

香港康樂管理協會
Hong Kong Recreation
Management Association網址 website:
<http://www.hkrma.com.hk>

Editorial Board 會訊編輯小組

主編：李世琛博士 Dr Sam Li
編輯：何詠嘉小姐 Miss Ho Wing Ka
余顯穎小姐 Miss Yue Hin Wing

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News from the Association 最新消息

Life (Full) Member 永久基本會員:

Yeung Wai Chung Chris
Lee Kai On楊偉忠
李啟安

Associate (Life) Membership 贊助會員:

Chan Sau Man Sammi

陳秀雯



本會會訊已由2015年5月起全面轉為電子會訊，並將以電郵形式傳送予所有會員，如各會員想更新你的電郵地址以接收本會會訊，請將閣下的最新電郵、會員姓名或編號電郵至 admin@hkrma.com.hk 確認更新。各會員現在亦可透過本會網頁：<http://www.hkrma.com.hk> 瀏覽本會過往及最新的會訊。

香港康樂管理協會新郵箱地址：香港郵政總局郵政信箱9044號
PO Box 9044, General Post Office, Hong Kong



香港康樂管理協會 (Hong Kong Recreation Management Association) 的 facebook 已經成立，請各會員多多支持，日後所有本會新辦活動及課程均會在本會網頁：<http://www.hkrma.com.hk/> 及 facebook 內公佈，敬請留意。

郵箱：香港郵政總局郵政信箱9044號
Mail Box：PO Box 9044, General Post Office,
Hong Kong
傳真：2319-5834
電子郵件：admin@hkrma.com.hk
E-mail

Hong Kong Recreation Management Association
香港康樂管理協會2016 - 17 Organisation and Office Bearers
二〇一六至一七年度組織及職員表

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	劉永松教授 <i>Prof. Patrick Lau Wing Chung</i>
	梁景法先生 <i>Mr. Kelvin Leung King Fat</i>
	李世琛博士 <i>Dr. Sam Li Sai Sum</i>
	黃嘉儀博士 <i>Dr. Allison Wong Ka Yee</i>
	楊社光先生 <i>Mr. Donny Yeung Sheh Kwong</i>

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	黃曉盈小姐 <i>Miss Angel Wong Hiu Ying</i>
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Hong Kong Recreation Management Association

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P.O. Box 9044, General Post Office, Hong Kong

Email: admin@hkrma.com.hk



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To : All Members
From : Kelvin, LEUNG King-fat, Convener for Social & Recreation Sub-Committee
Date : 28 February 2017

2017 Annual General Meeting & Annual Dinner

It is my pleasure to inform you that the 2017 HKRMA Annual General Meeting & Annual Dinner has been scheduled for Saturday, 29 April 2017 at 7:00 pm at Crystall Ballroom, The Cityview, 23 Waterloo Road, Kowloon.

- 6:15pm Cocktail Reception
7:00pm Annual General Meeting
7:30pm Prize Presentation Ceremony
8:00pm Buffet Dinner & Lucky Draw
8:30pm Stage Performance
10:30pm End of Function

Members are welcome to join the dinner with their guests. The dinner fees are:

- Member & one of his / her guest(s) \$250 per person
Non-member guests \$450 per person

Buffet dinner coupons can be reserved by returning the attached "Reply Slip" by 3 April 2017 (Monday) together with a crossed cheque payable to the "Hong Kong Recreation Management Association" and mail to "P.O. Box 9044, General Post Office, Hong Kong".

As the nearest MTR station at Yaumatei is just within 5 minutes walking distance, no parking facilities will be provided on the event day. For any enquiry, please contact Mr. Kelvin, LEUNG at 6627-3304 or Mr. Michael LAM at 6542-3388.

2017 Annual Dinner - Reply Slip

To Mr. Kelvin LEUNG, HKRMA
P.O. Box 9044, General Post Office, Hong Kong

I would like to reserve buffet dinner coupons as follows:
Please put a tick as appropriate.

