

Woodball World

特別報導 Special Report

世界因你而美麗—影響世界華人盛典

You Bring Charm to the World Award Ceremony

2015年第九屆亞洲盃木球錦標賽

9th Asian Cup Woodball Championship 2015

2015 活動成果彙編 Event Compilation



NO

24

International Tour Woodball Championships 2015



1



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3



4



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1. 20th Taiwan Open International Woodball Championship 2015

2015年第二十屆臺灣國際木球公開賽
Kaohsiung, Taiwan, 19~24 Nov. 2015

2. Korea Open International Woodball Championship 2015

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Gongju, Korea, 28 May ~ 2 Jun. 2015

3. 18th Malaysia Open International Woodball Championship 2015

2015年第十八屆馬來西亞國際木球公開賽
Penang, Malaysia, 4~9 Aug. 2015

4. 5th Indonesia Open International Woodball Championship 2015

2015年第五屆印尼國際木球公開賽
Bedugul, Bali, Indonesia, 3~8 Sep. 2015

5. China International Woodball Open Tournament 2015

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Sanya, China, 15~19 Oct. 2015

6. 9th Asian Cup Woodball Championship 2015

2015年第九屆亞洲盃木球錦標賽
Bangkok, Thailand, 22~28 Jun. 2015

IWbF 木球世界

Woodball World

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木球世界

International Woodball Federation

Woodball World

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24

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建立體育新世界－舉辦現代運動會



國際木球總會翁明輝會長

三十年前體育主要是政府的事，大力推廣歐美領導的體育項目，並以培養選手參與歐美認定的運動比賽，不惜代價奪牌為首要。這是強國宣傳國威、弱國為國爭光的小眾體育世界。

這二十幾年來亞洲各國經濟發展，生活方式改變，人民體力勞動減少，需要更多適合各年層及性別，不需特殊體能的大眾體育。因此一些現代人喜歡參與的運動項目發展起來，但是個別力量有

限，為了更好的發展，有需要聯合起來。

去年4月在北京舉行的影響世界華人盛典授獎時，本人講出了建立體育新世界、舉辦現代運動會，獲得了很多掌聲，也得到一些有力人士認同。我們要以自己的招牌把一些現代人喜歡的運動項目聯合起來，邀請亞洲、非洲和中南美洲各國朋友來參加舉辦“現代運動會”。

體育新世界

共享榮耀

影響世界華人盛典
中文媒體年度大賞
我們木球也受肯定
大家合作共享榮耀

更上層樓

木球之路十年一期
創始十年最怕失敗
過去十年打下基礎
今後十年更上層樓



Building A New Sporting World – Initiation of the “Modern Sports Games”

Mr. Ming-Hui WENG

IWbF President

30 years ago the sporting bodies were predominately led by the government, which includes strong promotion of the Caucasian dominated events, and the goals were to train our athletics to compete at these European-American recognized sporting championships, sparing no expense in hope for a medal. It is a minority sports world, while the continual success by the stronger nations glorified their stronghold existence, for other lesser countries, winning at these events become a heroic feat worthy of a national celebration.

The last 20 years have seen the growing economy of the Asian nations, the changes in lifestyle, the decrease in population doing manual labour, and therefore, the need for sports to diversify and cater for the wider age range and ability, without the need of specialist training. Therefore, new sporting events have been created, promoted and tasted success in the current world, as individual inputs limits the ability to further itself, combining forces with others will strengthen all.

Last April at the “You Bring Charm to the World Award Ceremony” in Beijing, I accepted the award for the Woodball sport, as well as giving speech about the new sporting world, initiating the “Modern Sports Games”. The speech has received wide applause, as well as recognition of important and abled governing bodies. We need to put Woodball out there, together with other new sports that have appealed to the our current population, inviting our friends from the Asia, Africa and Central-South America continents to gather forces, to this new and exciting venture of the “Modern Sports Games”!



You Bring Charm to the World Award Ceremony

世界因你而美麗—影響世界華人盛典

The Father of Woodball - Mr. Ming-Hui WENG

Secretariat
International Woodball Federation

The "You Bring Charm to the World Award Ceremony" is held annually to honor influential Chinese people over the world. This year's annual "You Bring Charm to the World Award Ceremony" was organized by Phoenix TV and was held at Tsinghua University in Beijing on April 3 2015.

There were 11 recipients from different fields at the ceremony and were awarded for their great achievement in science, Chinese culture, cinematic art, sports, etc. Former winners throughout past years including director Ang Lee (2006), novelist Jin Yong, basketball player Yao Ming (2007),

dancer Lin Hwai-min (2007), actor Jet Li (2008), basketball player Jeremy Lin, astrophysicist Chung-Pei Ma (2011) and Buddhist monk Hsing Yun (2012-2013), etc.

Mr. WENG Ming Hui invented Woodball in 1990 and has dedicated wholeheartedly on promoting Woodball over the past 2 decades. Woodball has been introduced to the world since, until now there are more than 40 member countries of International Woodball Federation. "We are soon entering the third decade of Woodball, and it is our time to take-off", said Mr. WENG.

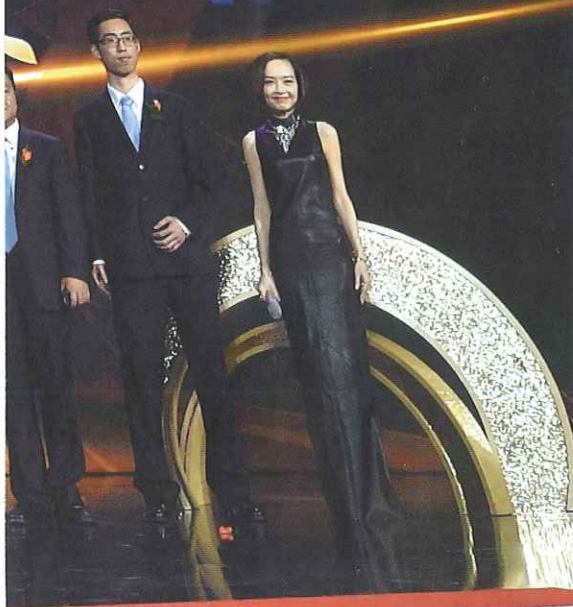
鳳凰金融

世界因你而

2014/2015

美麗

影響世界華人盛典



9th Asian Cup Woodball Championship 2015

2015年第九屆亞洲盃木球錦標賽

Venue: Bangkok, Thailand 泰國曼谷

Date: 22-28 June 2015

Secretariat
Asian Woodball Federation

The 9th Asian Cup Woodball Championship 2015 was held during 22-28 June at the National Stadium of Bangkok, Thailand. The event attracted around 230 players came from 14 Asian countries, namely Thailand, Hong Kong, Singapore, Chinese Taipei, Mongolia, Japan, Vietnam, Indonesia, China, Korea, India, Cambodia, Myanmar and Philippines.

There was the 4th World Cup Woodball Championship 2010 held at the National Stadium of Bangkok, Thailand, with wonderful reviews and positive feedbacks, the venue was chosen again to host the 9th Asian Cup Woodball Championship 2015.

During the 5 day program, men, women and youth categories were performed in Singles, Doubles and Teams formats. The results of Stroke and Fairway men and women team competition are as the following:

Stroke Team Men	Gold	THA
	Silver	TPE
	Bronze	CHN
Stroke Team Women	Gold	THA
	Silver	HKG
	Bronze	CHN
Fairway Team Men	Gold	THA
	Silver	VIE
	Bronze	TPE
Fairway Team Women	Gold	VIE
	Silver	THA
	Bronze	TPE

After the awards ceremony was held, dinner and closing ceremony was held on the cruise ship of Mekong River. All participants were having an eventful night by singing and dancing together. We look forward to seeing all Woodball friends soon next time in Thailand!



英雄榜 Honor Roll



Stroke Top 3

Gold



NAKORN Nualraksa (THA)

Gold



ANATTHAON Thaingaon (THA)

Silver



TAN Mingyang (CHN)

Bronze



LEE, Kuei-Chang (TPE)

Silver



NATIKA Jantham (THA)

Bronze



WANG Ping (CHN)



Fairway Top 3

Gold



MARGA Nugraha Susilo (IND)

Gold



RATCHANEE Na Nakorn (THA)

Silver



GEDE Riska Sanjaya (IND)

Bronze



WANG, Hung-Chun (TPE)

