



NEWSLETTER OF THE 15TH NATIONAL GAMES

THE 12TH NATIONAL GAMES FOR PERSONS WITH DISABILITIES AND THE 9TH NATIONAL SPECIAL OLYMPIC GAMES

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今期繼續送上精彩內容
Get ready for another
exciting issue

1 運動多面睇

Looking into Sports

探索單車競賽三大創新科技 — 戰衣、把手及儲能系統的奧秘

Discovering the three revolutionary technologies transforming cycling races — the suit, handlebars, and energy storage system

2 全運主場出擊

National Games in HK

介紹高爾夫球的基本技術，解構球手體內的「天文台」如何協助他們制敵致勝

Introducing the basics of golf techniques and uncovering how a golfer's internal "observatory" gives them a competitive edge

3 全運全城運動

Ready Set Go

分享輪椅舞者的專業訓練，展現體能與感知的完美結合

Exploring the specialised training of wheelchair dancers, showcasing the seamless integration of physical fitness and perceptual skills in their performances

4 全運全視野

National Games Lens

揭示香港如何蛻變為亞洲體育盛事之都
Revealing how Hong Kong develops as Asia's sports events city

5 我們的故事

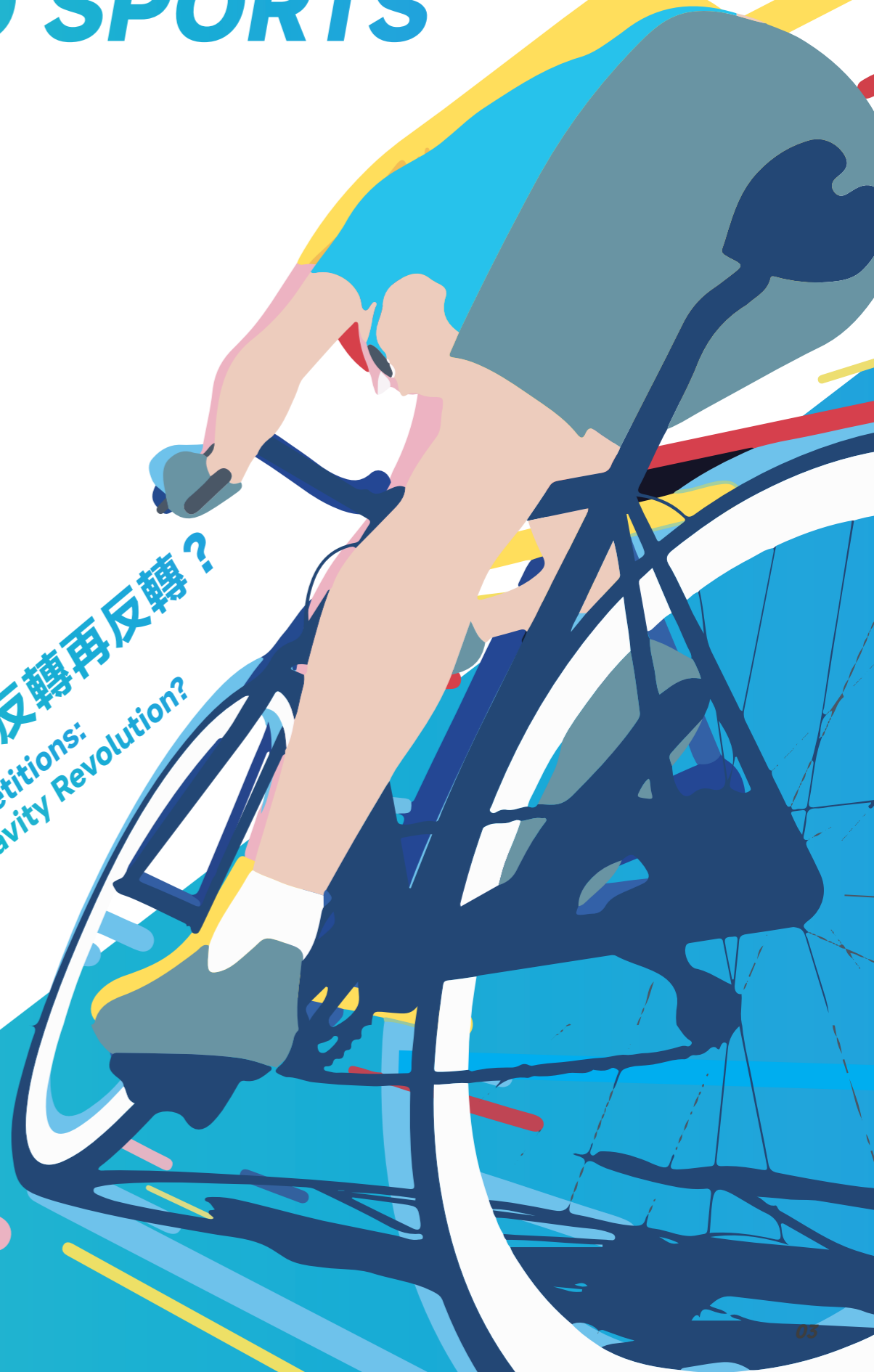
Our Stories

兩位擊劍新星分享訓練心路歷程，展現港將風采
Two rising fencing stars recount their training journeys, showcasing the brilliance of fellow Hong Kong athletes

LOOKING INTO SPORTS

運動多面睇

單車競賽：
地心吸力反轉再反轉？
Cycling Competitions:
A Gravity Revolution?



香港單車隊一直人才輩出。在1997年第八屆全國運動會（全運會），黃金寶於男子單車公路賽奪得香港史上首枚全運會金牌，後於第九屆（2001年）及第十一屆（2009年）全運會同一項目再奪金牌，以三枚金牌成為累計獲得最多金牌的香港運動員。而李慧詩在第十二（2013年）至第十四屆（2021年）全運會女子場地自行車項目（凱琳賽和爭先賽）共取得二金三銅的佳績，與黃金寶並列為香港史上獲得最多全運會獎牌的運動員。迄今，香港單車隊累計贏得23枚獎牌，包括十枚金牌。

當頂尖單車選手以時速75公里衝刺時，他們對抗的不只是空氣阻力與地心引力，更是挑戰物理定律的「重力革命」。近年秘密開發的三項科技——包括納米破風戰衣、震頻共振的單車把手，以及離心力儲能系統，正悄然改寫單車運動的極限規則，甚至將離心力轉化為「動能複利」，這些技術正在顛覆原有的競賽模式。

The Hong Kong cycling team boasts a distinguished history of exceptional talent. At the 8th National Games in 1997, Wong Kam-po won Hong Kong's first gold medal in men's road cycling. He claimed additional gold medals at the 9th (2001) and 11th (2009) National Games in the same discipline, amassing three gold medals. Lee Wai-size matched this record in women's track cycling in keirin and sprint events from the 12th (2013) to 14th (2021) National Games, winning two golds and three bronzes. To date, the Hong Kong cycling team has accumulated 23 medals, including 10 golds.

