

INTERNATIONAL CHALLENGE DAY

Hop, skip and jump to fitness

IT is cheap, easy and good for your health.

Children do it in playgrounds across the world. Some athletes consider it a crucial part of their training. Fitness and sports buffs add it to their workout routines.

Skipping has even earned itself a place as the theme of today's third annual International Challenge Day in Hong Kong.

"All you need is a pair of sneakers and a string and you can jump," said Dr Amy Ha, senior instructor in the Department of Sports Science and Physical Education at the Chinese University of Hong Kong.

"You don't need much space and this is very important to people who live in Hong Kong because we don't have much anyway."

Dr Ha and her fellow instructor, Daniel Chan Wanka, have developed some skipping styles for this year's International Challenge Day.

Last year's theme was tai chi. The previous year it was "workercise".

When this year's theme was chosen, the chairman of the ICD steering committee approached the instructors for their expertise.

Mr Chan created an easy-to-read pamphlet on skipping that will be handed out to the public in the hope of encouraging people to exercise for at least 15 minutes today then register for the challenge.

The pair also trained a team of 21 first-year Bachelor of Education students to demonstrate skipping routines at the ICD launch, opening ceremonies, closing

ceremonies and two Government functions.

"Through this demonstration, we want to promote regular physical activity," Dr Ha said.

"So far, in Hong Kong, people are not aware of the importance of physical activity."

Skipping is popular with people training for basketball, volleyball and boxing. It requires good hand-foot co-ordination, muscle strength and endurance.

Dr Ha did a lot of skipping while attending Springfield College, the birthplace in the United States of basketball.

"We did a lot of jumping," she recalled. "We were made to do it for 15 minutes before each practice."

Mr Chan, who went to university in Taiwan, said skipping was extremely popular there.

Some secondary schools in Taiwan included skipping in their physical education lessons and it was also used in traditional programmes to introduce Chinese martial arts.

The beauty of skipping was that it could be performed as either a solitary or group activity, Dr Ha said.

It could be enjoyed by children or beginners, or it could be made more challenging for professional athletes.

"The most important thing is to train your co-ordination and your agility," Dr Ha said.

"It's a whole body activity which can strengthen your metabolic rate and your blood flow, which is good for health."

Getting fit was "the

cheapest way to keep healthy", she said.

People can spend a few dollars for cotton or plastic ropes from toy stores, or pay more for better quality leather ropes from sports shops.

The colourful skipping brochure produced for ICD, which comes complete with illustrations, outlines the benefits of the activity.

It offers tips on choosing a rope and running shoes, describes how to warm up and cool down, and stresses the importance of good posture.

The Chinese University students in the skipping team gave demonstrations at the ICD launch on May 6 at Sha Tin Town Hall Plaza, at the opening ceremonies at Tai Po Sports Ground last Sunday and at several Government functions.

They are scheduled to perform at today's closing ceremony at 7 pm at Sha Tsui Road playground in Tsuen Wan.

"All the students seem to be glad to be involved in community service," Dr Ha said.

"We are not just training the students on the campus, we get to go out and do something for the community."

The students are the first full-time class working towards their new Bachelor of Education degrees at the university.

Their two instructors hope many people will take part in International Challenge Day and embrace exercise as part of their daily lives. But skipping is not for everyone, Dr Ha warned.



Healthy living . . . Dr Amy Ha says it is vital more people in Hong Kong take regular exercise and recommends skipping, which is today's Challenge Day theme.

Thirty-four RC Members led by CRC Mr Lam Wai-keung participated in a rope skipping exercise on Thursday to show their support for the International Challenge Day 1995.