Silver



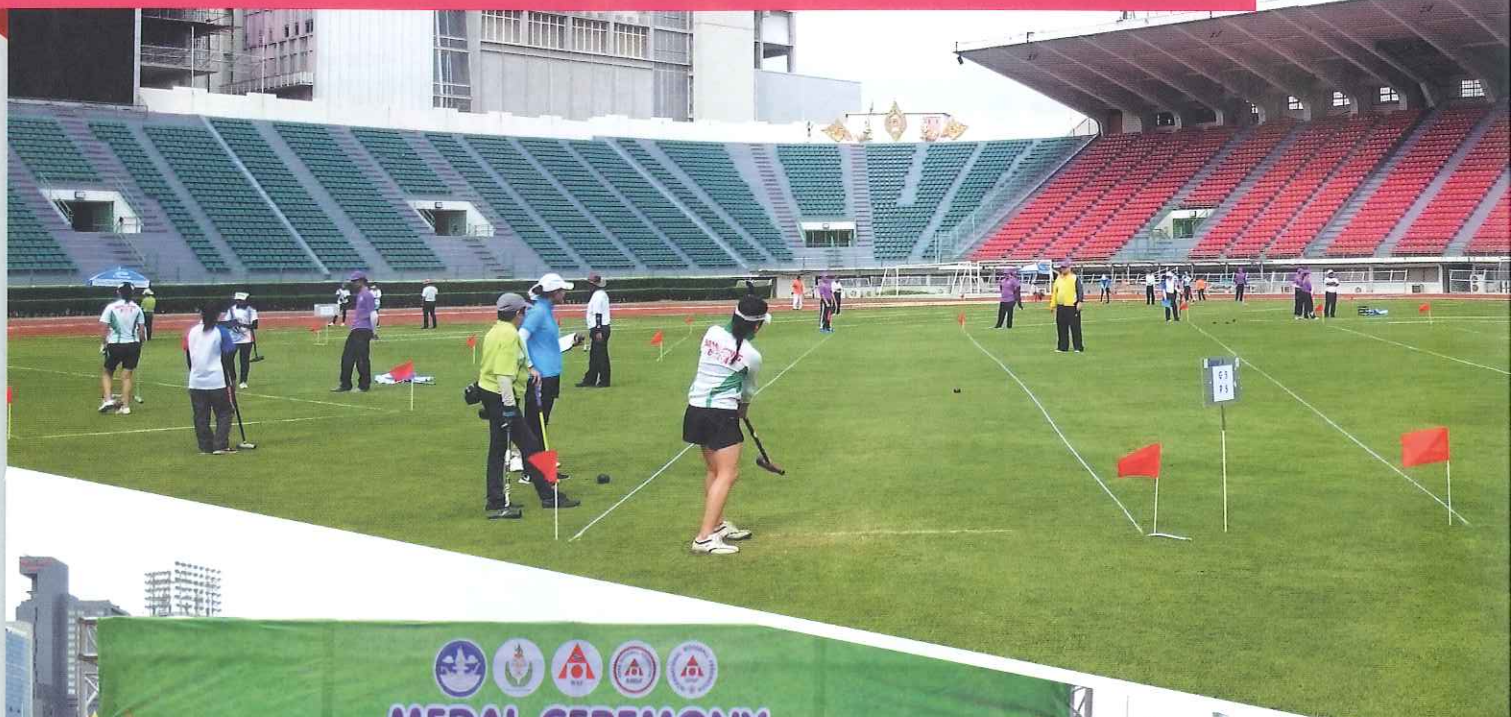
CHAN Tsz Ying (HKG)

Bronze



NGUYEN Huyen Trang (VIE)

Photo Pages of 9th Asian Cup Woodball Championship 2015 2015年第九屆亞洲盃木球錦標賽





International Woodball Tour Yearly Ranking 2015

2015年國際木球巡迴賽年度排名

Male

Ranking	Name	Nationality	Points
1	Leung Hong Yee	Hong Kong	195
2	Li Chi Tak	Hong Kong	174.5
3	Ahris Sumariyanto	Indonesia	173.3
4	Fan Chun Man	Hong Kong	157.7
5	Ngai Chun Yin, Jeremy	Hong Kong	152.6
6	Har Cheuk Kin	Hong Kong	145.1
7	Chan Wah Fung	Hong Kong	111.9
8	TSAI, Cheng-Yu	Chinese Taipei	107.1
9	Kim Myoung Ki	Korea	102.5
10	Ko Yun Tao	Hong Kong	101
11	LEE, Kuei-Chang	Chinese Taipei	98.3
12	Gede Riska Sanjaya	Indonesia	96.5
13	LIN, Ta-Hsiang	Chinese Taipei	94
14	HSIA, Chih-Hsuan	Chinese Taipei	90
15	Tan MingYang	China	88.8
16	SHIH, Po-Wei	Chinese Taipei	80.86
17	Lam Chi Ho	Hong Kong	79.6
18	WU, Yi-Cheng	Chinese Taipei	75
19	Marga Nugraha Susilo	Indonesia	73.6
20	Kwok Long Fung	Hong Kong	68.4
21	LIN, Hsin-Cheng	Chinese Taipei	67.3
22	Nakorn Nualaksa	Thailand	60
23	Bandi Munkhbat	Mongolia	58.3
24	Cheng Ho Yin	Hong Kong	57.3
25	Ye QiWei	China	55
26	Kittisak Sangrit	Thailand	54
27	Chia Hwee Beng	Singapore	53.6
28	LO, Chieh	Chinese Taipei	53.25
29	TSENG, Po-Sen	Chinese Taipei	53.2
30	SHIH, Jung-Tai	Chinese Taipei	52.2

Female

Ranking	Name	Nationality	Points
1	Wong Nga Chun	Hong Kong	211.3
2	Chung Chui Ting	Hong Kong	198
3	Wong Wan Sze, Winnie	Hong Kong	194.4
4	Chan Tsz Ying	Hong Kong	168.9
5	Ng Lai Ling	Hong Kong	168.04
6	Ko Wing Yan	Hong Kong	148.2
7	Zawedde Lillian	Uganda	144.4
8	Tsoi Lee Lee	Hong Kong	131.6
9	CHIANG, Chia-Ling	Chinese Taipei	130.9
10	Lam Ka Man	Hong Kong	127.6
11	WANG, Chin-Tsu	Chinese Taipei	119.9
12	WU, Yi-Chen	Chinese Taipei	100
13	Wang Ping	China	98.9
14	Hung Po Ka	Hong Kong	90
15	CHEN, Chia-Lin	Chinese Taipei	87
16	Lam Wing Yee	Hong Kong	86.15
17	Chan Yuk Ngan	Hong Kong	85.05
18	LIN, Yin-Chi	Chinese Taipei	84.6
19	PENG, Jou-Wei	Chinese Taipei	84.2
20	Lan Qiu	China	79.2
21	CHEN, Shih-Ting	Chinese Taipei	79
22	HOU, Zih-Ci	Chinese Taipei	73.2
23	Cheng Wai Chun	Hong Kong	71.35
24	WANG, Mei-Lin	Chinese Taipei	70
25	CHANG, Wan-Ling	Chinese Taipei	67.7
26	YOU, Nian-Ting	Chinese Taipei	64.3
27	Ika Yulianingsih	Indonesia	61
28	Anatthaon Thaingaon	Thailand	60
29	Natika Jantham	Thailand	58
30	Jugdernamjil Naranchim	Mongolia	57.7

英雄榜 Honor Roll



Top 3 Yearly Ranking 2015 - Men

Gold



LEUNG Hong Yee (HKG)
Point : 195

Silver



LI Chi Tak (HKG)
Point : 174.5

Bronze



AHRIS Sumariyanto
(IND)
Point : 173.5



Top 3 Yearly Ranking 2015 - Women

Gold



WONG Nga Chun (HKG)
Point : 211.3

Silver



CHUNG Chui Ting (HKG)
Point : 198

Bronze



WONG Wan Sze,
Winnie (HKG)
Point : 194.4



Hong Kong Open International Woodball Championship 2015 2015年香港國際木球公開賽

Venue: Hong Kong 香港

Date: 25-26 Apr. 2015

Dr. Paul YEUNG
Chairman
Organizing Committee

Hong Kong Woodball Association was founded in March 1999, the first Woodball invitation tournament was held along with the 42nd Festival of Sport—City Distilled Water Cup— at Hong Kong University of Science and Technology on 18 April 1999. It is the 58th Festival of Sport held in 2015, Woodball has become a sport event held every year since.

Hong Kong Open International Woodball Championship 2015 was held on 25-26 April at Hong Kong Institute of Education, there were 142 players representing 23 teams. There are 4 team categories among the tournaments, which are the men's and women's Gold Cup as well as men's and women's Silver Plate tournaments. While the Gold Cup tournaments were held for international teams for Hong Kong representatives and overseas teams only; the Silver Plate tournaments are only open to local

players. Delegations of participants this year came from Chinese Taipei, Singapore, Indonesia, Korea, Nepal, Uganda and China.

There were men's and women's Singles, Doubles, Mix Doubles and Team categories among the Strokes competitions this year. The awarding price of HKD 6,000 was designed for Gate-in-one winners—HKD 3,000 was shared by Ko Yun Tao and Wong Kin Bong with appointed gates; another HKD 3,000 was shared by WU Yi-Cheng, Yeung Man Lok, Choi Ka Kwan and Leung Hong Kit won with any gates.

We are honored to have invited Mr. WENG Ming-Hui, President of International Woodball Federation and Mrs. WENG OU Su-Ching, President of Chinese Taipei Woodball Association to be the hosts of the opening ceremony, who have embellished the championship.

Chairman of the 58th Festival of Sport and Mr. Karl C. KWOK, Vice President of Sports Federation & Olympic Committee of Hong Kong, China were the esteemed guests of the closing ceremony.

Woodball sport has been developed in Hong Kong with athletes' conjoined efforts, 2015 is a rewarding year. Many men and women athletes are ranked in the top 30 of the international tournaments of 2015, Leung Hong Yee and Wong Nga Chun have been crowned as the men's and women's world champions. Congratulations to them and best hope for the athletes in Hong Kong!





