

KTHOA

MAY 2025

MAGAZINE

ISSUE 71



*Dad, Our First Hero,
Our Forever Guide*



DENZA

比亞迪旗下豪華品牌

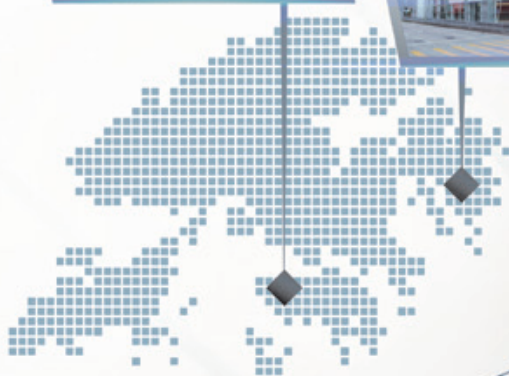
全新優化升級

DENZA(灣仔)合和體驗中心

◆ DENZA (灣仔) 合和體驗中心



◆ DENZA 九龍灣旗艦店



仁孚集團旗下之 DENZA 陳列室近日榮膺 BYD Asia Pacific - Best Store Award 2024! 這份殊榮不僅肯定了我們在推廣豪華電動車市場的非凡表現，更證明了我們為客戶提供優質體驗的不懈追求。

作為這一成就的核心，我們誠邀各位親臨全新的 DENZA (灣仔) 合和體驗中心，探索匯聚頂級豪華汽車的殿堂，體驗配以專業熱情的服務團隊，讓每位訪客都能感受到尊貴舒適的試駕享受。

期待與您們在九龍灣旗艦店及灣仔合和體驗中心見面，一同開啟持續奢華出行的新篇章。



登記試駕

DENZA 九龍灣旗艦店

香港九龍灣宏照道 39 號企業廣場 3 期地下 1 號舖
星期一至五：上午 9 時至晚上 7 時
星期六、日及公眾假期：上午 9 時至晚上 8 時

DENZA (灣仔) 合和體驗中心

灣仔皇船大匯東 183 號合和商場 18 樓 1801 號舖
星期一至日及公眾假期：上午 10 時至晚上 7 時



了解更多



聯絡我們

總代理富騰汽車



Zung Fu 仁孚

Futong Motors (a member of Zung Fu Group) is the Master Dealer of DENZA in Hong Kong

管理團隊
MANAGEMENT TEAM

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美酒巡禮
WINE

一般查詢 GENERAL
Tel: 2338 7115

康橋廳 THE CAMBRIDGE
Tel: 2338 7118



親愛的會員

5月11日（母親節）與6月15日（父親節），是一年中最值得感恩與慶祝的日子。我們特別設計了一系列窩心菜譜，讓一家人可於溫馨氛圍中享用佳餚美饌，並準備了貼心小禮物送給每位爸爸媽媽，為這個充滿愛的節日增添驚喜與回憶。

康橋廳行政總廚黃效安師傅特別推出夏日限定菜譜，堅持少油、低調味的健康烹調方式，細緻展現食材原有的鮮甜與清新口感。本季推介包括：冰涼爽口、鮮味濃郁的「冰鎮鮑魚」；融合果香與嫩鵝的順德經典「家鄉鳳梨紫薑鵝」；以及以秘製醬汁烹調的「美極銀絲金錢鱈」。每道菜皆層次分明，風味獨特，帶來耳目一新的夏日味覺驚喜。

5月隆重呈獻一場結合藝術與美酒的香檳盛宴。Veuve Clicquot 品牌大使 Leo Jockovic 將親臨主持，帶領賓客品嚐品牌與義大利當代藝術家 Paola Paronetto 合作推出的「La Grande Dame 2015」。當晚配以北海道大元貝及西班牙黑毛豬鞍，為您帶來一場充滿品味與層次的法式美酒饗宴！

本會已完成最新會章內容之修訂，涵蓋會員權利與義務及運作細則。歡迎前往接待處領取最新版本，或於本會網站下載電子版查閱。同時，會所持續提升便利設施，停車場已增設單車及電單車泊位，請會員將車輛停放於指定位置上，歡迎會員有序使用。

期待在會所再次見到您熟悉的笑容。

Dear Members,

Mother's Day (May 11) and Father's Day (June 15) are among the most meaningful and heartfelt days of the year—times to express our deepest gratitude and celebrate with our loved ones. To mark these occasions, we have specially designed a series of warm, comforting dishes for families to enjoy in a cozy, festive atmosphere. Thoughtful gifts will also be presented to every mother and father, adding joyful surprises and lasting memories to these love-filled celebrations.