區局議員昨日跳繩運動 支持國際康體挑戰日

（圖為區城市政局主席林偉強（右）及副主席周奕希（左）率領全體議員進行跳繩運動。）

場地進行不少於十五分鐘的自選體育活動，跳繩被選為今年挑戰日的主題運動。



【本報消息】三十四名區城市政局議員昨日首次全體穿着運動服參與跳繩活動，以示支持一九九五國際康體挑戰日。

在區城市政局主席林偉強帶領下，各議員在舉行區局月會前先行從香港中文大學跳繩示範中學習跳繩運動。

國際康體挑戰日——香港對員爾格萊德是由區城市政局主辦的一場友誼競賽，以測試那一城市的居民健康，活躍進行有益身心的運動。

這項運動將於五月三十一日舉行的活動目的，是鼓勵香港市民在任何

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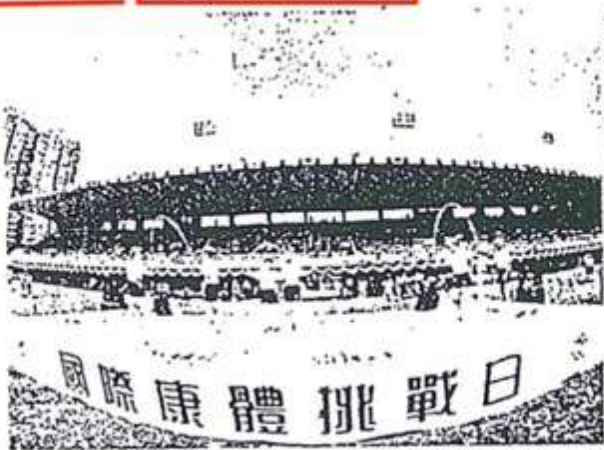
國際康體挑戰日開幕 新界二千人跳繩誌慶

【高報訊】來自新界九區約二千名市民昨日參與一項大型跳繩活動，攜手同創香港新紀錄，以示支持一九九五國際康體挑戰日。

區城市政局主席林偉強在出席是項活動的開幕典禮時稱，一連串的康樂體育活動已經在區城市政局各個轄區展開，藉以廣泛宣傳國際挑戰日的信息。

香港會在三日之後，即五月三十一日（星期三），與南斯拉夫首都貝爾格萊德作友誼競賽，測試那一個城市的居民較為健康，活躍進行各種有益身心的康體活動，市民參與運動比較高的城市，即會成為優勝者，旗幟將可以在對方大會懸掛七天，以表榮耀。他期望所有市民在五月三十一日積極運動

國際康體挑戰日 一連串的康樂體育活動已經在區城市政局各個轄區展開，藉以廣泛宣傳國際康體挑戰日的信息。今次這項挑戰日的重頭戲，是三日後與南斯拉夫首都貝爾格萊德的市民，進行友誼競賽，測試那一個城市的居民較為健康，活躍進行各種有益身心的康體活動，市民參與運動比較高的城市，即會成為優勝者，旗幟將可以在對方大會懸掛七天，以表榮耀。他期望所有市民在五月三十一日積極運動



●超過二千名市民在一九九五年國際康體挑戰日開幕典禮參與十人跳繩前，觀看由中大跳繩隊示範的花式跳繩。

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幕開日戰挑體康際國 錄紀創繩跳民市千二

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國際康體挑戰日開幕 二千人參加跳繩活動

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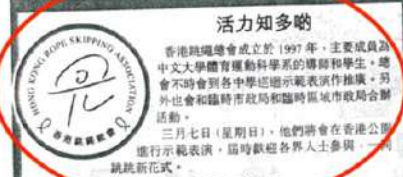
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Jump Rope 齊學樂無窮



■四角同時起跳，繩為兩圈，好不容易才得出「全形跳」圖案。



活力知多啲

香港跳繩總會成立於1997年，主要成員為中文大學體育運動科學系的導師和學生。總會不時會到各中學巡迴示範表演作推廣。另外也會和臨時市政局和臨時區域市政局合辦活動。

三月七日(星期日)，他們將會在香港公園進行示範表演，屆時歡迎各界人士參與，一同跳繩新花式。

安全守則要謹記

跳繩似乎人人都懂，不過當中也有一些要注意的。第一，必須只是高腳拿繩端，不可以整隻腳板撞向地，避免傷力傷害腳踝。第二，要有足夠空間揮動繩子，避免傷及其他人。只要注意安全避免危險動作，多些練習和運用創意，便能跳出更多更特別的花式。



■用繩子也可做不同的熱身運動，包括有小腿、背肌、腰和手腳等部位。(後排左起)黃基恩、郭志康、彭芷菁、李潔霞、江明珊。(前排左起)蘇榮光、馮潔心。

「小皮球，香蕉油，哪兒開花一十……」有一種運動好好玩，它不限人數，不分季節，無論室內室外都玩得，這就是跳繩 (Jump Rope)。

跳繩挑戰性大

跳繩可以訓練手腳協調和培養節奏感，而且挑戰性很大，可以自創新花式，個人又得，小組亦得，同時器材裝備也很簡單，只要一繩繩，穿輕便運動服和皮鞋便可。這些都是吸引彭芷菁、李潔霞和馮潔心參加香港跳繩總會的原因。

雖然表演的花式看起來很複雜，但並不難做到。潔心說：「小學二、三年級的學生也會做『總領跳』、『十字跳』。」亞輝就認為只要多些練習就可跳得好，「加上創意，自己也能跳出其他花式。」一個被視為傳統乏味的運動，重新演繹，可以成為新潮流。正青說：「從前最棒也只是跳前後交叉繩，現在跳出這麼豐富新穎的動作，趣味大增。」

撰文：小翠 攝影：羅子平



■這招「十字跳」，用兩繩交叉向入繩者方向擺動。