed to the development of sporting activities for athletes with physical disabilities in Hong Kong for over 20 years.

祝賀 Congratulations

15 體院獎學金運動員獲資助爭取2008奧運會參賽資格 15 HKSI Scholarship Athletes Supported for 2008 Olympics

體院衷心祝賀15位體院獎學金運動員，最近分別獲國際奧林匹克委員會(國際奧委會)團結基金及宏利香港運動員獎學金計劃頒發獎學金，以資助他們爭取2008北京奧運會的參賽資格。

獲發國際奧委會團結基金獎學金的精英運動員包括鄧亦峻(田徑)、羅曉峰(賽艇)、王輝(射擊)、施幸余(游泳)、李靜(乒乓球)及何志豪(滑浪風帆)。由今年五月開始，每人每月獲發1,000美元，直至二零零八年八月。

獲頒贈宏利香港運動員獎學金計劃獎學金的體院獎學金運動員分別為葉嫻延(羽毛球)、王史提芬(單車)、鄭文傑(馬術)、呂慧妍(劍擊)、蘇秀華(賽艇)、韋漢娜(游泳)、梁柱恩(乒乓球)、陳詠悠(網球)及陳慧琪(滑浪風帆)。每位運動員可於二零零六年六月至二零零七年五月期間獲發10萬港元的獎學金。



Congratulations to 15 HKSI Scholarship Athletes who have been awarded scholarships given by the International Olympic Committee (IOC) - Olympic Solidarity and Manulife Hong Kong Sports Scholarship Programme in support of their preparation for the 2008 Beijing Olympic Games.

Recipients of the Olympic Scholarships for Athletes "Beijing 2008" include: Tang Yik-chun (Athletics), Law Hiu-fung (Rowing), Wong Fai (Shooting), Sze Hang-yu (Swimming), Li Ching (Table Tennis) and Ho Chi-ho (Windsurfing). Each of them will receive an amount of US\$1,000 on a monthly basis from May 2006 until August 2008.

The awardees of the Manulife Hong Kong Sports Scholarship Programme include: Yip Pui-yin (Badminton), Steven Wong (Cycling), Kenneth Cheng (Equestrian), Sabrina Lui (Fencing), So Sau-wah (Rowing), Hannah Wilson (Swimming), Leung Chu-yau (Table Tennis), Chan Wing-yau (Tennis) and Chan Wai-kei (Windsurfing). Each of them will receive a scholarship of HK\$0.1million during the period from June 2006 to May 2007.

各位讀者：

根據個人資料(私隱)條例，體院會致力確保適當使用閣下的個人資料。我們會繼續送上《精英體育》雜誌及其他體院刊物，若閣下不欲收到這些刊物，請以書面通知體院公眾事務及市場拓展部。

香港體育學院有限公司
二零零六年六月

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Hong Kong Sports Institute Limited
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