Table with 4 columns: Name, Member / Guest #, Payable Amount, and a list of 10 numbered rows for reservation.

Total: \$

Please mark "x" in the appropriate box.

- I enclose herewith a crossed cheque in the amount of \$ payable to the "Hong Kong Recreation Management Association" (by mail)
I shall pay the fees on the day when attending the AGM and Annual Dinner.

Signature : Date :

Name : Membership No.:

Contact Telephone No.: E-mail address:



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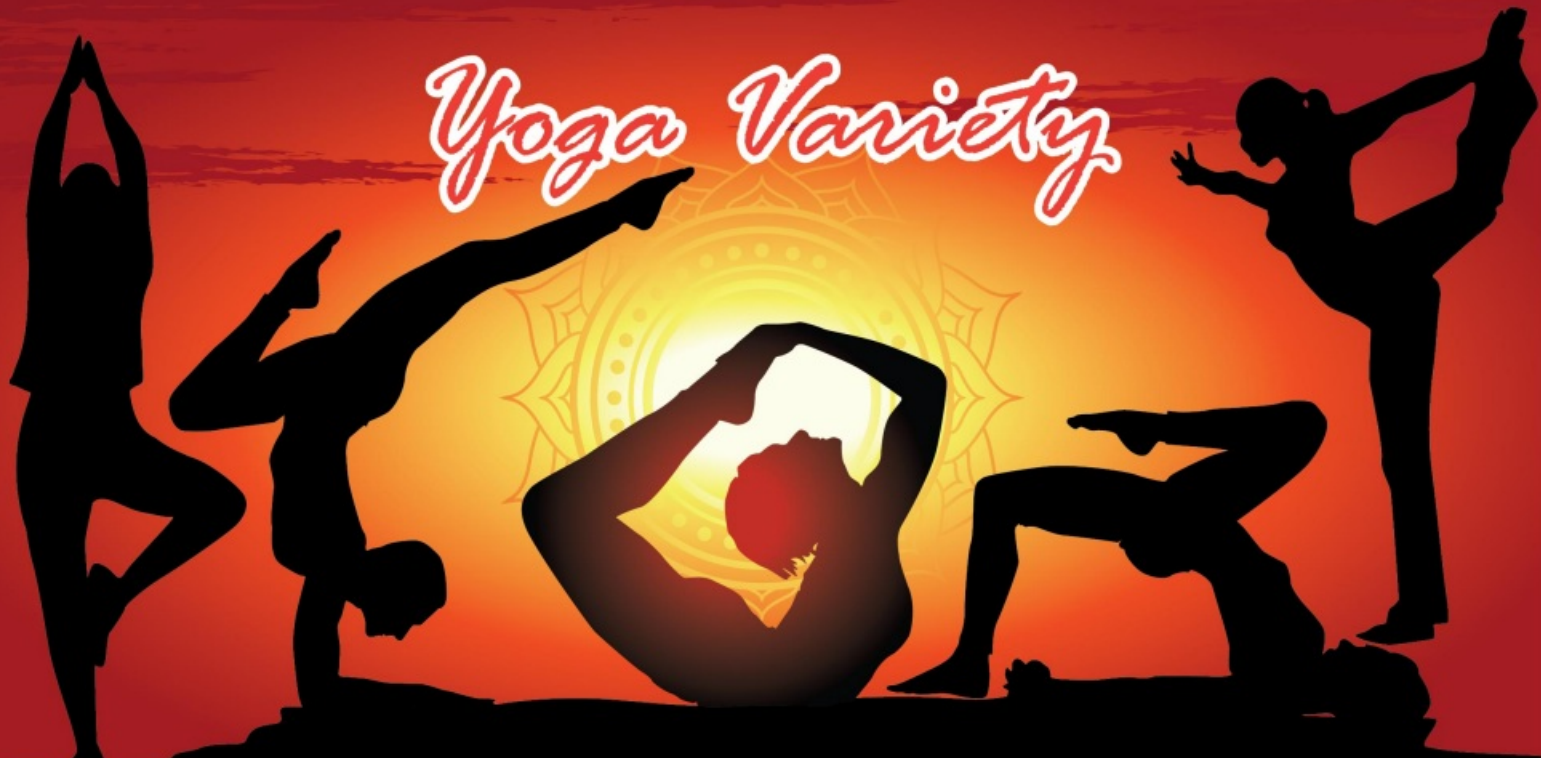