After a exciting 2-day-schedule, results were listed as the following:

Results					
			Champion	1 st Runner-up	2nd Runner-up
Team	Gold Cup	Men	Hong Kong A	Shenzhen, China	Nepal
		Women	Hong Kong A	Korea	Hong Kong B
	Silver Plate	Men	Hong Kong B	Hong Kong Lion	CUHK
		Women	Goddess of Shamshuipo	PolyU	Patience of PolyU Women
Men's Singles			Wu Yi-cheng	Leung Hong Yee	Fan Chun Man
Women's Singles			Chung Chui Ting	Wong Nga Chun	Chan Yuk Ngan
Men's Doubles			Lee Hon Keung 、 Wong Siu Kai	Ho Ka Ho 、 Ng Wai Lok	Chong Tien Siong 、 Tang Cheuk Man
Mix Doubles			Tong Siu Lun 、 Lee Chui Wan	Fan Hung-chang 、 Lee Yi-ting	Ngai Chun Yin 、 Wong Nga Chun
Women's Doubles			Heng Cheuk Sze 、 Lam Wing Yee	Wong Wan Sze 、 Chan Wing Yan	Na Wai Ying 、 Ng Mo Yiu





4th Korea Open International Woodball Championship 2015 2015年第四屆韓國國際木球公開賽

Venue: Gongju, Korea 韓國公州 Date: 28 May-2 June 2015

Dr. Sang Wook LEE
Secretary General
Korea Woodball Association

"The 4th Korea Open International Woodball Championship 2015" was held on Gongju Woodball Course, Korea in 28 May-2 June 2015. This event was 5 Countries represented and more than 110 participants

Korea Open was fourth times since 2002 in Seoul. The Championship was held stroke competition and fairway competition proceeding at the same time of the pre-World Cup Championship will be held in Jeju Island next year. The competition is held in the central region of Korea was held in Gongju, the best only Woodball Courses.

The Opening Ceremony was main reception hall and featured a large cultural programs and a welcoming dinner for all delegations with the President of AWbF, Thomas Kok, the Mayor of Gongju-Si, President of KWbF, Joon-Goo Choi, and Chair-

man of the Organizing Committee, Sang Wook, Lee.

The competition was start on 30 May with the stroke competition in the morning

The participating teams are Chinese Taipei, Hong Kong, Malaysia, Uganda and Korea. The end of the competition was followed by the awarding ceremonies and the closing ceremony attended.

Stroke competition man's single winner is Kim Myoung Ki (Korea), stroke competition woman's single winner is Goo Myoung Sook (Korea). Stroke competition man's double winner is Chan I-Fung/Hsia Chih-Hsuan (Chinese Taipei), stroke competition woman's double winner is Goo Myoung Sook/Lee Sang Wook (Korea). Stroke competition Mixed double winner is Kim Myoung Ki/Heo Bok Nam (Korea). Stroke

competition man's team winner is Korea, Woman's team winner is Chinese Taipei.

Fairway competition man's single winner is Kim Myoung Ki (Korea), fairway competition woman's single winner is Wong Wan Sze Winnie (Hong Kong). Fairway competition man's double winner is Kim Myoung Ki / Han Duk Soo (Korea). Fairway competition woman's double winner is Chen Chen-Hui / Peng Jou-Wei (Chinese Taipei). Fairway competition mixed double winner is Ngai Chun Yin, Jeremy / Lam Ka Man (Hong Kong). Fairway competition man's team winner is Korea, Woman's team winner is Chinese Taipei. Main sponsor was Korea Tourism Organization and Ministry of Culture, Sports & Tourism during the event.





8th Thailand Open International Woodball Championship 2015 2015年第八屆泰國國際木球公開賽

Venue: Bangkok, Thailand 泰國曼谷 Date: 22~28 Jun. 2015





15th Singapore Lion City Cup International Woodball Championship 2015

2015第十五屆新加坡獅城盃國際木球公開賽

Venue: Clementi Woods Park, Singapore 新加坡金文泰公園

Date: 1-2 Aug. 2015

Mr. Tien Siong CHONG
President
Woodball Association Singapore

2015 was a special year for Singapore, as it marked the 50th Year National Day Anniversary for the island. The Golden Jubilee was on August 9, and the whole nation celebrating the big event much more earlier. In-conjunction with the festive mood, Woodball Association Singapore (WAS) organized the 15th Lion City Cup International Woodball Championship (LCC) 2015 from August 1 to 2. That was in a way to welcome players from all over the world to share and to enjoy the joyous moment at the time we play Woodball in Singapore.

Woodball is a sport that full of joy, we compete but yet we cheer for others who play well. As a sport for all, Woodball disregards age and gentle, it fosters health and friendly competition, bringing us closer to the Mother Nature. Indeed, this is truly Olympic Spirit, which says: "The important thing is not to win, but to take part"¹. With that, LCC 2015 attracted over 130 participants from 9 countries. Among them, youngest was 8 and oldest was 80

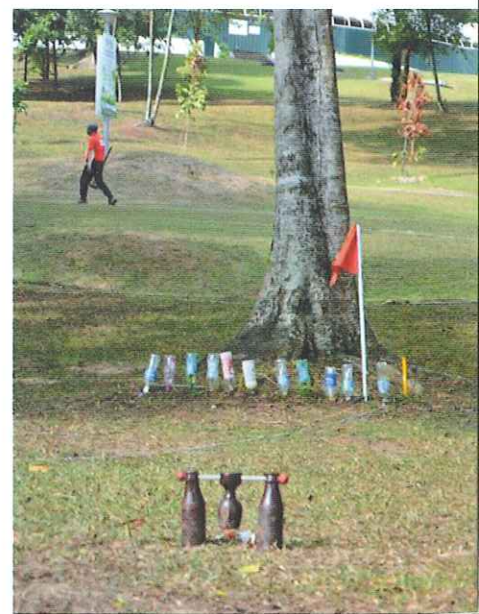
years old, and again the huge variation proven the incredible example of Woodball sport which suites everybody from all walks of life.

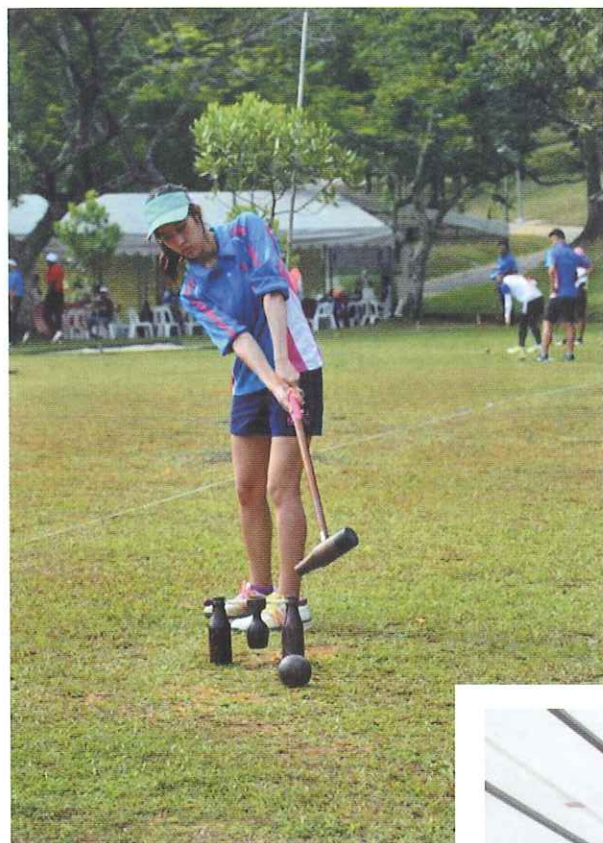
Woodball sports in Singapore is community based, we are honor to have the support from National Parks and West Coast Park Neighborhood Community, thus the Woodball Course at Clementi Woods Park was the venue for LCC. This beautiful Woodball course is located near seaside and also the heartland of township, the easy accessibility makes it an excellent spot for exercise, helping us to promote the nation's creed for a healthy and lively community.

WAS's goal is advocating a proactive lifestyle in the society through our constant commitments and initiatives. We are deeply touched by our Minister Mr. S. Iswara who has a very tight schedule and yet he turned up in the Closing Ceremony as the Guest Of Honor, not only to present awards and trophies, but also having funs and taking photos

with the players. We were also fortunate to have Mr. Weng Ming Hui, the President of IWbF, and many other Woodball leaders as well as our Advisors and Sponsors that took part in the Opening and Closing Ceremony. Hence, we sincerely invite all Woodball lovers to join us in Singapore for the coming LCC 2016 that fixed on August 6 to 8. Once again, we shall celebrate together with all Singaporean during the time we play Woodball!

¹Pierre de Coubertin (1863 – 1937), the founder of the International Olympic Committee, and is considered the father of the modern Olympic Games, was quoted in The Olympian (1984) as: "The important thing in the Olympic Games is not to win, but to take part; the important thing in Life is not triumph, but the struggle; the essential thing is not to have conquered but to have fought well. To spread these principles is to build up a strong and more valiant and, above all, more scrupulous and more generous humanity."





18th Malaysia Woodball Open Championship 2015

2015年第十八屆馬來西亞國際木球公開賽

Venue: Penang, Malaysia 馬來西亞檳城 Date: 4-9 Aug. 2015

Ms. Elaine TAN
President
Malaysia Woodball Association

It gives me great pleasure to pen a few lines in this IWbF 24th Edition Woodball World.

The 18th Malaysia Woodball Open Championship 2015 was held on 4th August to 9th August 2015 in the beautiful island of Penang known as the Pearl Of The Orient.

We were also very honored to have Penang State EXCO for Youth & Sports, Women, Family and Community Development, Miss Chong Eng as our Guest of Honor for the Official Opening Ceremony.

The competition was held in a 3 football size field in Padang POLO, Georgetown with 24 fairways and the event was a success. My heart-felt thanks to my organizing chairperson, deputy president Mr. Frankie Yeo and his working committees.

I wish to record a word of THANKS to all the participating countries from Chinese Taipei, China, Hong Kong, Singapore, Uganda, Korea and not forgetting Malaysian participants from the states of Pahang, Perlis, Penang, Perak and Persekutuan Wilayah Kuala Lumpur.

I look forward to our 19th Malaysia Woodball Open Championship 2016 and fellowship with all of you.