Chef Wong Hiu On, Executive Chef of The Cambridge, has crafted a seasonal summer menu, emphasizing a healthy cooking approach with low oil and light seasoning. This method brings out the natural freshness and sweetness of each ingredient. Highlights include the refreshing and flavorful Chilled Abalone, the Shunde classic Home-style Pineapple and Pickled Ginger Goose, and Braised Eel with Silver Noodles in Chef's Special Sauce, all offering distinct layers of flavor and a refreshing new take on summer cuisine.

In May, we are proud to present a champagne feast that blends fine art and fine wine. Leo Jockovic, brand ambassador of Veuve Clicquot, will host the evening and guide guests in tasting the exclusive La Grande Dame 2015, a collaboration with contemporary Italian artist Paola Paronetto. The evening will be complemented by Hokkaido Scallops and Spanish Iberico Pork Saddle, offering a French wine feast full of flavor and sophistication!

Our Club has recently completed revisions to the Club Bye-law, covering members' rights, duties, and operational guidelines. Members are welcome to collect a printed copy at the reception or download the electronic version from our website. The Club continues to enhance convenience facilities, with new bicycle and motorcycle parking spaces now available in the parking lot. Members are kindly reminded to park their vehicles in the designated areas and to use the facilities in an orderly manner.

We look forward to seeing your familiar smiles at the Club.

總經理 林裕文
General Manager Martin Lam



親愛的會員

2025 年度元老及混雙聯賽已圓滿結束，我們再次取得驕人佳績！男子 120+ 組別勇奪冠、亞軍，男子 130+ 及混雙 DII 組別同樣奪得冠軍！恭喜各位隊長及隊員，亦感謝您們的努力，為本會爭取殊榮！

美國盃網球比賽已於 4 月 26 日順利舉行，報名反應熱烈，共有 40 名會員參與。經過激烈的 48 場賽事，最終由司徒慶然及梁哲綸勇奪冠軍，獲得豐富獎金及獎品！特別感謝副會長王祖耀醫生及 DENZA 贊助是次比賽，亦感謝各位會員踴躍支持，令賽事精彩圓滿。

於 5 月及 6 月期間，我們將再次與 PONTI 合作，舉辦食品及美酒展銷活動。展品來自世界各地的知名品牌，包括茶葉禮盒、天然蜂蜜及精選美酒，為會員提供多元化的選擇。無論是母親節或父親節，您都能挑選到最合適的心意禮品，向摯愛的父母送上溫暖的節日祝福。

暑期活動即將登場！多項運動及康體課程、水上嘉年華及水運會等精彩節目將陸續推出，讓您與家人共度充實又快樂的夏日時光！詳情將於 5 月底公布，敬請密切留意！

祝您們母親節及父親節快樂，與家人共享溫馨美好時光！

Dear Members,

The 2025 Veterans and Mixed Doubles League has successfully concluded, and once again, we have achieved outstanding results! Our Men's 120+ team claimed both the Champion and Runner-up titles, while the Men's 130+ and Mixed Doubles Division II teams also took home championships! Congratulations to all the team captains and players, and thank you for your dedication in bringing honor to our Club!

The American Tournament was successfully held on April 26, drawing enthusiastic participation with 40 members signing up. After an intense 48 matches, Szeto Hing Yin and Ares Leung emerged as the champions, sharing in fabulous gifts and cash prizes! Special thanks to Vice Chairman Dr. Peter Wong and DENZA for sponsoring the event, and to all members for your enthusiastic support that made the tournament a great success.

In May and June, we will once again be partnering with PONTI to host a Food and Wine Expo. The event will showcase products from renowned global brands, including premium tea gift boxes, natural honey, and select wines—offering a wide range of choices for our members. Whether for Mother's Day or Father's Day, you'll find the perfect heartfelt gift to express your love and best wishes to your beloved parents.

Our summer programs are just around the corner! A variety of sports and wellness courses, water carnivals, and aquatic events will be launched soon—perfect for you and your family to enjoy a fun-filled and meaningful summer! Details will be announced at the end of May, so please stay tuned!

Wishing all our members a joyful Mother's Day and Father's Day, filled with warmth and cherished family moments!

會所經理 應佩玲
Club Manager Ady Ying

會員直系家庭成員會籍

Immediate Family Members Membership

本會原會員子女會籍計劃現已延伸至會員直系家庭成員，包括父母、兄弟姊妹、子女及孫子女。申請者需年滿 21 歲，並提供親屬關係證明。入會費 HK\$140,000，並可選擇 36 個月分期付款，每月供款 HK\$3,800。歡迎致電 2338-7115 與會籍部陳小姐聯絡。

* 只適用於家庭會籍會員之直系家庭成員 (青少年運動員會籍、公司會籍提名人及短期運動會籍除外)

Our Club's original "Membership for Member's Children" program now extends to the immediate family members of Club Members, including parents, siblings, children and grandchildren. Applicants must be 21 years of age and provide proof of family relationship. The application fee is HKD140,000 and applicants can choose to use a 36-month interest-free instalment plan with a monthly payment of HKD3,800. Please feel free to call 2338-7115 to contact Ms. Chan of the Membership Department for any queries.