When elite cyclists sprint at the speed of 75 km/h or so, they are not only battling air resistance and gravity but also challenging the laws of physics — a “gravity revolution”.

In recent years, three innovations, including a nano-aerodynamic suit, frequency-resonant handlebars and centrifugal energy storage system, are redefining the cycling's limits. These technologies convert centrifugal force into “kinetic compound energy”, revolutionising the traditional competition model.

直路衝刺時最高可縮短3.2秒

破風戰衣：空氣流動的「五線譜」
The “musical score of airflow”

傳統破風衣追求表面平滑，而香港隊與研究團隊合作，從蟬翼結構汲取靈感，開發出布滿納米級錐形微孔的智能面料。這些直徑僅80微米的氣孔經精密排列，能將氣流擾動轉化為「空氣五線譜」，當氣流穿過氣孔時，會形成特定頻率的渦流，如同音叉共震般，可將原本紊亂的尾流化為助推力，據稱可減少約2.5%的功率消耗以達到相同速度。研究團隊又受荷葉的超疏水效應啟發，在戰衣表面塗覆雙層石墨烯塗層，使汗水迅速結珠滾落，保持衣服乾爽。此外，戰衣肩位嵌入「動態調諧晶片」，可即時偵測風速並微調孔洞開合，猶如為氣流譜曲的智能指揮家，幫助單車在過彎時減少風阻，在直路衝刺時最高可縮短3.2秒的時間。

Traditional aerodynamic suits prioritise a smooth surface, yet the Hong Kong team collaborated with researchers to draw inspiration from the structure of cicada wings, and developed a smart fabric embedded with nano-scale conical micropores. These precisely arranged air holes, each just 80 micrometres in diameter, transform airflow turbulent into a “musical notation of air”. When air passes through the pores, it generates vortices of specific frequencies, stabilising the chaotic wake into thrust and reportedly reducing power consumption by approximately 2.5% at high speeds.

Inspired by the superhydrophobic effect of lotus leaves, the research team also applies a dual-layer graphene coating to the suit that allows sweat to bead and roll off, keeping the fabric dry. Additionally, a “dynamic tuning chip” embedded in the shoulders, adjusts the pores in real time based on wind speed, acting like an intelligent conductor to help cyclists reduce wind resistance during cornering and save up to 3.2 seconds in a straight sprint.



離心力儲能系統：把過彎動能變成加速推力 Centrifugal energy storage system: converting cornering kinetic energy into acceleration thrust

「量子糾纏」單車把手：震頻共振的能量鍊金術 “Quantum entangled” handlebars: frequency-resonant energy alchemy

單車運動其中一個挑戰：選手手臂的細微震動與輪組轉速的干擾會導致動能消耗。所謂「量子糾纏」震動調節把手，是通過將壓電晶體嵌入單車把手，減少微震動造成的動能消耗。當選手以每分鐘120轉的踏頻騎行時，晶體捕捉手部肌肉收縮的微震，轉化為電脈衝，並與輪組轉速進行頻率匹配，如同量子力學現象「量子糾纏」般：一顆粒子影響另一顆粒子的微妙狀態。在早期實驗中，過強的共振機制經常引發「諧波災難」，導致車架抖動影響操控。研發團隊因此借鑑跳繩運動的節奏控制原理，**為把手設計「相位反轉器」，當偵測到共振過強時把手會釋放反向脈衝，抵銷多餘震能，類似隱形避震器，提升效率。**

One significant challenge of cycling is the slight vibrations of cyclists' arms interfere with the wheel rotation, leading to depletion of kinetic energy. The so-called “quantum-entangled” vibration-adjusting handlebars incorporate embedded piezoelectric crystals to minimise energy loss caused by micro-vibrations. When a cyclist pedals at 120 RPM, the crystals detect minute vibrations from muscle contractions and convert them into electric pulses synchronised with the wheel rotation frequency. This process is analogous to the quantum phenomenon of entanglement, in which the state of one particle influences another. In early experiments, excessively strong resonance often triggered “harmonic disasters”, causing frame vibrations that impair handling. Inspired by the jump rope rhythm-control principles, **the development team designed a “phase inverter” that emits counter-pulses to neutralise unwanted vibrational energy. This acts like an invisible shock absorber and boost efficiency.**

「為什麼過彎時產生的動能要白白浪費？」為此研究團隊提出創新構想：將離心力轉化為可儲存能量。他們改裝單車的輪組花鼓，裝上特製的鈦合金滑輪梭子（俗稱「飛梭」）。當選手壓車過彎時，飛梭受離心力影響沿滑軌甩出，帶動微型發電機將機械能轉為電能，儲存於超級電容中，當出彎加速時，再經輪轂馬達提供額外的推進力。系統試驗初期，曾因能量轉換延遲窒礙加速，設計團隊改進為「動能滾存」方案，據稱首圈釋放30%儲能，餘下70%則連同新產生的能量繼續累積。**直至第十圈時，能量便相當於多裝上一組950瓦的渦輪增壓器。**

“Why waste the kinetic energy generated during cornering?” To address this, the research team modified the bicycle wheel hubs, equipping them with specially designed titanium alloy “fly spools”. As a cyclist leans into a corner, centrifugal force drives the spool along a track, powering a micro-generator that converts mechanical energy into electrical energy stored in a supercapacitor. This stored energy provides the hub motor additional thrust when accelerating out of the corner. In early trials, delays in energy conversion hindered acceleration, prompting the design team to develop an “energy rolling storage” scheme which releases 30% of the stored energy during the first lap while accumulates the remaining 70% with newly generated energy. **By the tenth lap, this system can deliver the stored energy equivalent to a 950-watt turbocharger.**

低重力訓練：重構肌肉記憶 Low-gravity training: reconstructing muscle memory

在月球低重力環境中騎行是一個什麼體驗？低重力會讓人體肌肉系統出現「當機」。傳統騎行依賴體重與地面反作用力維持平衡，但在低重力環境下，儲存在神經節與小腦中的運動模式因重力變化而失效，導致初期操控失穩，迫使大腦「重新編程」運動神經。簡單而言，即手臂主導轉向，核心肌群如陀螺儀般維持身體平衡，大腦則重組感官輸入與動作輸出，讓運動神經系統逐步適應新環境，就像裝上一個「重力參數的動態修補程式」。故此，當破風戰衣配合震動調節把手，加上離心飛梭在彎道發揮收割動能，意味着選手不是在對抗重力，而是教曉重力跳舞，而場地自行車的極限亦早已不是人類與機器的對抗，而是一場重力與智慧的雙人華爾滋。

What would it feel like to cycle on the Moon?
Low gravity disrupts the human muscular system. Traditional cycling relies on body weight and ground reaction forces to maintain balance, but in low-gravity environments, movement patterns stored in neural networks and the cerebellum become ineffective. This causes initial control instability, forcing the brain to “reprogramme” motor neurons.