Thank you and wish everyone Best of Health.



2015 Kejujutan Woodball Antarabangsa Terbuka

MALAYSIA K

國際巡迴賽

Piala Perdana Kali Yang Ke-2

4th - 9th August 2015

Man-POLO, Georgetown, Pulau Pinang



2015/08/06 15:33



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2015/0 23

5th Indonesia Open International Woodball Championship 2015

2015年第五屆印尼國際木球公開賽

Venue: Bali, Indonesia 印尼峇里島 Date: 3-8 Sep. 2015

Mr. Tandiono JECKY
President
Indonesia Woodball Association



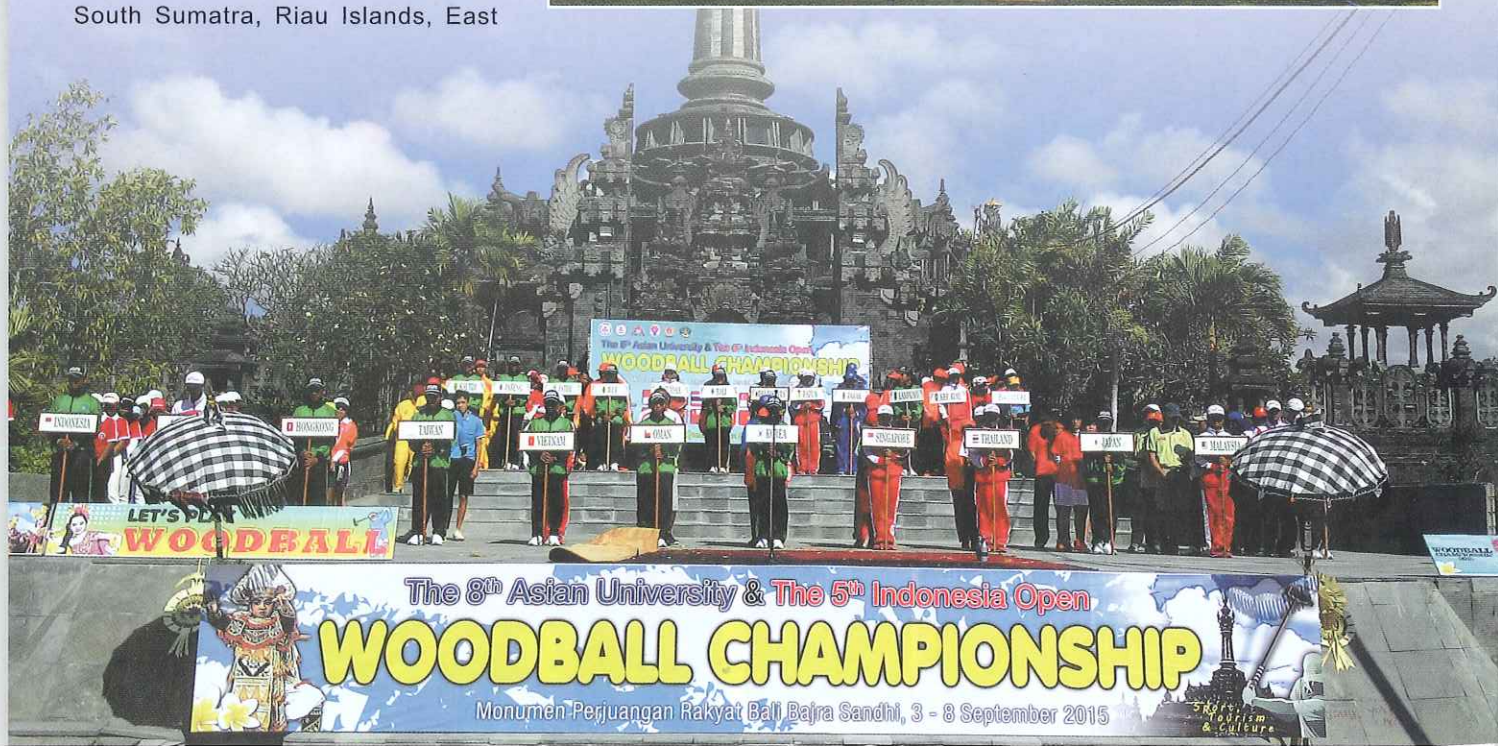
(DS / WBL), On September 3, 2015 until September 8, 2015 in Renon, Denpasar, Bali, has lasted 5th WOODBALL INDONESIA OPEN CHAMPIONSHIP 2015 IN RENON, DENPASAR, BALI. The match was attended by more than 200 athletes from various countries including Taiwan, Malaysia, Hong Kong, China, Japan, Oman, and the provinces from all over Indonesia, from Bali, East Java, Central Java, Yogyakarta, West Java, Lampung, South Sumatra, Riau Islands, East

Kalimantan and Banten. With the following results:

5th Indonesia Open Woodball Championship really festive at all, in the hope this Woodball sport can flourish. This expectation is certainly not in vain, because in reality Woodball has grown around the world, namely the holding of the World Championship, Asia and the Championship / Open held by

states. Even Woodball has participated in the Asian Beach Games were organized by the Government, with the hope that someday Woodball can participate as well in the Olympics.

It should be noted also that in September 2016 will be held PON XIX in 2016 in West Java, which was attended by 34 the whole province of Indonesia with 62 sports and 10





14th Japan Open Woodball International Championship 2015

第14回日本オープン木球国際選手権大会2015を振り返る

2015年第十四届日本國際木球公開賽

Venue: Fukushima, Japan 日本福島 Date: 26-27 Sep. 2015

Mr. Shuichi ARAYA
President
Japan Woodball Federation

2015年9月26日、27日の両日、第14回日本オープン木球国際選手権大会2015が5カ国（地域）・28名の海外選手を迎えて、盛大に開催されました。

参加した国（地域）は香港からMs. Ng Lai Ling 監督はじめ4人、韓国からはMr. Lee. Sang Wook、マレーシアからはMs. Elaine Tan、台湾からはMr. Huang Ing-Chung監督はじめ7人、タイランドからはMr. Pabhawin Attasilapakit監督はじめ15人、総勢28名の参加者でした。

大会初日は朝から雲が低く垂れ下がり、時折、小雨が落ちる天気でしたが、プレーに影響はなく、午前中24コースを実施しました。海外選手は昼食後、観光スポットである「五色沼」に行き、帰り道「梨刈り」と半日観光を楽しみました。

大会2日目は雲の合間から青空が覗き、絶好の木球日和となりました。大会2日目も午前中に24コースを実施しました。海外選手は昼食後、温泉に行く人、買い物をする人と、夜の閉会式・表彰式とさよならパーティーまでの時間を自由に過ごしていました。

今年の大会の一番の収穫は日本人の木球の技術がレベルアップしたということです。例年、海外選手に優勝を持っていられるところであるが、今年は男性では日本人が優勝。女性では優勝、準優勝を若い台湾の選手に持っていかれたが、3位に入賞するという健闘をみせました。木球が日本に定着しはじめてきた証だと思います。

さよならパーティーでは写真の通り、海外選手と日本選手が以前からの友だちのような雰囲気できれいに開催されました。

一夜明けた9月28日、海外選手はバスで東京観光に出かけ、福島を離れました。見送りには沢山の日本選手がホテルに集まり、別れを惜しんでいました。

また来年、福島で会いましょう！

<Translation>



The 14th Japan Open Woodball International Championships 2015 was grandly held on 26-27 September 2015 in Azuma Sport Park, Fukushima. With 28 overseas players from 5 countries/regions.

The participating teams are lead by Ms. Ng Lai Ling from Hong Kong, Dr. Sang Wook LEE from Korea, Ms. Ms. Elaine Tan from Malaysia Woodball, Prof. Ing-Chung HUANG from Taiwan, and Mr. Pabhawin Attasilapakit from Thailand.

On the first day of the tournament, clouds were hanging low in the sky in the morning with occasional showers, however the organizing committee conducted a 24 fairway tournament smoothly without any delay. Overseas players paid a visit to Goshiki-numa (五色沼), the five volcanic lakes for a pleasant half-day sight seeing.

On the second day of the tournament, blue sky was peeking through the interval clouds, the competitions continued in the morning. Overseas players enjoyed free time after lunch, some went enjoyed hot springs and some went for shopping. Farewell party, awards ceremony and closing ceremony were held later the night.

We have seen long term improvements in local players through the 14th Japan Open Woodball International Championship. The Japanese players took the first place of men's category and the female players made their way up with a runner-up to the young Taiwanese player.

One of the picture has shown the farewell party where you could see the overseas players and Japanese players shared a friendly atmosphere together just like friends. On the 28th, lots of Japanese players gathered at the hotel and sent our overseas participants off to Tokyo.

Last but not least, let's meet in Fukushima next year!





China International Woodball Open Tournament 2015 2015年中國國際木球公開賽

Venue: Sanya, China 中國三亞 Date: 15-19 Oct. 2015

Mr. Wei WANG
President
Sanya Woodball Association

Woodball in Sanya.

It has been 5 years since we have Woodball in Sanya. China International Woodball Open Tournament 2015 had ended as the curtain fell on Luneng Sanyawan Sports Park on 19 October 2015. There are a thousand thoughts ran through my mind when looking back over the first China International Woodball Open Tournament held back in November 2011.

On 1 January 2013 I read about Tourism Administration of Sanya Municipality is going to develop tourism markets in Taiwan, I then had ideas to combine Woodball with Sanya city tourism in order to boost cross-strait exchange. With the concept I emailed International Woodball Federation (IWbF) of importing Woodball into Sanya.