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Yoga Variety



Veronica

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. The health benefits of yoga have been known for many centuries, but it's quite so commonly known is just how many varieties of yoga there are. Here are some introductions of different variety of yoga:

Hatha

Hatha is a general term that can describe all physical kinds of yoga. Hatha has generally been redefined to indicate a more slow-paced class which focuses on alignment and breathing. Hatha class can be a good place to begin a yoga practice.



Vinyasa Flow

Vinyasa, tends to be a more vigorous style based on a series of poses called **sun salutations**. Class start with a number of sun salutations to warm up the body for more intense stretching. Vinyasa is also called flow, in reference to the continuous movement from one posture to next.



Anusara

Anusara combines a strong emphasis on physical **alignment** with a positive philosophy based on a belief in the intrinsic goodness of all beings. Classes are usually light-hearted and accessible, often with a focus on heart opening.



Ashtanga

Ashtanga is a fast-paced, intense, flowing style of yoga. A set series of poses is always performed in the same order. This practice is physically demanding because of the constant movement from one pose to the next.



Baptiste Power Vinyasa

Baptiste is based on "5 Pillars": vinyasa, **ujjayi pranayama**, heat, **uddiyana bandha**, and **drishti**. Classes are conducted in a heated room, are typically strong and sweaty



Bikram / Hot Yoga

The Bikram method is a set series of 26 poses. Hot yoga classes were taught in a room heated to 95 to 100 degrees. The heat allows for the loosening of tight muscles and profuse sweating, which is thought to be cleansing.



Iyengar

This style of practice is all about bringing the body into its best possible alignment, often using **props** to assist students as necessary. Iyengar practice usually emphasizes holding poses over longer periods of time.



Jivamukti

Jivamukti is in combination with chanting, meditation, and spiritual teachings. Jivamukti classes are physically intense and often include an inspirational theme selected by the teacher.



Forrest

Forrest Yoga is intended to strengthen and purify the body, release pent-up emotions and pain to encourage healing of physical and emotional wounds. Expect an intense workout with an emphasis on abdominal strengthening, inversions, and deep breathing.



Kripalu

Kripalu emphasis on meditation, physical healing, and spiritual transformation that overflows into daily life with a compassionate approach. It also focuses on looking inward and moving at your own pace, making it a good practice for people with limited mobility due to age, weight, illness, or injury.



Kundalini/Kriyas

Kundalini emphasis on the breath in conjunction with physical movement, with the purpose of freeing energy in the lower body and allowing it to move upwards through all the **chakras**. Kundalini focus on the exploration of the effects of the breath on the postures.



Integral

Integral is a gentle hatha style of yoga based on improving our lives. In an attempt to integrate mind, body, and spirit, classes also include pranayama, chanting, and meditation.



Moksha/Modo

Moksha hot yoga and Modo Yoga are both based on a series of 45 poses done in a heated room. The studios are expected to adhere to environmentally conscious building and cleaning standards and to foster a sense of community for their students.



Power Yoga

Power yoga was allowed for variation in the sequencing of poses at the discretion of the teacher. Contemporary power yoga classes are essentially vigorous vinyasa flow.



Restorative

Restorative yoga makes use of props to support the body as it relaxes into poses over the course of several minutes. The idea is to stay in each pose long enough to encourage passive stretching.



Sivananda

Sivananda yoga is based upon five principles, including the practices of asana, **pranayama**, and meditation. The mastery of twelve carefully selected poses is at the core of this practice.



Sridaiva / Bowspring

The knees stay bent in many poses and the pelvis is always tipping forward to maintain the spinal curves. Proponents say they find a new source of strength and power from this alignment.