In such condition, the arms take primary control of steering, while the core muscles stabilise the body like a gyroscope. Meanwhile, the brain reorganises sensory inputs and motor outputs, allowing the motor system to gradually adapt to the new environment, similar to installing a “dynamic patch for gravity parameters”. Therefore, when the aerodynamic suit works in tandem with vibration-adjusting handlebars and the centrifugal fly spool harvests kinetic energy during cornering, cyclists no longer battle gravity but teach it to dance. Track cycling is not just a contest between human and machines, but a waltz of gravity and intelligence.

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NATIONAL GAMES IN HK

香港擁有八個地形和環境各具特色的18洞高爾夫球場



香港多次舉辦高爾夫球國際大型賽事

高爾夫球： 身體有個天文台？ Golf: The Body as an Observatory?

高爾夫運動起源於中世紀的蘇格蘭，最初作為一種休閒運動，逐漸演變為競技項目。1900年巴黎奧運會首次將高爾夫列為正式競賽項目，但其後它長期缺席奧運舞台，直至2016年里約熱內盧奧運會重新回歸，設有男女子兩個比賽項目。在全運會方面，高爾夫球於2013年第十二屆全運會首次被列為正式比賽項目。第十五屆全國運動會（簡稱「十五運會」）高爾夫球比賽將於香港哥爾夫球會粉嶺球場舉行。事實上，**香港擁有完善的高爾夫球基礎設施，包括八個地形和環境各具特色的18洞高爾夫球場**，為本地球手備戰全運會、應對場地挑戰提供了優越條件。

近年，香港的高爾夫球運動發展迅速，多次舉辦國際大型賽事，如香港高爾夫球公開賽和LIV Golf香港站，讓本地球手累積了參與大賽的經驗。女子選手陳芷澄於2016年取得里約奧運會參賽資格；許龍一於2023年贏得「國際都會高爾夫球錦標賽」冠軍；劉弦穩居業餘高球手世界排名前列；青年新星亦展現實力，像王鎰澄於2024年「FCG Callaway世界錦標賽」奪得女子11-12歲組冠軍，這些成績顯示了香港在亞洲乃至世界高爾夫球舞台的競爭力不斷提升。正因如此，**2025年起，高爾夫球升格為香港體育學院「A級」精英體育項目**，體院聘用高水平教練團，負責規劃和執行訓練計畫，進一步挖掘球手潛能，力爭在未來賽事中取得更卓越成績。

香港主場之亞太區文化遺產

Cultural heritage of the Hong Kong Golf Club

香港哥爾夫球會位於粉嶺的三個球場，有超過44%的面積被森林樹木覆蓋，成為新界北部一個重要「綠肺」。2023年，該球場獲聯合國教科文組織「亞太區文化遺產保護獎之傑出項目獎」，除了保留歷史建築群外，還孕育了豐富的自然環境，包括稀有及受保護樹木。球場內有38棵中國野生水松，是國家一級保護的瀕危植物。

The Hong Kong Golf Club in Fanling features three courses with over 44% of the area covered by forest, making it an important "green lung" in the northern New Territories. In 2023, the club received the UNESCO Asia-Pacific Cultural Heritage Protection Award for preserving historical buildings and fostering a rich natural environment that includes rare and protected tree species like 38 Chinese swamp cypress trees, a nationally protected first-level endangered species.

Originated in medieval Scotland as a leisure activity, golf evolved into a competitive sport and debuted as an official competition at the 1900 Paris Olympics. After an absence from the Olympic stage for over a century, it returned at the 2016 Rio Olympics with men's and women's events. Golf was first included in the National Games as an official event at the 12th edition in 2013. For the 15th National Games (NG), the golf competition will be held at the Hong Kong Golf Club in Fanling. Hong Kong boasts excellent golfing infrastructure, with eight 18-hole courses offering diverse terrains and environments, providing local golfers with ideal preparation conditions for the NG.

Golf has experienced rapid growth in Hong Kong. The hosting of major international tournaments such as the Hong Kong Open and LIV Golf Hong Kong, provides local golfers with valuable experience in major competitions. Notable achievements include Tiffany Chan qualifying for the Rio Olympics in 2016, Taichi Kho winning the champion of the World City Championship in 2023, and Arianna Lau ranking among the top amateur golfers in the world. Moreover, emerging talents Sabrina Wong also acclaimed the girls' 11-12 age group championship at the 2024 FCG Callaway World Championship.

These achievements signify Hong Kong's rising competitiveness in Asian and global golf arenas. **Starting in 2025, golf is elevated to an "A-level" elite sports programme at the Hong Kong Sports Institute**, with high-level coaches designing training programmes to further maximise golfers' potential and drive future events.

2025年起，高爾夫球升格為香港體育學院「A級」精英體育項目

全運主場出擊

解構基本技術：打高爾夫球真的很難嗎？
Deconstructing basic techniques:
Is golf really as hard as it seems?

高爾夫球賽，簡單來說就是使用球桿，通過一桿或連續數桿，將球從開球區打入球洞。球手因應球洞的距離和場地條件，選擇合適球桿進行比賽。

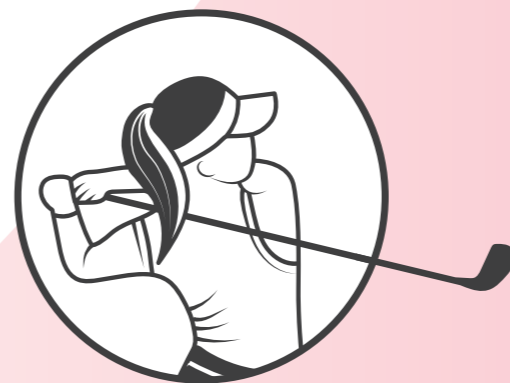
在高爾夫球運動中，球手的身體就如一個「天文台」，通過身體感知與環境觀察相結合，提升擊球的準確性和穩定性，從而達到最佳的比賽表現。掌握高爾夫球技巧是否很困難？關鍵在於球手能否在以下幾方面實現協調：

At its essence, golf involves striking a ball with a club from a designated starting area into a hole in as few strokes as possible. Players select suitable clubs based on distance to the hole and course conditions.

Player's body functions as an "observatory", integrating physical perception and environmental awareness to enhance shot accuracy and stability. But is mastering golf truly challenging? The key lies in a player's ability to co-ordinate three essential elements:

1 環境觀察 ENVIRONMENTAL OBSERVATION

- **風向與天氣** 由於風速和風向會影響球的飛行距離及彈道高度，所以球手需仔細觀察天氣情況，靈活調整擊球角度和力度，以應對環境變化。
- **球場地形** 球場的坡度、草種及障礙物直接影響擊球策略，球手需仔細分析地形，制定最佳路線，避開困難地段。
- **Wind and Weather** Wind speed and direction significantly affect the ball's flight distance and trajectory. Players must carefully assess weather conditions and adjust shot angles and power accordingly.
- **Course Terrain** Slope gradient, grass variety and obstacles directly impact shot strategy. Players must thoroughly analyse the terrain features and plan routes to avoid hazard areas.