It wasn't smooth to conduct tournaments at the beginning. Back in 2013, Woodball sport was only known by little people in Hainan University and I could still recalled how interested the chief and director were in Woodball sport when I reported the plans to Bureau of

Culture, Broadcast & Television, Publication, and Sports of Sanya Municipality and Culture, Sports and Tourism Administration of Hainan Province.

With the support of Mr. He Yi of Sports General Administration, Dr. Lin Song from ShenYang Sport University, Dr. Wang HuiQuan and Mr. Wu Yi, the Principal of QiongZhou University, the first China International Woodball Open Tournament had been held successfully. Without their full hearted support there wouldn't be Woodball in Sanya. I therefore made many wonderful friends because of Woodball and it is the reason keeps me going for years.

We have held China International Woodball Open Tournaments in year 2011, 2013 and 2015 as well as 6th World Cup Woodball Championship 2014. Woodball has become one unique sport which brands Sanya. It will also be included as one category Hainan National Fitness Games 2016. It isn't easy to be at where we are now without complete support from friends and this is an associated effort from all. Cheers to a better Woodball world in 2016!





20th Taiwan Open International Woodball Championship 2015 2015年第二十屆臺灣國際木球公開賽

Venue: Kaohsiung, Taiwan 臺灣高雄

Date: 19-24 Nov. 2015

Organizing Committee
20th Taiwan Open Championship 2015



The 20th Taiwan Open International Woodball Championship was held from 19th to 24th November 2015 at World Games Stadium in Kaohsiung, Taiwan. 270 athletes from 16 different countries—China, Hong Kong, India, Indonesia, Iran, Japan, Korea, Malaysia, Mongolia,

Oman, Peru, Singapore, Thailand, Uganda, Vietnam, and Taiwan—gathered together for the last stop of International Woodball Tour of 2015.

Taiwan Open International Woodball Championship has become an established annual event as well as is usually the last stop of the international tour event. Open championships are held in different cities of Taiwan each year. The 20th Taiwan Open was brought back to the World Games Stadium in Kaohsiung, where it was introduced to representatives and participants back in 2009 for our 14th open championship. The stadium gained great review from our participants for its tidiness, well-equipped venue and visual design.

During the 20th Taiwan Open 2015, aside from many representatives from

member countries of International Woodball Federation (IWbF), it is an honor to have the appearance of distinguished delegates including not only Mr. Ming-Hui WENG, President of IWbF and Mr. Thomas KOK, President of Asian Woodball Federation (AWbF) but also Mr. JiZhong WEI, the Life-Honorary Vice President of Olympic Council of Asia (OCA) and Dr. Ching-Ji WU, National Policy Advisor as well as the advisor of IWbF to share professional and technical instructions throughout the championship.

20th Taiwan Open 2015 has completed with the support and joint efforts from local and overseas participants, it marks an eventful note to the year of 2015 and we are ready to the next page! We look forward to seeing you all soon in 2016!





General Assembly 2015 of International Woodball Federation

2015年國際木球總會會員大會

Venue: Kaohsiung, Taiwan 臺灣高雄 Date: 21-22 Nov. 2015



Committee Meetings 2015 of International Woodball Federation & General Assembly 2015 of Asian Woodball Federation

2015年國際木球總會委員會聯合會議、2015年亞洲木球總會會員大會



8th Asian University Woodball Championship 2015 2015年第八屆亞洲大學木球錦標賽

Venue: Bali, Indonesia 印尼峇里島

Date: 3-8 Sep. 2015



International Woodball Event 2016

2016年國際木球活動

日期 Date	活動 Event	地點 Venue	主辦單位 Host
2月22 - 28日 22 - 28 Feb.	2016年第九屆泰國國際木球公開賽 - 巡迴賽泰國站 9th Thailand Open International Woodball Championship 2016 - International Tour Thailand Stop	泰國 清邁 Chiang Mai, Thailand	泰國木球協會 Woodball Association of Thailand
4月30 - 5月1日 30 Apr. - 1 May	2016年香港國際木球公開賽 - 巡迴賽香港站 Hong Kong Open International Woodball Championship 2016 - International Tour Hong Kong Stop	香港 Hong Kong	香港木球協會 Hong Kong Woodball Association
5月2 - 7日 2 - 7 May	2016年中國國際木球公開賽 - 巡迴賽中國站 China International Woodball Tournament 2016 - International Tour China Stop	中國 深圳 ShenZhen, China	中國木球協會 Chinese Woodball Association
5月25 - 31日 25 - 31 May	2016年韓國國際木球公開賽 - 巡迴賽韓國站 Korea Open International Woodball Championship 2016 - International Tour Korea Stop	韓國 濟州 Jeju, Korea	韓國木球協會 Korea Woodball Association
5月25 - 31日 25 - 31 May	2016年第七屆世界盃木球錦標賽 - 巡迴賽世界盃 7th World Cup Woodball Championship 2016 - International Tour World Cup	韓國 濟州 Jeju, Korea	國際木球總會 International Woodball Federation
5月25 - 31日 25 - 31 May	2016年國際木球裁判講習會 International Woodball Referee Workshop 2016	韓國 濟州 Jeju, Korea	國際木球總會 International Woodball Federation
7月30 - 8月4日 30 Jul. - 4 Aug.	2016年第十九屆馬來西亞國際木球公開賽 - 巡迴賽馬來西亞站 19th Malaysia Open International Woodball Championship 2016 - International Tour Malaysia Stop	馬來西亞 彭亨 Pahang, Malaysia	馬來西亞木球協會 Mayalsia Woodball Association
8月5 - 8日 5 - 8 Aug.	2016年第十六屆新加坡獅城盃國際木球公開賽 - 巡迴賽新加坡站 16th Singapore Lion City Cup International Woodball Championship 2016 - International Tour Singapore Stop	新加坡 Singapore	新加坡木球協會 Woodball Association Singapore
9月17 - 18日 17 - 18 Sept.	2016年第十五屆日本國際木球公開賽 - 巡迴賽日本站 15th Japan Open Woodball International Championship 2016 - International Tour Japan Stop	日本 福島 Fukushima, Japan	日本木球連盟 Japan Woodball Federation
9月24 - 10月3日 24 Sep. - 3 Oct.	2016年第五屆亞洲沙灘運動會(沙灘木球項目) - 巡迴賽亞沙運 5th Asian Beach Games 2016 (Beach Woodball Discipline) - International Tour Asian Beach Games	越南 峴港 Danang, Vietnam	越南亞沙籌委會 Danang Asian Beach Games Organizing Committee
10月21 - 26日 21 - 26 Oct.	2016年世界大學木球錦標賽 World University Woodball Championship 2016	臺灣 臺北 Taipei, Taiwan	國際大學運動總會 International University Sports Federation
10月27 - 11月1日 27 Oct. - 1 Nov.	2016年第二十一屆臺灣國際木球公開賽 - 巡迴賽臺灣站 21st Taiwan Open International Woodball Championship 2016 - International Tour Taiwan Stop	臺灣 新竹 Hsinchu, Taiwan	中華臺北木球協會 Chinese Taipei Woodball Association
10月27 - 11月1日 27 Oct. - 1 Nov.	2016年國際木球總會會員大會 General Assembly 2016 of International Woodball Federation	臺灣 新竹 Hsinchu, Taiwan	國際木球總會 International Woodball Federation



Hong Kong 香港



大嶼山活木球公開賽2015
Lantau Woodball Open Championship 2015, Lantau, 28-29 Nov. 2015



全民運動日
"Sports for All" Day, Kwun Chung Indoor Sports Center, 2 Aug. 2015





Indonesia 印尼



National Championship Teen's, Undip Woodball Venue,
6-7 Nov. 2015



National Championship & Prambanan Open 2015,
Prambanan Temple, 14-17 May 2015



Jawa Tengah Woodball Open IV 2015,
Undip Woodball Venue, 8 Nov. 2015





Iran 伊朗



Woodball Workshop in Schools,
Tehran and Semnan, Oct. 2015



Females National Qualification Training Camp
Semnan, Iran, May 2015



Woodball Workshop for Schools, Semnan, 2 Dec. 2015

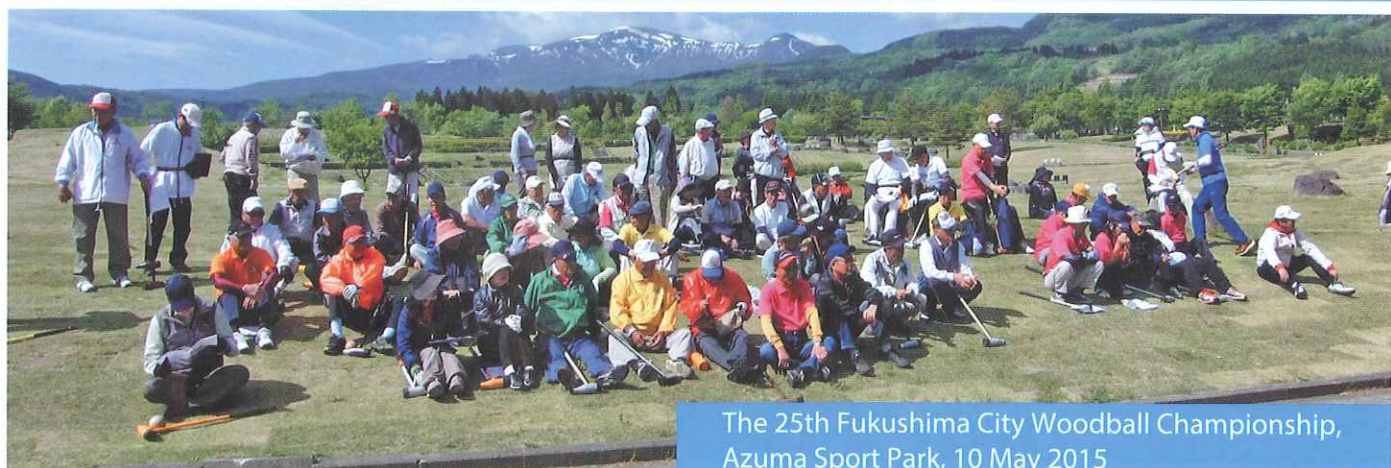




Japan 日本



The 11th All Nippon University Woodball Championship,
Azuma Sport Park, 21 June 2015