* Only applicable to the immediate family members of Club Members with Individual / Family memberships (Junior Sporting Members, Corporate Membership nominees and short-term Sports Memberships are not eligible)

修訂會章附則

Revision of Bye-laws

本會已完成會章附則之修訂。是次修訂涵蓋多項內容更新。會員可於接待處領取最新印刷版本，或可透過掃描下方二維碼，於本會網站下載電子版本以供參閱。敬請各會員留意相關更新內容，並感謝會員一直以來對本會的支持與配合。

Our Club has completed the revision of its bye-laws, incorporating updates to various provisions. Members are welcome to obtain the latest printed version at the reception or download the electronic version by scanning the QR code below to access our official website. We kindly encourage all members to review the updated content, and we sincerely thank you for your continued support and cooperation.



修訂會員簽單程序

Revision of Billing Process for Members

為確保會員賬單準確無誤，康樂小組及值理委員會決定修訂簽單程序。由 2025 年 4 月 1 日起，會員無論任何消費金額，皆需簽單確認，以取代現行「會員需簽署 \$100 以上單據」的規定。敬希垂注！

To ensure the accuracy of Members' statements, the Executive Committee and the Recreation Sub-Committee have decided to revise the billing process. The current Club regulation "Members must sign for receipts of HKD100 or more" will be replaced by a new regulation that requires Members to sign the receipt regardless of the amount of consumption, which will come into effect on April 1, 2025. Thank you for your attention.



八號或以上颱風警告下會所營運安排

Club Operation Arrangements for Typhoon Warning Signal No.8 and Above

天文台宣佈於未來兩小時內懸掛八號或以上熱帶氣旋警告
所有設施將於一小時後停止服務

八號或以上熱帶氣旋警告於晚上七時或之前除下
所有設施將於兩小時後逐步恢復服務，包括餐飲設施；
戶外設施只提供有限度服務



八號或以上熱帶氣旋警告於晚上七時後除下
當日所有設施暫停服務

If the Observatory announces the Tropical Cyclone Warning Signal No.8 (or above) will be issued within two hours, all facilities will stop operations after one hour

If the Tropical Cyclone Warning Signal No.8 (or above) is lowered at or before 19:00, all facilities, including dining facilities, will gradually resume operations after two hours; outdoor facilities will only provide limited services.

If the Tropical Cyclone Warning Signal No.8 (or above) is lowered after 19:00, all facilities will stop operations for the day.

炎熱天氣注意身體狀況

Health Advisory for Hot Weather Conditions

提醒各位會員，特別是打網球的朋友，在炎熱天氣下進行戶外活動時，請務必補充水分，或飲用含電解質的飲品。如感到身體不適，應立即停止活動並休息。

We remind all Members, especially tennis players, to stay well hydrated with water or electrolyte drinks when engaging in outdoor activities in the current heat. If you feel unwell, please stop immediately and rest.

電子月刊及月結單

Monthly e-Newsletter and Statements

感謝會員響應及支持環保而選擇閱讀電子版月刊及月結單。如果您亦希望收取電子版本以代替傳統印刷本，請電郵至 membership@kthoa.com，並註明會員姓名、會員編號及“訂閱電子版本月結單”。

Our thanks to Members for supporting environmental protection by choosing to receive the electronic version of the newsletter and their monthly bill statements.

If you wish to switch from traditional print to the e-version, please send an email to membership@kthoa.com stating your Member name and number with the subject line of “Subscribe to e-Version of statements and Newsletter”.

逾期繳付賬單手續費

Late Fee For Overdue Payments

如會員在指定日子內未能繳付月結單結欠，本會將收取逾期手續費以彌補額外行政支出。若 1) 未能依期繳付月結單結欠超過 60 天，須繳付每次港幣 200 元的逾期手續費；2) 結欠超過 75 天，須繳付每次港幣 1,000 元的逾期手續費，並被本會暫停其會籍資格。

Members who cannot make their monthly bill payment by the due date will be charged a late fee to compensate for the additional administrative expenses. If your monthly payment is overdue by more than 60 days, you must pay a late fee of HKD200; if you are overdue by more than 75 days, you must pay a late fee of HKD1000, and your membership will be suspended.