2 身體感知 BODILY PERCEPTION

- **平衡與協調** 良好的身體平衡是揮桿穩定的基礎，以確保動作流暢且協調一致。
- **力量控制** 精準的力量感知有助調整揮桿力度、控制球的飛行距離和方向，以及提升擊球的爆發力。
- **Balance and Co-ordination** Good balance is fundamental for a stable swing, ensuring smooth and coordinated movements.
- **Power Control** Precise power perception helps players to adjust swing strength, controlling flight distance and direction, improving accuracy.



3 心理結合 PSYCHOLOGICAL INTEGRATION

- **專注力** 在複雜的比賽環境中保持高度集中，專注當下，能有效整合身體感知與環境信息。
- **應對變化** 場地及天氣瞬息變化，球手需具備良好心理韌性，靈活調整策略和動作以應對挑戰。
- **Concentration** Intense focus in complex competitive environments enables players to blend bodily awareness with environmental information.
- **Adaptability** Rapid changes in terrain and weather conditions demand resilience and flexibility, demanding players to adjust strategies and movements in response to evolving challenges.



高爾夫球的比賽形式分為比桿賽和比洞賽兩種，國際大賽和全國比賽中通常採用比桿賽。兩者分別在於，比洞賽是以桿數較少完成每一洞的為該洞的勝者，透過逐洞對決決定比賽結果；比桿賽則是以完成整個比賽規定輪數的總桿數最低者為勝者。

十五運會中，高爾夫球賽事採用的是比桿賽制，選手需要在四天內進行四場比賽。四輪比賽結束後，總桿數最低的選手獲勝。但不管是哪一種比賽形式，從揮桿穩定性、救球技巧至最後一擊，都是決定勝負的關鍵。

Golf competitions are divided into stroke play and match play formats. Stroke play is typically used in major tournaments. The fundamental difference lies in the scoring methodology: match play determines winners hole-by-hole, based on the fewest strokes per hole, whilst in stroke play, the player with lowest total strokes over the entire round wins.

At the NG, golf competition will use a stroke play format, with players completing four rounds over four consecutive days. Following these rounds, the player with the lowest cumulative stroke count wins. No matter which format, the swing consistency, recovery techniques and precise putting are the key to success.

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● 揮桿穩定性

Swing Stability

高爾夫球是一項以軀幹旋轉為核心的運動，揮桿的力量來源於身體的旋轉。當中，背肌與腹肌在揮桿過程中有高度參與——背肌維持揮桿姿態的穩定性，腹肌驅動軀幹旋轉。在加速擊球時胸大肌發揮達93%的力量。揮桿時，選手必須確保身體的穩定性和動作的舒適性，才能穩定擊球軌跡。

Golf is a sport centered on torso rotation, with the swing's power coming from the body's rotation. During the swing, back and abdominal muscles are highly engaged: back muscles stabilise posture, abdominal muscles drive torso rotation, and pectoral muscles generate up to 93% of their maximum force during acceleration. Players must maintain bodily stability and comfort to ensure consistent ball trajectory.

● 救球

Recovery Techniques

高爾夫球有五種最基本技術：推桿，切桿，劈起桿，鐵桿和木桿。其中，劈起桿是一種短而高的擊球方式，通常用於果嶺邊緣、沙坑外部，或者需越過某障礙物時的情況。

劈起桿屬於一種特殊的鐵桿，桿頭角度較大，後部設計平滑，擊球時更容易將球擊起高飛，並控制落地的位置。尤其在救球、特別是果嶺周圍遇到困難球位時使用。

Golf includes five fundamental techniques: putting, chipping, pitching, iron play, and wood play. Pitching refers to a short, high-trajectory shots typically used around the green or in bunkers to clear obstacles.

Pitching clubs are a type of iron with a larger face angle and smooth backs, which help lift the ball and control landing position. This technique is useful in challenging situations around the green.

● 最後一擊

The Final Putt

推桿是將球沿着地面滾動、精準將球推進洞內的最後一擊。推桿時，球手上臂需貼合身體，與球桿呈一直線，雙腳踩穩固定，以上半身帶動手臂擊球；同時，球手要判斷推球距離與力度。擊球時，桿身順勢將球向前推送，以身體帶動擊球，發揮完美一擊。

The putt is the final shot that rolls the ball along the ground into the hole. During putting, players should keep upper arms close to the torso, in line with the club, and feet stable. The upper body guides arm movement to strike the ball as players gauge both distance and necessary force. For best results, the club should smoothly drive the ball forward through coordinated body movement.

揮桿穩定性、救球技巧和最後一擊，
都是決定勝負的關鍵。

READY SET GO

輪椅舞蹈(大眾項目)：從缺少到完整 Para Dance Sport (Mass Participation Event): From Limitation to Wholeness

全運全城運動

輪椅舞蹈起源於1968年的瑞典，是一種至少有一位舞者使用輪椅的競技舞蹈運動，旨在讓輪椅使用者能夠追求音樂和舞蹈的熱情。對殘疾人士而言，舞動身體不僅促進復康，還能提升自尊、自信心和社交能力，滋養心靈。

別以為輪椅舞蹈競技是小兒科，比賽類別涵蓋標準舞（華爾滋舞、探戈舞、維也納華爾滋舞、狐步舞、快步舞）及拉丁舞（森巴舞、恰恰恰舞、倫巴舞、鬥牛舞、牛仔舞）兩大類別。評審團通常由六至九名評判及一名主席組成，根據技巧、編舞演繹及難度三大方面評分。

在全國第十二屆殘疾人運動會暨第九屆特殊奧林匹克運動會（簡稱「殘特奧會」）中，輪椅舞蹈（大眾項目）比賽於2025年9月6日至7日在馬鞍山體育館舉行。

At the 12th National Games for Persons with Disabilities (NGD) and the 9th National Special Olympic Games (NSOG), the para dance sport competition (mass participation event) was held on September 6-7, 2025.

Wheelchair dance, also known as para dance sport, originated in Sweden in 1968 as a competitive dance sport involving at least one dancer using a wheelchair. It enables wheelchair users to pursue their passion for music and dance. For people with disabilities, dancing not only promotes physical rehabilitation but also enhances self-esteem, confidence and social skills, enriching both the body and the spirit.

Do not underestimate the complexity and athleticism of para dance sport. Competitions are remarkably comprehensive, encompassing both standard dances (waltz, tango, Viennese waltz, foxtrot, quickstep) and Latin dances (samba, cha-cha-cha, rumba, paso doble, jive). Judging panels typically comprise six to nine judges plus a chairperson, who evaluate performances based on technique, choreographic interpretation, and difficulty level.

輪椅舞蹈比賽形式分為：
Competition formats of
para dance sport include:



1 獨舞：一名輪椅舞者
Solo dance:
One wheelchair dancer



2 雙人舞：兩名輪椅舞者
Duet:
Two wheelchair dancers



3 混合舞蹈：一名輪椅舞者和一名健全（站立）舞伴
Mixed dance:
One wheelchair dancer partnered with one standing partner



4 集體舞：多名輪椅和站立舞者共同表演
Group dance:
Multiple wheelchair and standing dancers

輪椅人士如何起舞？

How do wheelchair athletes dance?