The 25th Fukushima City Woodball Championship,
Azuma Sport Park, 10 May 2015



Japan Woodball Referee Workshop 2015,
Fukushima University, 13 June 2015



The 41st Fukushima Pref. Woodball Championship,
Iwaki East Green Park, 26 July 2015



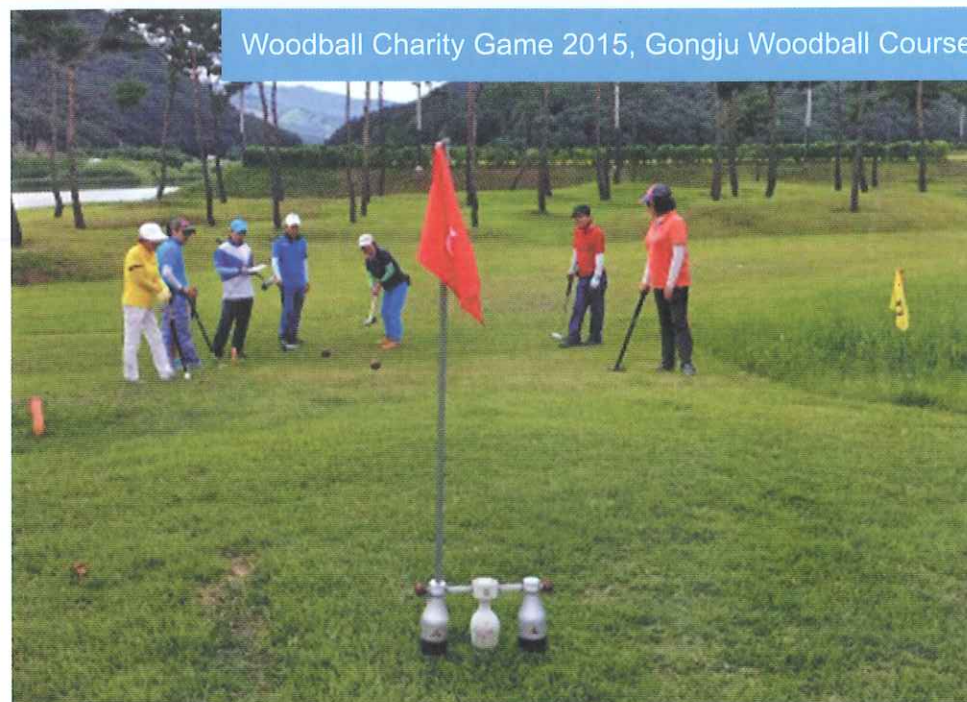
Korea 韓國



Woodball Referee and Coach Workshop Spring 2015, Daejeon Adria Hotel Topaz Hall, 18-19 Apr. 2015



Seoul Yangcheon-gu Woodball President's Cup Championship, Yangcheon-gu Woodball Course, 16 May 2015



Woodball Charity Game 2015, Gongju Woodball Course, 27 Jun 2015



Cheongju Woodball President's Cup Championship 2015, Cheongju Woodball Course, 13 June 2015

Woodball Referee Workshop Autumn 2015, Ansan University Wellness Center, 11 Sep. 2015



Cheongju Local Woodball Championship 2015, Cheongju Woodball Course, 17 Oct 2015



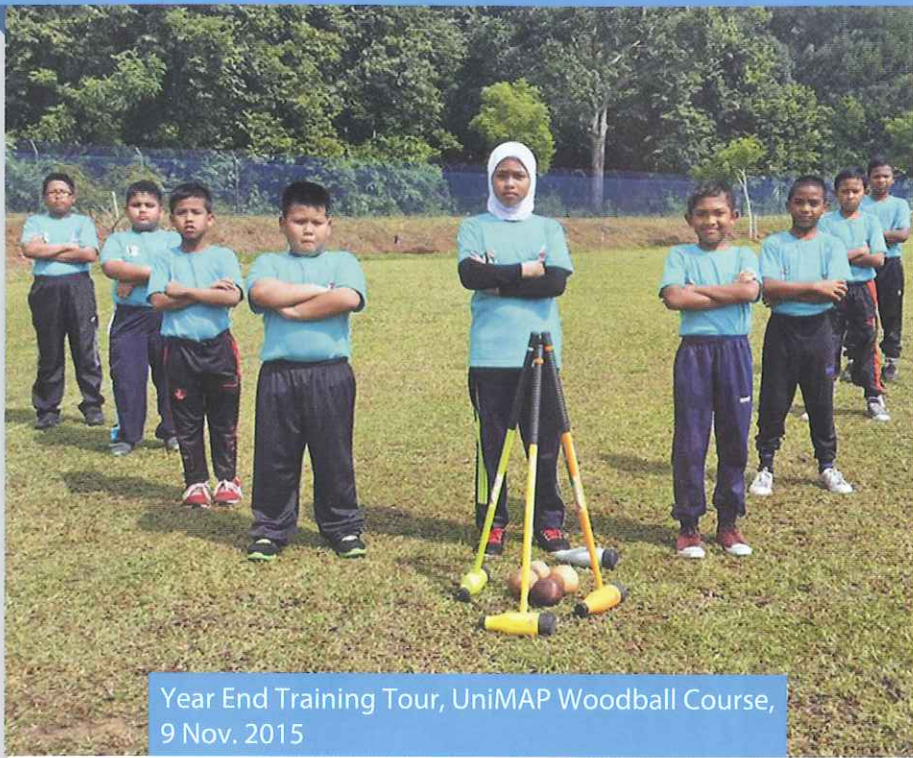
Suwon Woodball President's Cup Championship 2015, Suwon Woodball Course, 31 Oct. 2015



Woodball Circuit Workshop 2015, Ansan University Wellness Center, 4-29 Dec. 2015



Malaysia 馬來西亞



Year End Training Tour, UniMAP Woodball Course,
9 Nov. 2015



Basic course Woodball Sports Recognition 2015
Psas Sports Center, 8-9 Dec. 2015



How To Play and Refereeing Woodball for
Beginner, Perak, 18-19 Aug. 2015





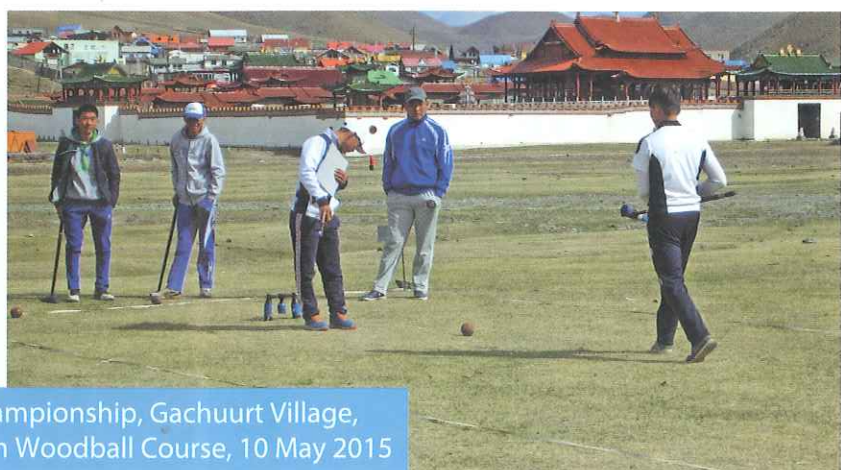
Mongolia 蒙古



National Universiade, Gachuurt Village, Mongol Shiltgeen Woodball Course, 8-9 May 2015



National Championship, Gachuurt Village, Mongol Shiltgeen Woodball Course, 11-13 Sep. 2015



National Cup Championship, Gachuurt Village, Mongol Shiltgeen Woodball Course, 10 May 2015