Yin Yoga

Yin Yoga is a practice to stretch the body's connective tissue, particularly around the joints. This practice is to prepare the body to be able to sit in long meditation sessions.



Prenatal

Specifically designed for pregnancy, prenatal yoga can benefit women through all stages of their child-bearing year. Some studios also offer post-natal, or mama and baby yoga classes.



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馬拉松比賽的籌備過程

馬拉松是一項長跑項目，其距離為42公里195米，是一項考驗耐力及挑戰體能極限的長跑運動。香港馬拉松更是本地體壇每年最具代表性的國際體育盛事之一，吸引不少本地以至世界各地的出色跑手參加。香港馬拉松除了有全程、半程馬拉松和十公里賽事外，還有輪椅組三公里及全程馬拉松賽事。近年參賽人數每年逐漸遞增，大約有超過70 000名為跑手參與這項體壇盛事。

在舉辦馬拉松比賽時，事前的策劃及籌備工作十分重要，需要不同類型的部門與機構緊密合作及支持，例如各個政府部門、區議會、主辦機構、協辦機構、贊助機構及支持機構等等。各機構需從各方面考慮比賽的需要及安全措施；須邀請多個政府部門代表按其負責的範圍提供意見和適切的協助，確保比賽能在安全有序的情況下舉行。

馬拉松比賽籌備的工作眾多，開始階段

需由有關機構製訂工作日程表如比賽日期、比賽時間、比賽地點、報名日期等。一般馬拉松賽事均會於相對濕度通常較低及氣溫介乎攝氏14至17度的季節進行。不少國家的馬拉松賽事選擇均會於清晨溫度較低而空氣較清爽的時間舉行。

此外，籌備工作還有製訂比賽目的、形式、規則、章程、財務預算及尋找贊助商。須向各部門申請各項許可證明文件，如警察交通部安排人流及交通控制、路政署及運輸署批准使用公路及公共運輸改路、食物環境衛生署處理垃圾等等。其後開始賽務各項工作，如設計賽道、賽程、水站、救傷站、流動廁所、參賽者行李區、起跑時間、人流方向、工作崗位等等，以及在不同途徑派發及處理報名表格。在比賽路線方面，須詳細諮詢有關機構的專業知識，以及詢問有關政府部門、區議會及公共交通機進行交通影響評估後定出。

由於馬拉松賽事對跑手體能的要求極高，主辦單位須向參賽者提供賽前訓練的資訊，包括如何準備比賽、適合訓練場地的介紹及賽前飲食安排，以及不時透過傳媒的訪問，推廣長跑活動的安全意識。為了保障主辦/協辦機構、工作人員及參賽者，須購買有關保險，如責任保險及意外保險。為盡量確保參賽者有能力完成賽事，主辦機構可要求參賽者必須曾參加並完成馬拉松的十公里或以上項目，方會獲准參加比賽。

完成處理報名表格後，開始印製號碼布、運動員需知、場刊、宣傳品、工作人員制服、紀念T-恤、獎品、紀念品等等。發出新聞稿，通知記者和電視台，舉辦記者招待會及其他宣傳活動，透過新聞發佈提醒封路及交通改道安排。

最後聯絡有關機構提供或借用比賽的物資及聯絡當日提供服務的機構，如醫療輔助、賽事拍攝等。在物資方面須準備大量補給品，分別於起點、終點及賽道沿途安排提供蒸餾水、運動飲品、朱古力及香蕉/梨予參賽者使用。醫療輔助隊除了在賽事籌辦過程中，就賽事的醫療服務需要向籌委會提供意見外，



在比賽當日，於起點、賽道中的不同地點及終點，均設置備有自動體外心臟去纖顫器設備的醫護站及急救站。拍攝代表為參加者記錄比賽情況及場地佈置，方便日後參考及為每個參加者拍攝照片。