在輪椅舞蹈中，舞者同樣有展現下腰和轉圈等舞姿。若輪椅舞者為男性，站立的女舞伴可靠在男輪椅舞者的大腿上，或背對背完成下腰動作；若輪椅舞者為女性，站立的男舞伴會握着輪椅手把，提起女舞者進行轉圈。若兩位舞者均使用輪椅，則以上肢動作或面對面的互動舞姿為主，講求整齊一致。

In para dance sport, dancers execute an array of movements, including bends and spins. When the wheelchair dancer is male, his standing female partner may lean against his thigh or perform back-to-back bending movements. When the wheelchair dancer is female, her standing male partner can grasp the wheelchair handles to lift and spin her. When both dancers use wheelchairs, emphasis shifts to upper body movement and face-to-face interaction, with a particular focus on synchronisation.

與其他運動相同，輪椅舞者需要進行嚴格訓練才能參加比賽。

訓練主要圍繞四大核心：

Like other competitive sports, para dance sport requires rigorous training regimens. Training focuses on four core areas:



體適能訓練
Physical Fitness Training

輪椅舞者以體適能訓練作熱身，包括前後跑圈、節奏跑圈、擺動跑圈（不推輪椅，靠身體擺動驅動輪椅）、旋轉訓練、角度轉向訓練及拉橡筋動作；健全舞者則進行跑圈、抬腿、側身跳、深蹲和拉橡筋等訓練提升體能。

Wheelchair dancers begin with fitness warm-ups including forward and backward circuits, rhythmic circuits, swinging circuits (body movement driving the wheelchair instead of propelling it), rotation drills, directional changes, and resistance band exercises. Standing dancers perform circuits, leg raises, lateral jumps, squats, and resistance band exercises to enhance overall fitness.



反應、感覺訓練和合作精神訓練
Reaction, Sensory Training and Team Spirit Training

通過遊戲形式提升感知反應及合作能力。例如蒙眼訓練中，一名舞者蒙眼，根據另一位舞者的動作作出相應回應，旨在訓練反應、感覺和合作精神。

Interactive exercises improve perception, reaction time, and cooperation skills. During blindfold training, for example, one dancer wears a blindfold and responds to partner's movements, developing quick reactions, sensory awareness, and teamwork.



技巧訓練
Technique Training

於練習時使用節奏緩慢的音樂，能讓舞者更清楚地掌握每個動作的細節，透過反覆練習基礎動作來建立肌肉記憶。

Practicing with slow music enables dancers to immerse in the mood and digest the details of each movement. Consistent practice of fundamental steps strengthens muscle memory.



比賽訓練
Competition Training

模擬比賽情境，讓舞者獲得更多比賽經驗。教練從中評估表現，提供實用建議以進行改善。比賽訓練同時是體適能、技巧、反應、感覺和合作精神的綜合練習。

Simulating competition scenarios provides dancers valuable practical experience. Coaches evaluate performances and offer constructive feedback for improvement. Competition training also incorporates fitness, technique, reaction time, sensory awareness and partnership dynamics.

作為觀眾，看他/她今天怎麼跳 As a spectator, how to appreciate their dance today?

輪椅舞蹈講求身體與節奏的完美配合，每個動作與旋律互相呼應，恰到好處，對輪椅使用者來說充滿挑戰性。與其他運動比賽不同，輪椅舞蹈注重音樂與舞者的融合。若舞者未能與音樂或舞伴配合，表現效果將大打折扣。總括來說，輪椅舞蹈強調空間感、合拍性、音樂節奏和體重轉移，舞者需特別注意坐姿才能展現優美的動作。

作為觀眾，觀賞輪椅舞蹈比賽的過程中，除了能認識舞蹈的藝術性，也能欣賞殘疾人士的堅毅與能力。如果你從沒看過輪椅舞蹈，殘特奧會是一個絕佳機會，讓你領略舞者如何演繹「從缺少到完整」的精神。

Para dance emphasises perfect synergy between the body and rhythm, with each movement resonating with the melody, presenting a unique challenge for wheelchair athletes. Unlike other sports, wheelchair dancing focuses on the seamless integration of music and movement. If a dancer fails to synchronise with the music or their partner, the performance quality can decrease significantly. Overall, para dance sport highlights spatial awareness, synchronisation, musical rhythm and weight transfer. Dancers must also maintain exceptional posture to demonstrate graceful, fluid movements.

As a spectator, watching a wheelchair dance competition offers more than just an appreciation of the art of dance — it provides a profound glimpse into the resilience, strength, and talent of persons with disabilities. If you've never experienced para dance before, the NGD and the NSOG present an ideal opportunity to witness how dancers embody the powerful spirit of transforming limitation into wholeness.



NATIONAL GAMES LENS

香港如何蛻變成亞洲體育盛事之都？ —— 從啟德體育園到全運會的啟示 How did Hong Kong Transform into Asia's Sports Events City? - Insights from Kai Tak Sports Park to the National Games

2025年，啟德體育園正式開幕，主場館符合多項國際體育賽事的場地要求，可容納約五萬名觀眾，配備靈活的草坪系統和開合式上蓋，能在各種天氣條件下舉辦多種類型的本地、區域及國際體育盛事與文娛活動。

自三月啟用以來，體育園已舉辦多項重要賽事，包括香港國際七人欖球賽、亞洲盃外圍賽及多場足球賽事。今年粵港澳首次攜手承辦十五運會和殘特奧會，部分競賽項目將於體育園舉行，包括擊劍、手球（男子）、第十五屆全國運動會香港賽馬會盃七人制橄欖球比賽、保齡球（群眾賽事活動）及硬地滾球。