Oman 阿曼



2nd Oman Championship for Woodball,
Muscat, Mar. 2015



Rules Briefing Workshop, Sultan,
Qaboss Complex, Muscat 2015



Summer Camp Woodball Introduction for
Students, Sur, July 2015

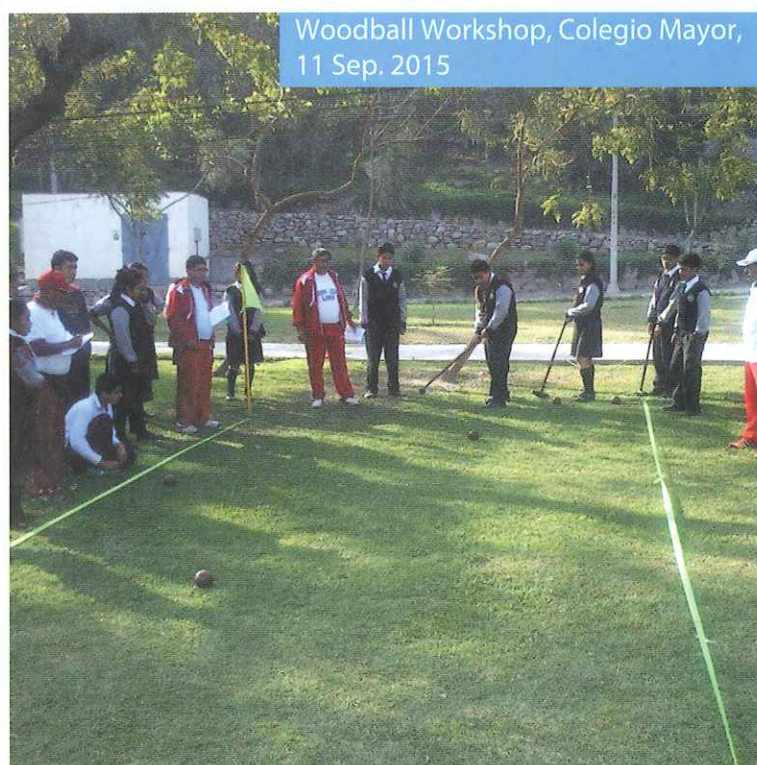




Peru 秘魯



Woodball Workshop, Huanuco,
19 Dec. 2015



Woodball Workshop, Colegio Mayor,
11 Sep. 2015

Warm Up for National Championship,
Colegio Mayor, 6 Aug. 2015





Singapore 新加坡



15th Singapore Lion City Cup International Woodball Open Championship, Clementi Woods Park, 1-2 Aug. 2015



New Year Cup 2016, Clementi Woods Park, 27 Dec. 2015



Singapore National Woodball Open Championship, Clementi Woods Park, 20 Sep. 2015



Thailand 泰國



The National Inter Mountain Peoples Sport Games, Maehongson, 20-25 May 2015

Thailand Woodball Championship, Songkhla, 27-29 Sep. 2015



The National Sport Games, Nakornsawan, 10-18 Dec. 2015



The National Senior Sport Games, Uttaradit, 23-25 Aug. 2015



The National Student Sport Games, Chiangrai, 22-28 Jan. 2015



The National Youth Sport Games, Chanthaburi, 20-28 Mar. 2015



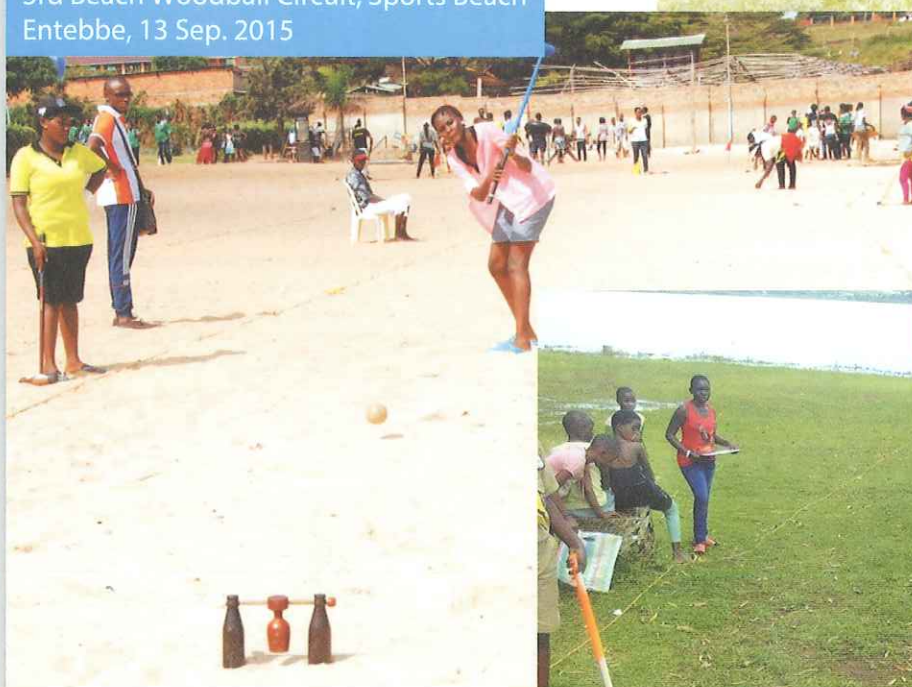
Uganda 烏干達



7th Coral Coating Woodball Open, St. Joseph's Technical Institute Kisubi, 10-11 Oct. 2015



3rd Beach Woodball Circuit, Sports Beach Entebbe, 13 Sep. 2015



Woodball for Scouts, Kisubi Beach, 5 Dec. 2015





China 中國



巴伐利亞國際木球對抗賽
2015 Bavaria International Woodball Elite Match Play,
HeYuan, 6-8 July 2015

第十屆全國木球錦標賽

10th National Woodball Championship, JiangSu, 30 May-1 June 2015





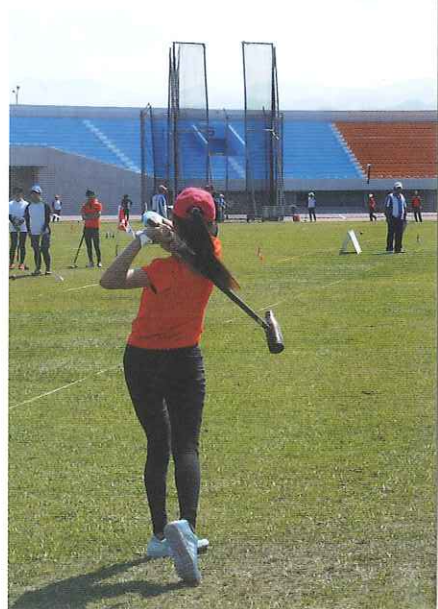
Chinese Taipei 中華臺北



中華民國104年全國中等學校運動會(木球項目)資格賽
Taiwan National High School Games Qualifying Match 2015-
Woodball Discipline, Chiayi, 4-8 Feb. 2015

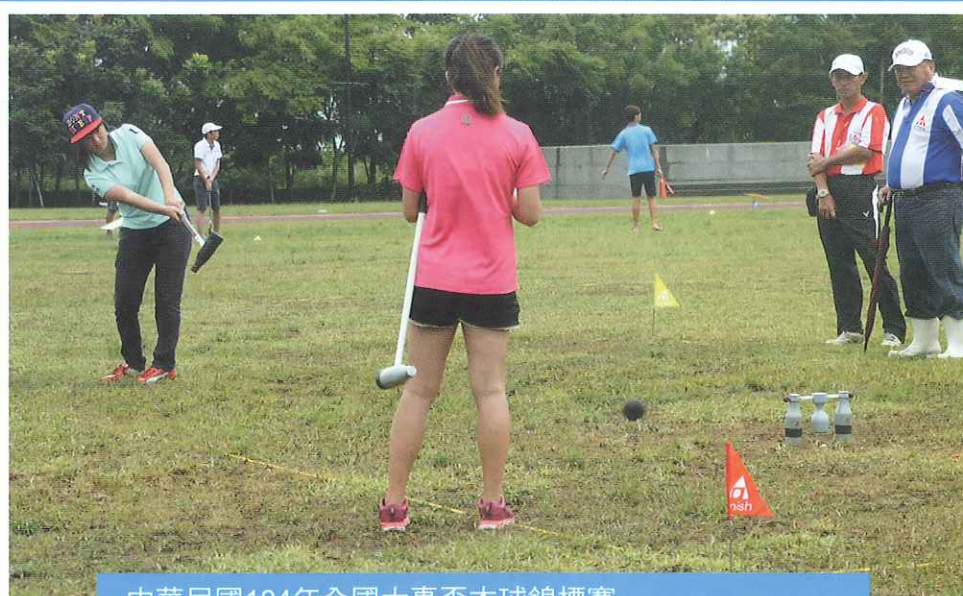


中華民國104年全國「岳王盃」木球錦標賽
Taiwan National Hui King Cup Woodball Championship 2015,
Miaoli, 28-31 Mar. 2015





中華民國104年全國中等學校運動會(木球項目)
Taiwan National High School Games 2015,
New Taipei, 25-30 Apr. 2015



中華民國104年全國大專盃木球錦標賽
Taiwan National University Woodball Championship 2015,
Chiayi, 21-24 May 2015





Chinese Taipei 中華臺北



2015年第四屆「外交盃」木球聯誼賽
4th Diplomatic Woodball Friendship Tournament 2015, Taipei, 31 Oct. 2015



中華民國104年「翁祿壽盃」全國木球錦標賽
Taiwan National "Weng Lu Shou Cup"
Woodball Championship 2015, 8-11 Dec. 2015





中華民國104年「翁祿壽盃」全國木球錦標賽
中華民國104年全國「中正盃」木球錦標賽

比賽日期：中華民國104年12月8日至13日
活動地點：嘉義立體育場

中華民國104年全國「中正盃」木球錦標賽

Taiwan National Chung Cheng Cup Woodball Championship 2015, Chiayi, 12-13 Dec. 2015



Four Easy Core Strength Training on Woodball

4種簡易的核心肌群訓練應用於木球

Dr. Nick Chun-Ching HUANG
Department of Exercise and Health Science
National Taipei University of Nursing and Health Science

Four benefits of core strength training to the swing of woodball

- Improved distance and consistence
- Greater efficiency of movement
- Improved body control and balance
- Reduced risk of injury (the core muscles act as shock absorbers for jumps and rebounds etc.)