籌備馬拉松這項國際體育盛事過程繁複，需要不同部門及機構通力合作才能使比賽舉辦成功，成為跑步愛好者期待的體育賽事。

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泰拳的吸引力

泰拳很受香港人歡迎，亦有不少電影以泰拳為題材，吸引了更多人參與這項運動，掀起了一片泰拳熱。泰拳以往在香港都是男士的專利，但近年愈來愈多女士學習泰拳，以泰拳為修身的全身運動，既可燃燒卡路里，又可紓緩工作壓力，在學習泰拳過程中，能領會到各種不同益處。

泰拳是一個極佳的帶氧運動，在練習泰拳時，要使用四肢作攻擊，攻擊範圍包括近、中、遠，需要以不同速度、力度及節奏進行。在大量循環訓練和跳躍訓練中，一小時練習可消耗八百至一千二百卡路里，快速地燃燒身體多餘脂肪。香港人的工作和生活壓力較大，皮質醇會增加，過高的皮質醇可引致失眠，使身心疲憊及精力衰退，甚至令蛋白質分解加強而使肌肉萎縮。透過泰拳訓練，可釋放壓力，令睡眠質素上升，精力充沛地重回健康的生活軌道。

泰拳是運用四肢作為攻擊的武器，如雙拳、肘、膝、腿，共八個部位。主要運用的大肌肉群組包括上肢及大腿等，這項運動可以增加肌肉量、增強肌肉爆發力及增強肌肉耐力。此外，泰拳能使核心肌群更加強壯，核心肌群是身體發力的基礎，做泰拳訓練時，都要收緊腹部及控制多組穩定性肌肉，有助強化核心肌群。

其實泰拳在近30年來，逐漸受到世界各國搏擊家的注意和重視，其中有不少評論，可以從中體察到世界各國搏擊界對泰拳的觀感：

中國武術家**李小龍**稱泰拳就是唯戰論，其搏擊的完整體系、反樸歸真的技擊精華，是最全面自由，有效實戰之武術。僑居加拿大的著名國術(白鶴派)教練李鵬曾經這樣說過：“泰拳手那對腳的確犀利，被掃一下，即痛人心脾，那種痛法，是一種莫名其妙，令人冷汗直冒的疼痛。”在美國傳授北**少林拳**名師黎雄，對泰拳推崇備至，稱其“肘膝並用，四肢全出，長距離拳腳用老後，肘撞膝頂隨來，令人顧上失下防不勝防，厲害之至。”另一馳名歐美華僑**武師**何漢邦，直言指出“很多不學無術的人批評泰國拳動作簡單，殊不知格鬥之道其動作重簡不重繁，貴精不貴多。泰拳的動作正是由無數動作中簡化出來的‘真功夫’。他們或者不慣施展斷板、碎磚的‘表演功夫’，但拳腳殺傷程度足可以打傷一個人，甚至打死人。而最為重要的，是他們日常練習的，就是如何在‘實戰’中打倒對手。”

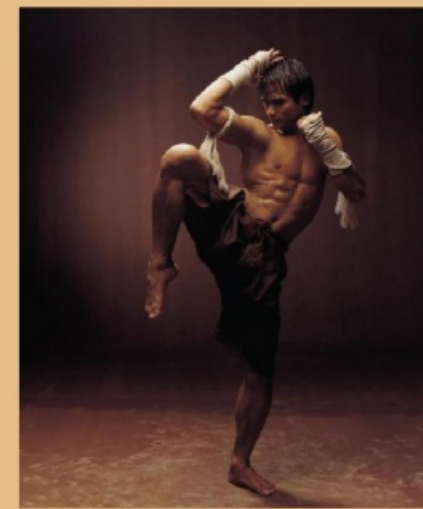


儘管泰拳在國際間受到各種形式、程度的敵視和排斥，致使其發展路途艱辛，但泰拳實戰價值及魅力卻日漸受到重視。特別是真正嗜武的拳迷，在看過泰拳師在擂臺上凌厲的拳腿和兇狠的肘膝功夫，無不心醉神迷。正如日本職業摔跤家杉山在實地觀看泰拳比賽後，敘述其感想：“真正厲害！令人吃驚，確是充滿緊張刺激味道，名不虛傳。泰拳師能打、踢、摔、拿，將全身化為武器。