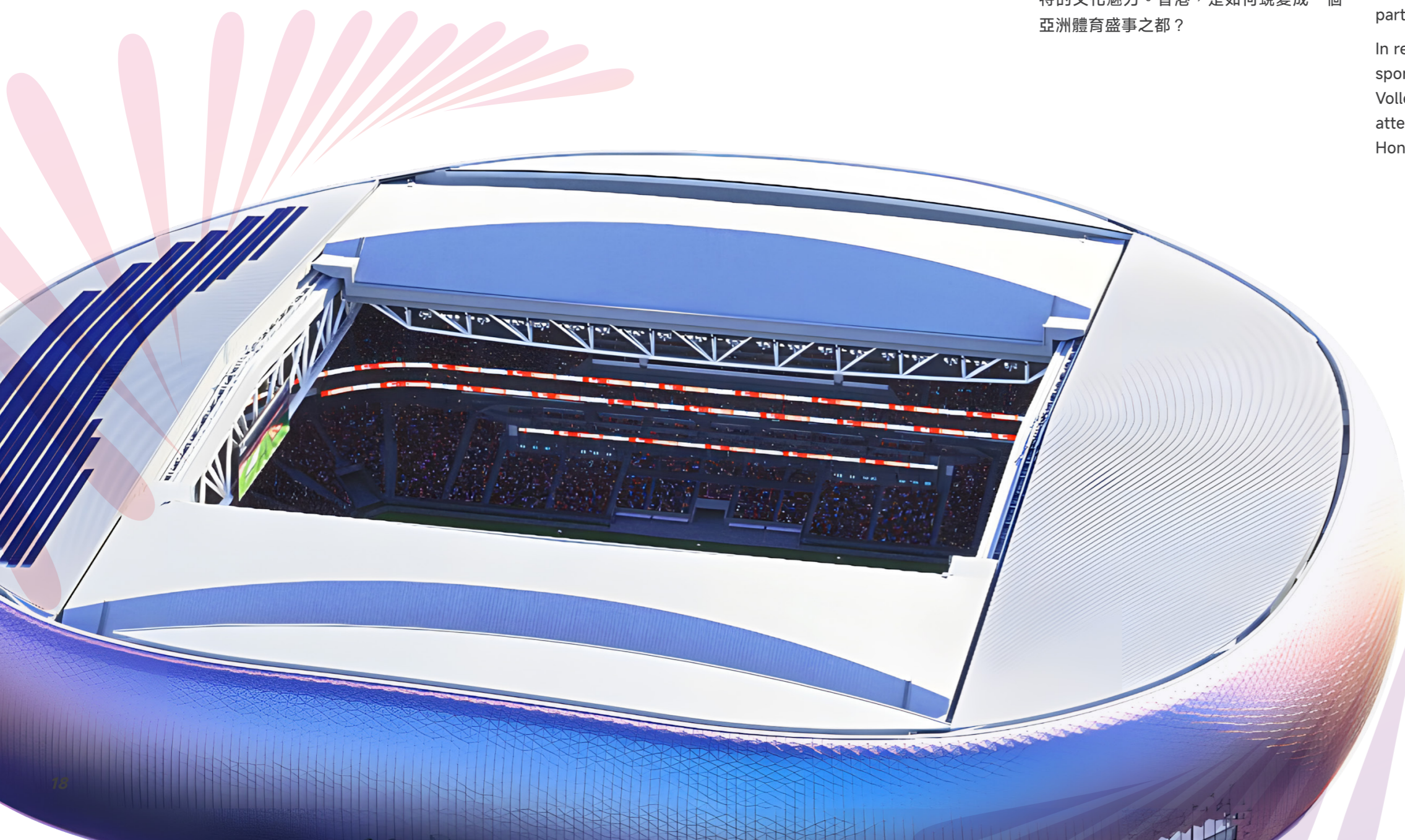
近年，香港積極舉辦世界級運動盛事，如香港國際七人欖球賽和FIVB世界女排聯賽（香港站）等，吸引全球目光，展現出獨特的文化魅力。香港，是如何蛻變成一個亞洲體育盛事之都？

In 2025, Kai Tak Sports Park officially opened, with its Stadium meeting various venue requirements for holding major international sports events. Capable of accommodating approximately 50,000 spectators, it features a retractable roof and flexible pitch surface that can host a wide range of international, regional and local sports and entertainment events in all weather conditions.

Since its opening in March, Kai Tak Sports Park has hosted several significant events, including Hong Kong Sevens, Asian Cup qualifiers, and multiple football matches. This year, Guangdong, Hong Kong, and Macao will co-host the NG, the NGD and NSOG (the Games) for the first time, with some competition events, fencing, handball (Men), The 15th National Games of the People's Republic of China The Hong Kong Jockey Club Trophy Rugby Sevens Competition, bowling (mass participation event), and boccia, taking place at the Sports Park.

In recent years, Hong Kong has actively hosted world-class sports events, such as the Hong Kong Sevens and the Five Volleyball National Leagues Hong Kong, drawing global attention and showcasing its unique cultural charm. How has Hong Kong transformed into Asia's sports events city?

全運全視野



啟德體育園作為香港歷來最大的體育基建項目，提供了具備國際標準的先進體育設施，推動體育發展，並帶動休閒娛樂、旅遊及盛事經濟。**香港特區政府致力推動體育發展，落實普及化、精英化、盛事化、專業化和產業化五大政策目標**（即「五化政策」），透過增加投放資源推動體育產業創新及現代化，擴充體育產品和服務，從而提升香港作為集賽事、產業與消費於一體的亞洲體育盛事之都的地位。

近年的大型運動場館與基建， 如何讓香港發展成亞洲體育盛事之都？ How have recent sports venues and infrastructures contributed to Hong Kong's development as Asia's sports events city?

Being the largest sports infrastructure project in Hong Kong's history, Kai Tak Sports Park provides world-class facilities, thereby enabling it to contribute to the efforts in boosting leisure, entertainment, tourism, and the event economy. **The HKSAR Government (the Government) is committed to promoting sports development by proactively implementing the five key policy objectives** (the five-pronged approach), namely, by promoting sports in the community, supporting elite sports, maintaining Hong Kong as a centre for major international sports events, enhancing professionalism, and developing sports as an industry. By devoting additional resources to fostering innovation within the sports industry, building a modern sports industry system, and expanding the range of sports products and services, Hong Kong can enhance its image as Asia's premier sports events city integrating events, industry, and consumption.

大型體育活動能夠吸引旅客，帶動經濟收益和促進其他景點的人流。由年初至今，香港已舉辦一系列體育盛事活動，七月的香港足球盛會2025吸引世界知名球隊利物浦、AC米蘭、阿仙奴及熱刺，掀起足球熱潮。香港中西文化薈萃的特色也融入賽事之中，例如在七人欖球賽期間，球迷以奇裝異服參與派對，展現城市的開放與創意。

舉辦國際體育賽事如何強化香港 作為國際旅遊城市樞紐的角色？ How do international sports events shape Hong Kong's role as a global tourism hub?

政府近年積極推動文化、體育、生態及盛事「+旅遊」，帶動旅客體驗本地文化，加強香港作為國際旅遊樞紐角色。

Major sports events attract international visitors, generate economic benefits, and drive traffic to other attractions. From the start

of the year until now, Hong Kong has hosted a series of flagship sports events. In July, the Hong Kong Football Festival 2025 featured globally renowned teams such as Liverpool, AC Milan, Arsenal, and Tottenham, sparking a football frenzy. Hong Kong's unique blend of Eastern and Western cultures is woven into these events, exemplified by fans participated with distinctive clothing during the Hong Kong Sevens, showing the city's opening and creativity. **Over the past few years, the Government has actively promoted initiatives integrating culture, sports, ecology, mega events and "+ tourism", encouraging visitors to deeply experience local culture and thereby enhancing Hong Kong's status as an international tourism hub.**

香港的運動文化 如何從「觀賞」走向「參與」？ How has Hong Kong's sports culture shifted from "spectatorship" to "participation"?

