**香港舉重健力總會**

**Hong Kong Weightlifting Powerlifting Association**

**健力三項工作坊**

**Workshop for 3 lifts of Powerlifting**

此系列工作坊是以5名學員為一小組教學，有一名總教練及一名教練共2名教練指導，令學員有足夠個別照顧，本工作坊目的是介紹最新當代健力技術，加深學員瞭解人體力學反應用，給予個人化建議，以提升成績。

This series of workshops adopt small class coaching at 5 students with 1 coaching director and 1 coach per class. Individual care to each student is ensured. The newest contemporary Powerlifting techniques will be introduced. Students can have a deeper understanding of human biomechanics and its application. Coaches will give individual tailor-made advice to improve students’ performance.

本會建議運動員在其他訓練場地訓練時，應選擇找本會註冊教練指導，以保證教練水準，本會註冊教練資歷可在本會網頁https://www.hkwpa.org .hk/或 https://www.instagram.com/hkwpacoaching/查閱

We advise lifters who train in other gyms should find a registered Powerlifting coach. The resumes of our registered coach can be found in our website https://www.hkwpa.org .hk/ or <https://www.instagram.com/hkwpacoaching/>

地點 Venue:

灣仔田徑場舉重室 Wanchai Sports Ground Weightlifting room

費用 Fee:

會員 Member : $200; 非會員 Non-member: $300. 運動可參加多次。Lifters can join the workshops for multiple times凡參加兩工作坊或以上將獲贈私人鎂粉盒及粉磚套裝。Those who join 2 or more workshops will have a gift set of chalk powder block and box.

語言 Language : 粵語, 輔以英語 , 有(E) 工作坊用英語; Cantonese assisted by English, Classes marked (E) will be conducted in English.

教練Coaches: 卜錦文 Mr Kim-Won Pok、葉永玉 Ms Josephine Ip

助教 Assistant coaches: 周均龍 Mr KL Chau、洪榮輝 Mr WF Hung、陸皓怡Ms Joey Luk、李璟謙 Mr Marco Li

報名 Registration:

請在下列所選擇工作坊旁填上姓名，交回此表並交費作實。會員註冊表可在網頁下載。

用支票(支票抬頭：香港舉重健力總會有限公司) 或現金付款請交回或寄交香港銅鑼灣掃杆埔大球場徑一號奧運大樓1005室香港舉重健力總會有限公司秘書處收，如用電子付款及表格，請先致電24048193與秘書處聯絡。

Please write your name next to the workshop you choose and send back the form & your payment by cheque, by cash or by electronic means to confirm. The membership registration form can be downloaded from our website. Please contact the secretariat at 25048193 for electronic submission or electronic payment.

工作坊日期/時間 Date /time of workshops:

參加者請在此頁工作坊日期旁填上姓名及聯絡資料並交回 ，秘書處會聯絡參加者作實Participant please write your name and contact next to the session date and time in this page and send back. Secretariat staff will contact participants for confirmation.

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| 蹲舉  Squat  (6) | 日期/時間 Date/time | Name姓名/ contact No or email聯絡電話或電郵 |
| 23/10 17:35-19:00 |  |
| 6/11 11:05 -12:30 |  |
| 13/11 17:35-19:00 |  |
| 20/11 11:05-12:30 |  |
| 27/11 17:35-19:00 |  |
| 4/12 11:05-12:30 | pending |

|  |  |  |
| --- | --- | --- |
| 臥推舉  Bench Press  (14) | 日期/時間 Date/time |  |
| 6/11 12:35-14:00 |  |
| 11/11 18:00-19:15 |  |
| 13/11 11:05-12:30 |  |
| 13/11 12:35-14:00 ( E) |  |
| 20/11 12:35-14:00 |  |
| 20/11 17:45-19:00 |  |
| 25/11 18:00-19:15 ( E) |  |
| 27/11 11:05-12:30 |  |
| 27/11 12:35-14:00 (E) |  |
| 4/12 12:35-14:00 | pending |
| 9/12 18:00 -19:15 | pending |
| 11/12 11:05-12:30 | pending |
| 11/12 12:35-14:00 ( E) | pending |
| 13/12 18:00-19:15 | pending |

|  |  |  |
| --- | --- | --- |
| 硬舉  Deadlift  (13) | 日期/時間 Date/time |  |
| 30/10 17:45-19:00 (E) |  |
| 1/11 18:00-19:15 |  |
| 4/11 18:00-19:15 |  |
| 6/11 17:45-19:00 |  |
| 8/11 18:00-19:15 |  |
| 15/11 18:00-19:15 (E) |  |
| 18/11 18:00- 19:15 |  |
| 22/11 18:00-19:15 |  |
| 29/11 18:00-19:15 |  |
| 2/12 18:00-19:15 | pending |
| 4/12 17:35-19:00 (E) | pending |
| 6/12 18:00-19:15 | pending |
| 11/12 17:35-19:00 | pending |
| **考核** | **30/11/2021 18:00-21:00** |  |

11月30日下午6-9 pm將舉行小型考核，依正式比賽模式，進行模擬比賽，運動員可瞭解自己的進度。任何人仕均可參加，費用$300. A mini assessment will be held on 30/11/2021. A mock competition according to competition standard will be arranged to allow lifters to understand their progress. This is open to all. The fee is $300.