泰拳除了是有益身心的全身帶氧運動，對於社交都有很好的幫助。在學習過程中，每位學員之間都需要互動，所以泰拳還是一個交友的平台，可以讓您結識更多朋友，令生活變得更加豐富多彩。

眾所周知，身體的所有活動都是由大腦來指揮，而協調性就是大腦與肢體之間的配合程度，泰拳可以提高肢體的協調性，令大腦機能提高；泰拳亦可以提高肢體的柔韌性、靈活性，可以使您遠離頸椎病、肩周炎及腰椎間盤等因久坐產生的身體問題。

泰拳活動在香港非常流行，吸引之處多不勝數，對於消脂、減壓、社交等等都有很好的幫助，一舉多得。因此在香港亦有不少打正“泰拳”旗號的訓練教學中心應運而生！



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兒童要成材，生理健康固然重要，心理質素亦不容忽視。如何磨練兒童不懼挫折、從失敗中重新站立的態度？跌倒，是滾軸溜冰「指定動作」之一，稍為不集中精神，失去重心，就會跌倒。滾軸溜冰這項運動在身體方面講求速度、平衡、手腳協調、肌肉發展。在心理方面，它有助訓練兒童的毅力、自信心等，有助他們身心發展。

兒童在滾軸溜冰時，能夠控制身體，增強手腳協調，聽指令提升專注力，鍛煉毅力勇於嘗試，促進社交技能。滾軸溜冰是一項全身運動，他們需要學懂如何控制自己的身體，因為兒童的手腳需要同時並用，可訓練他們的手腳協調能力及平衡力，令他們的身體更靈活，在溜冰時做出不同的花式及動作。

兒童需要聽從教練的指令，學習一些基本的溜冰技巧，例如前踏步、雙腳溜、單腳溜及雙腳跳等，他們才可以順利完成動作。此外，他們可從學習時不知不覺提升專注力。兒童在學習溜冰的過程中，少不免會有失跌倒的情況，教練會鼓勵他們起身，勇於嘗試再接再厲，從失敗中吸取經驗，讓他們一步步完成目標，不要半途而廢。

滾軸溜冰與溜冰雖然兩者都講求平衡力和手腳協調等，但當中所掌握的技巧有所不同。而滾軸溜冰在地上滑行，比起溜冰安全性較高，亦較為容易學習；技術精湛的小朋友，更可享受飛快的速度感，樂趣倍增，一玩入迷。

滾軸溜冰並不是一人的運動，亦有團體的合作。兒童透過互相溝通，能學習團隊精神，更可以促進社交技能。滾軸溜冰可以分



為六大不同的項目與種類，每個項目再由不同的細項目組成。這六大項目包括：

- 1 休閒滾軸溜冰包括：長、短途溜街、場地溜等；
- 2 自由式輪滑包括：障礙賽、跳高、速度繞樁、自由花式賽；
- 3 速度滾軸溜冰包括：短途賽、長途賽、計時賽、接力賽、場地賽、公路賽、馬拉松、落山賽等；
- 4 藝術滾軸溜冰包括：單人花式、雙人花式、混雙花式、舞蹈溜冰及圖形賽等；
- 5 滾軸溜冰曲棍球包括：單線曲棍球、溜冰曲棍球等；
- 6 最後還有較為危險的極限類別：特技滾軸溜冰。

與一些只是局限於健身器械的減肥療程比較，滾軸溜冰可說是有趣得多了。它的趣味來自於它給予參與者一種輕鬆、自在、無拘無束地與風追逐的感覺，它的趣味來自於它的速度，它的趣味亦來自於它多變的技術與玩法。未接觸過滾軸溜冰的人士，有些會覺得它是一樣古代的玩意，過時且不入流；有些則會覺得它是一樣很危險的運動，很容易跌倒擦傷或受傷。

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