香港精英運動員揚威國際，帶動市民對相關運動項目的關注度和興趣顯著提升，政府亦投放資源支持精英運動員取得好成績，拓展熱愛體育的觀眾群。此外，從七機嘉年華以至世界女排聯賽的全民觀賽熱情，反映出香港人已將運動與節慶結合。2025年的渣打馬拉松吸引逾7萬名跑手參與，沿途數百家商戶設立加油站，市民自發組成啦啦隊，展現賽事成為全城活動。有國際賽事更為青少年提供與頂級運動員互動的機會，2024年賽馬會香港公開羽毛球錦標賽期間舉辦的社區計劃「羽你同樂」國際球星大師班，讓接近二百名小朋友及青少年與選手近距離接觸。

同時，政府透過舉辦多元化的康樂體育活動，鼓勵不同年齡層和體能的市民養成恆常做運動的習慣，康樂及文化事務署經常舉辦各類型體育訓練課程、比賽和康樂活動，每年亦舉辦全民運動日、全港運動會、工商機構運動會和先進運動會等，在社區推廣普及體育的文化。

Hong Kong's elite athletes have achieved remarkable success on the international stage, significantly boosting public interest and engagement in various sports. The Government has allocated resources to support these elite athletes in pursuing excellence and increase the number of audience that loves sports. The festive atmosphere of the Hong Kong Sevens and the enthusiastic crowds at the FIVB Volleyball Nations League Hong Kong shed light on how sports have become intertwined with celebrations. The 2025 Standard Chartered Hong Kong Marathon, with over 70,000 participants and hundreds of cheer stations set up by local businesses, exemplifies how sports events have evolved into a citywide celebration. International competitions also provide opportunities for young people to interact with elite athletes. For example, during the 2024 Jockey Club Hong Kong Open Badminton Championships, nearly 200 children and teenagers took part in a community programme "Badminton with You" international stars masterclass, interacting with world-class players.

Additionally, the Government encourages people of different ages and physical abilities to develop the habit of regular exercise by organising a wide range of recreational and sports activities. Annual events such as the Sports for All Day, the Hong Kong Games, the Corporate Games, and the Masters Games organised by the Leisure and Cultural Services Department, encourage widespread community participation in sports.

2025全國運動會競賽場地
Competition venues of 2025
National Games

- 1 馬鞍山體育館**
Ma On Shan Sports Centre
輪椅舞蹈（大眾項目）、全國第十二屆殘疾人運動會暨第九屆特殊奧林匹克運動會香港賽馬會盃輪椅擊劍比賽
Para Dance Sport (Mass Participation Event), The 12th National Games for Persons with Disabilities and the 9th National Special Olympic Games The Hong Kong Jockey Club Trophy Wheelchair Fencing Competition
- 2 香港哥爾夫球會——粉嶺球場**
Hong Kong Golf Club —
Fanling Golf Course
高爾夫球
Golf
- 3 荃灣體育館**
Tsuen Wan Sports Centre
特奧乒乓球、全國第十二屆殘疾人運動會暨第九屆特殊奧林匹克運動會香港賽馬會盃乒乓球（TT11組）比賽
Special Olympics Table Tennis, The 12th National Games for Persons with Disabilities and the 9th National Special Olympic Games The Hong Kong Jockey Club Trophy Para Table Tennis (TT11) Competition
- 4 中環海濱活動空間及維多利亞港**
Central Harbourfront Event Space
and Victoria Harbour
鐵人三項
Triathlon
- 5 香港體育館**
Hong Kong Coliseum
第十五屆全國運動會香港賽馬會盃籃球（男子22歲以下組）比賽
The 15th National Games of the People's Republic of China The Hong Kong Jockey Club Trophy Basketball (Men's U22) Competition

- 6 維多利亞公園**
Victoria Park
沙灘排球
Beach Volleyball
- 7 啟德體育園**
Kai Tak Sports Park
擊劍、硬地滾球、手球（男子）、保齡球（群眾賽事活動）、第十五屆全國運動會香港賽馬會盃七人制橄欖球比賽
Fencing, Boccia, Handball (Men), Bowling (Mass Participation Event), The 15th National Games of the People's Republic of China The Hong Kong Jockey Club Trophy Rugby Sevens Competition
- 8 香港單車館**
Hong Kong Velodrome
場地自行車
Track Cycling

FENCING TALENTS FROM HONG KONG

香港擊劍新星



立即去片
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近年，香港擊劍運動員在國際體壇上屢創佳績。被譽為「劍神」的張家朗先後於2021年東京奧運及2024年巴黎奧運男子花劍個人賽中奪金，成為首位連續兩屆衛冕此項奧運金牌的香港男劍手。同樣地，有「微笑劍后」稱號的江旻憓則於2024年巴黎奧運女子重劍個人賽奪冠，並多次登上世界排名第一，展現香港擊劍的頂尖實力，掀起本地擊劍熱潮。今年，香港隊於亞洲劍擊錦標賽再添一金五銅佳績，蔡俊彥在男子花劍個人項目封王，並在最新世界排名躍升至第一。

香港擊劍新星持續湧現，彰顯香港擊劍訓練體系的深厚根基。今期我們特別邀請兩位女子擊劍新星梁洛文及梁雅蕾，分享她們的訓練歷程與心路。

梁洛文是香港女子佩劍運動員。她於2022年亞洲23歲以下劍擊錦標賽的女子佩劍團體賽中獲得金牌，並於同年的亞洲青少年劍擊錦標賽青年組女子佩劍團體賽中獲得銅牌。

Laren Leung Lok-man is a Hong Kong women's sabre fencer. In 2022, she won a gold medal in the Women's Sabre Team event at the U-23 Asian Fencing Championships and a bronze medal in the Junior Women's Sabre Team event at the Asian Junior and Cadet Fencing Championships.



梁雅蕾是香港女子花劍運動員。她於2022年亞洲青年劍擊錦標賽中成為首位奪得青年組女子花劍個人及團體雙料冠軍的香港女子花劍選手。同年，她在亞洲U23劍擊錦標賽上獲得女子花劍團體銀牌和女子花劍個人銅牌。

Janelle Leung Ya-lei is a Hong Kong women's foil fencer. In 2022, she became the first Hong Kong female fencer to win double gold medals at the Asian Junior and Cadet Fencing Championships, capturing titles in both the Junior Women's Foil Individual and Junior Women's Foil Team events. In the same year, she also won a silver medal in the Women's Foil Team event and a bronze medal in the Women's Foil Individual event at the Asian U-23 Fencing Championships.

OUR STORIES 我們的故事

Over the last few years, Hong Kong fencers have shone brightly on the international stage. Known as the "Fencing God," Cheung Ka-long won gold medals in the men's foil individual events at both the 2021 Tokyo and 2024 Paris Olympics, becoming the first Hong Kong male fencer to successfully defend this Olympic title across consecutive games. Similarly, the "Fencing Queen", Vivian Kong, claimed the gold medal in the women's épée individual event at 2024 Paris Olympics and has repeatedly held the world No. 1 ranking, demonstrating Hong Kong's elite fencing capabilities and igniting a local fencing

boom. This year, the Hong Kong team added one gold and five bronze medals at the Asian Fencing Championships, with Ryan Choi winning the men's foil individual title and rising to world No. 1 in the latest rankings.