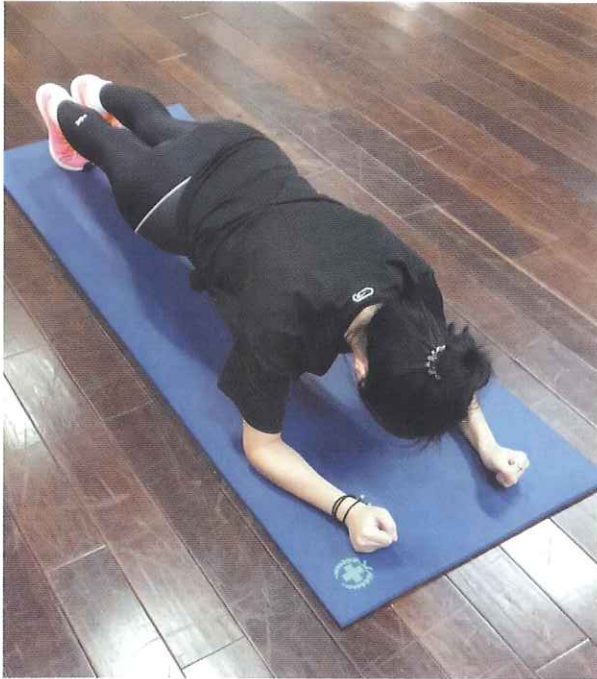
The core region consists of the abdominals, the hip musculature and the spine musculature. In fact core strength training aims to target all the muscles groups that stabilize the spine and pelvis. It's these muscle groups that are critical for the transfer of energy from large to small body parts during woodball long distance drive. From back swing to finish position a woodball swing takes between 1 and 2 seconds. In that time a woodball player's body generates some exceptional forces - potential energy that must be stored then released as efficiently as possible - and then you have to actually make contact with the woodball. The key to lengthening your shots is to increase the amount of force you can generate which in return, increases swing speed and mallet head speed.

The muscles of the trunk and torso act to stabilize the spine, pelvis and shoulder girdle. From this solid, balanced base the limbs can be moved powerfully and under control. Core strength training differs from many traditional weight training routines by working both the lower back and abdominals in unison. The same is true for the upper and lower body. All athletic movements incorporate the core in some way. Very few muscle groups are isolated. Instead the whole body works as a unit and core strength training endeavours to replicate this. Weak or poorly controlled core muscles have been associated with low back pain. The back muscles are responsible for movements such as extension and flexion of the spine and rotation of the trunk. Excessive or uneven shock on the spine may lead to back problems. This may be exaggerated because weak core muscles lead to improper positioning or a forward tilt. In many exercises that use the back muscles, the abdominal muscles contract isometrically stabilizing the body. The stronger and more correctly balanced the core muscles are, the less the uneven strain on the spine.

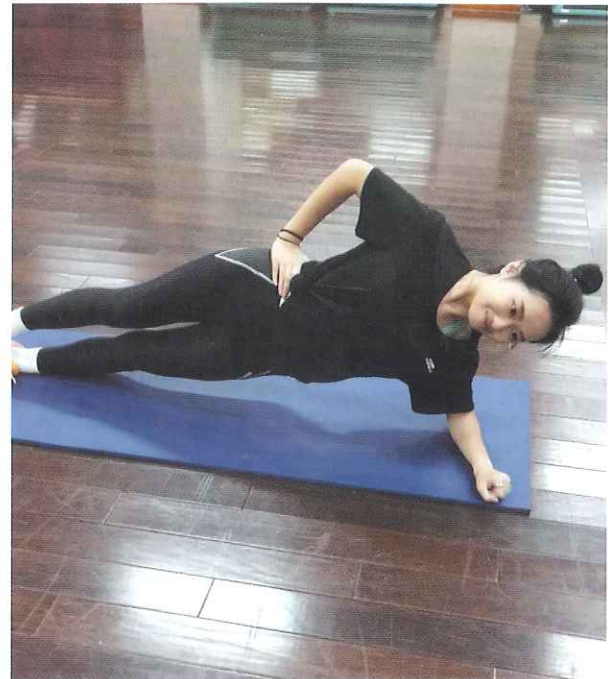


1. Prone Bridge (30 sec * 3 rep)

In a face down position, balance on the tips of your toes and elbows while attempting to maintain a straight line from heels to head. This exercise focuses on both the anterior and posterior muscle groups of the trunk and pelvis.

**2. Lateral Bridge (30 sec * 3 rep)**

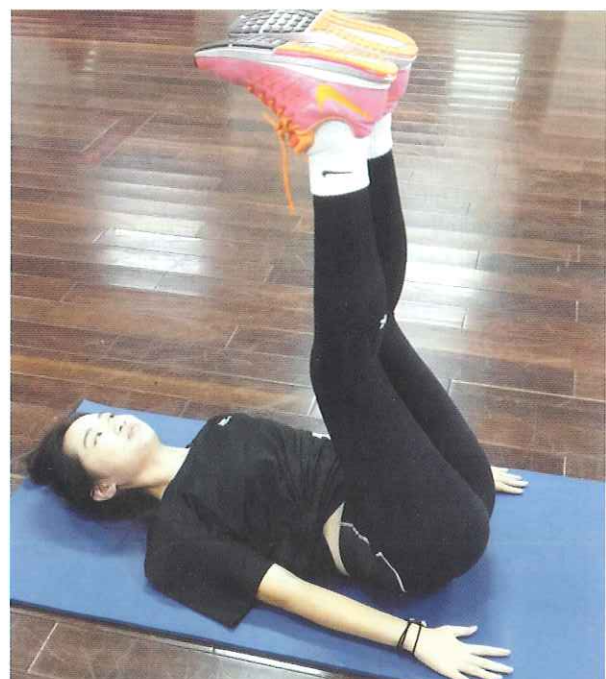
Start on your side and press up with your right arm. Form a bridge maintaining a straight line from your hand to your foot. Rest on your elbow to increase the difficulty. This exercise focuses on the abdominal obliques and transversus abdominus.

**3. Supine Bridge (20 * 3 rep)**

Lying on your back, raise your hips so that only your head, shoulders, and feet are touching the floor. The supine bridge focuses on the gluteal muscles. Stronger gluteals help maintain pelvic control.

**4. Pelvic Thrusts (20 * 3 rep)**

Lie on your back with your legs bent 90 degrees at the hip. Slowly lift your hips off the floor and towards the ceiling. Lower your hips to the floor and repeat for the prescribed number of repetitions.



Study of Metabolic Syndrome Factors and Geriatric Depression Tendency According to the Woodball Careers

Mr. Sang Wook LEE & Ms. Hye Jung CHOI
Daelim University

ABSTRACT

Introduction: The purpose of this study is to compare the differences in the metabolic syndrome factors and the tendencies of geriatric depression among woodball players with various experience of the game.

Methods: Sixty experienced woodball players participated in this study. They were classified in three groups, which were G1(< 3years careers: n=24), G2(4~8year careers: n=18) and G3(<10 years careers: n=18). The following metabolic syndrome factors were measured; Blood pressure, blood glucose, waist circumference and percentage of fat. A GDS(Geriatric Depression Scale) questionnaire was self-written to measure the depression tendency. Experimental data was analyzed by one-way ANOVA to measure the significance between the groups.

Results: We found a significant difference between groups for the waist circumference($p<.01$). Blood glucose was shown between G1 and G2($p<.05$). Blood pressure was significantly shown in G1 compared with G3($p<.05$). The depression scale showed no significance between the groups. But G1 had more tendency compared with G2 and G3.

Conclusions: Continuous and regular woodball activity may be one of the reasons for the healthier life of the career group, when compared with the beginner group. The three groups are all free of geriatric depression. This data suggests that long-term and regular physical activity, through pursuing woodball activities, will have a positive effect on the healthy life of an older person.

CONCLUSION

In this study, the metabolic-syndrome risk factors of people who regularly play wood ball, and their depression degrees, were investigated based on their careers, to verify the influence of the continuous playing of wood ball on health management. The subjects, consisting of 60 wood ball players, were divided into three groups depending on their careers: group 1 (with one- to three-year careers), group 2 (with four- to nine-year careers), and group 3 (with over-10-year careers). All the three groups maintained good health conditions, but some results in certain items circled the reference value or tended to show differences between the groups. First, group 3 showed a higher systolic blood pressure value than the reference value, but no differences were observed among the groups. Second, all the three groups presented higher blood sugar levels. Particularly, group 2 presented statistically higher values compared with the other groups ($p<.05$). Third, all the groups showed normal abdominal-girth levels, but group 2 presented statistically higher values than the other groups ($p<.01$). Lastly, all the three groups showed healthy conditions in the geriatric depression tendency test using GDS. As all the groups did not show more than three risk factors of metabolic syndrome, their risk of metabolic syndrome was confirmed to be low.

In conclusion, the predictive factors of metabolic syndrome in elderly people who regularly and consistently played wood ball remained in a healthy state, and such people's mental health status appeared considerably favorable. In the future, follow-up studies should be conducted using diverse research approaches.





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7. 14th Japan Open Woodball International Championship
2015

2015年第十四屆日本國際木球公開賽

Fukushima, Japan, 26~27 Sep. 2015

8. 8th Asian University Woodball Championship 2015

2015年第八屆亞洲大學木球錦標賽

Bedugul, Bali, Indonesia, 3~8 Sep. 2015

9. 15th Singapore Lion City Cup International Woodball
Open 2015

2015年第十五屆新加坡獅城盃國際木球公開賽

Singapore, 1~2 Aug. 2015

10. Hong Kong Open International Woodball Championship
2015

2015年香港木球國際公開賽

Hong Kong, 25~26 Apr. 2015

11. 8th Thailand Open International Woodball Championship
2015

2015年第八屆泰國國際木球公開賽

Bangkok, Thailand, 22~28 Jun. 2015

12. General Assembly 2015 of IWbF

2015年國際木球總會會員大會

Kaohsiung, Taiwan, 21~22 Nov. 2015



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