Hong Kong's emerging fencing talents continue to thrive, reflecting the strong foundation of the local fencing development system. In this episode, we are pleased to invite two rising female fencers, Laren Leung and Janelle Leung, to share their training journeys and insights.

SPOTLIGHT ON HONG KONG ATHLETES AT THE NG

OUR STORIES 我們的故事

輪椅擊劍 劍指殘運

Wheelchair Fencing, Aiming for the NGD

余翠怡：一個激勵人心的故事
Alison Yu: An Inspiring Story

Now TV 新一集《我們的全運會》，專訪了「香港輪椅擊劍天后」余翠怡。她自11歲因骨癌截肢後，踏上輪椅擊劍之路，於2004年首次代表香港參加雅典殘奧會，一舉勇奪四面金牌，創下香港歷史紀錄。其後，她先後參加2008、2012、2016年殘奧會，累積七面金牌、三面銀牌和一面銅牌，成為香港史上殘奧金牌最多的運動員，她亦多次榮膺「香港傑出運動員」殊榮。在訪談中，余翠怡表示殘疾人運動會「比世界賽更具挑戰性」，特別是面對國家隊的強勁對手。她希望屆時能有香港市民為她們加油打氣，以激勵團隊展現更出色的表現。



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The latest episode of Now TV "Our National Games" features Hong Kong's wheelchair fencing legend, Alison Yu. At the age of 11, Alison lost her leg to bone cancer, but soon embarked on a remarkable journey in wheelchair fencing. At her debut at the 2004 Athens Paralympics, she claimed four gold medals in a single Games, setting a historic record for Hong Kong. She went on to compete in the 2008, 2012, and 2016 Paralympics, amassing a total of seven gold, three silver, and one bronze medals, making her Hong Kong's most decorated Paralympic gold medallist. Alison is also a frequent winner of the Hong Kong Sports Stars Awards. In the feature, she stated that NGD is a "more challenging than the World Championships," especially when facing strong opponents from national teams. She hopes that Hong Kong citizens will cheer them on at the event, inspiring the team to deliver an outstanding performance.

第十二屆全國殘疾人運動會暨第九屆特殊奧林匹克運動會香港賽馬會盃輪椅擊劍比賽將於今年12月9日至14日在馬鞍山體育館舉行。本屆比賽設有花劍、重劍及佩劍三種劍種，分為男子和女子組別，並按運動員的運動能力分為A級、B級及C級，以確保比賽公平，共計24項個人及團體賽事。比賽中，運動員的輪椅固定於金屬架上，只能使用上肢進行劍擊。當劍尖觸及對方有效得分區域時，電子計分器會亮燈，由裁判判定得分。

The 12th National Games for Persons with Disabilities and the 9th National Special Olympic Games The Hong Kong Jockey Club Trophy Wheelchair Fencing Competition will be held from December 9 to 14, 2025 at the Ma On Shan Sports Centre. The event features three disciplines of fencing (foil, épée, and sabre), with men's and women's individual and team events in Class A, B, and C, making up a total of 24 individual and team events. Fencers are classified based on their level of impairment and must compete in wheelchairs fixed to a metal frame, allowing only upper body movement for fencing. When the sword tip touches the opponent's valid scoring area, an electronic scoring device lights up, and points are determined by the referee.



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何雁詩：從歌壇到高爾夫球場
Stephanie Ho: From the Stage to the Golf Course

你可知道香港歌手何雁詩同時是一位高爾夫球手？她六歲開始接觸高爾夫，十歲入選港隊成員，12歲首次代表香港出賽，更於2010年代表香港出戰廣州亞運。今年二月，她在一項高爾夫賽事中以低於標準桿創下個人最佳成績（Personal Best）。在新城《梨事會之全運新世代》電台訪問中，她分享了更多關於高爾夫比賽的挑戰與樂趣，讓觀眾更深入了解這項運動。

Did you know that Hong Kong singer Stephanie Ho is also a competitive golfer? She picked up the sport at the age of 6, joined the Hong Kong team at 10, and represented Hong Kong at just 12. In 2010, she competed at the Asian Games in Guangzhou. Earlier this February, she achieved her personal best by finishing under par in a golf tournament. In an interview on Metro Radio's featured programme, Stephanie shares the challenges and excitement of competitive golf, offering listeners a deep insights into the sport.

全城節目
更多港將風采

MESSAGE FROM NGCO

全城同樂齊闖關，全運GOAL全城GO！
City-wide Sports Challenge - National Games GOAL'n GO!



立即行動，掃描官方二維碼，投入全運熱潮！
Act now, scan the QR code and join the National Games fever!

五運會和殘特奧會是全民參與的體壇盛事！全運會香港賽區統籌辦特別推出官方小程序，為市民提供一站式賽事資訊平台，讓你隨時隨地掌握最新賽事動態、賽程安排、門票資訊及精彩活動預告，全方位投入全運會的熾熱氣氛！

小程序精心設計了「全運問答闖關」遊戲，考驗你對全運會的認識。遊戲設初級、中級及高級三個挑戰地圖，每張地圖均包含八個關卡。完成每關答題後，系統即時顯示你的得分；只有順利通過所有關卡，才能晉級挑戰更高難度，踏上「全運大師」之路，你準備好接受挑戰了嗎？

當然不能錯過的是「打卡」功能！小程序設有AR互動拍照，內含多款全運主題動態貼紙和相框，讓你與吉祥物合照，創作獨一無二的賽事紀念照，隨時與親友分享你的喜悅。

現在只需透過微信、AlipayHK或支付寶掃描左方的二維碼，即可輕鬆進入小程序。

想率先感受全運會的氣氛？「全運GOAL全城GO」AR體驗提供八條期間限定的「全運路線」，帶你暢遊比賽場館及周邊的特色地標，沿途與全運會吉祥物「喜樂互動」、「快閃快拍」和「全運小遊戲」等玩樂體驗，釋放你內心的運動能量！

The Games are vibrant sports events uniting the entire community! The NGCO proudly presents an official mini programme, a one-stop platform for latest event news, schedule arrangements, ticket information, and exciting activity previews, immersing yourself in the dynamic atmosphere of the Games!

The mini programme features a thoughtfully designed "2025 National Games Quiz" to test your knowledge of the Games. The quiz includes three levels — beginner, intermediate, and advanced — each containing eight stages. After completing each stage, your score is instantly displayed. Only those who successfully pass all stages can advance to higher levels and earn the title of "NG Master". Are you ready to take up the challenge?

Don't miss the "Check-in" feature too! The mini programme offers AR interactive photo options with multiple dynamic stickers and frames. Snap photos with the mascots to create unique momentos and share your joy with family and friends anytime.

Now, simply scan the QR code on the left via WeChat, AlipayHK, or Alipay to access the mini programme.

Ready to jump into the National Games' vibe? The "National Games Goal'n Go" AR experience offers eight exclusive, time-limited "NG Routes" for you to explore competition venues and iconic local landmarks. Join the adorable National Games' mascots for joyful interactions, from "Joyful Interaction", "Snap & Share" and "Mini Game" to unleash your inner athletic energy!

統籌辦話你知