新增單車及電單車泊位

New Bicycle and Motorcycle Parking Spaces

自 2025 年 5 月 1 日起，本會所停車場將新增兩個泊位，提供單車及電單車在會所營業時間內使用。這些泊位旨在為會員提供更多便利的交通選擇，提升會所服務的質量與效率。泊位的分配將每天採取先到先得的原則，使用者需自行負責停泊，會所不提供代客泊車服務。此外，單車停泊區域將設置專用的單車停泊架，可供會員使用。

收費標準

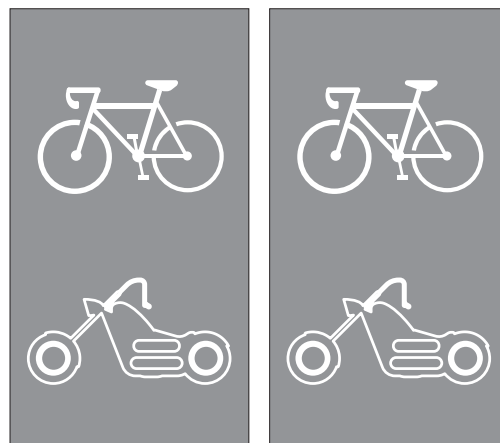
電單車：每小時收費 \$12

單車：免費泊位

營業時間：07:00 - 23:00

Effective from May 1, 2025, two new parking spaces will be added to the Club's car park for the use of bicycles and motorcycles during the Club's operating hours. These new spaces are intended to provide members with more convenient transportation options and to enhance the overall quality and efficiency of our services.

Parking will be allocated on a first-come, first-served basis each day. Users are responsible for parking their own vehicles, as valet services will not be provided. A designated bicycle rack will also be installed in the bicycle parking area for members' use.



Parking Fees:

Motorcycle: HK\$12 per hour

Bicycle: Free of charge

Operating Hours: 07:00 – 23:00

更衣室掛衣問題

Issue Regarding Use of Changing Room Hooks

本會近期接獲會員反映，指更衣室內掛鉤經常被長時間佔用，部分長凳亦被放置球袋、背包等個人物品，影響其他會員的使用空間。現提醒各位會員，掛鉤僅供更衣時暫時使用，請將衣物及個人物品存放於儲物櫃內。如需借用儲物櫃，請到大堂接待處登記。

Our Club has recently received feedback from members indicating that the hooks in the changing room are often occupied for extended periods. Some benches are also being used to store personal items such as sports bags and backpacks, affecting the available space for other members.

We would like to remind all members that the hooks are intended for temporary use while changing. Please store clothing and personal belongings in the lockers provided. If you need to borrow a locker, please register at the reception desk.





少鹽少糖食店計劃

Less-Salt-and-Sugar Restaurants Scheme

本會響應香港特區政府環境及生態局推行的「少鹽少糖食店計劃」，致力推廣健康飲食文化，為會員提供低鹽低糖的美食選擇。

Our Club supports the Hong Kong SAR Government's Environment and Ecology Bureau in promoting The Less-Salt-and-Sugar Restaurants Scheme. We are committed to fostering a healthy dining culture by offering low-salt, low-sugar meal options for our members.



少點鹽糖 多點健康

享用中菜廳，敬請訂座

Make a Reservation at The Cambridge

康橋廳一直深受會員歡迎，母親節及父親節晚宴經已開始接受訂座，為免向隅，敬希各位會員提早訂座，讓同事能為您作最好的安排。

The Cambridge restaurant has always been hugely popular with our Members, and reservations are already coming in for Mother's Day and Father's Day dinners. Members should hurry with their bookings, so they don't miss out on a table. Let us make the best possible arrangements for you on these special occasions.

初夏鮮饌 清爽滋味

Early Summer Delights, Refreshing Flavors

當季鮮味邂逅粵式匠心，匯聚酸甜、辛香、冰涼三重奏，為您獻上一場消暑的味覺交響曲。喚醒味蕾，開啟初夏味覺盛宴。

Seasonal ingredients meet Cantonese craftsmanship in a refreshing symphony of sweet, spicy, and cool flavors. Awaken your taste buds and enjoy the early summer feast.



薑茸紅蔥頭淋雞

Steamed Chicken with Ginger Paste and Shallots

薑的辛香、紅蔥頭的甜脆與雞肉的鮮嫩完美融合，淋上熱油激發香氣，每一口都充滿濃郁風味！

The spicy ginger, sweet shallots, and tender chicken combine perfectly. Hot oil enhances the aroma, making each bite full of rich flavor.

家鄉鳳梨紫薑炆鵝

Braised Goose with Pineapple and Young Ginger

酸甜鳳梨與嫩紫薑燜煮鵝肉，醬香濃郁，鵝肉軟嫩多汁，果香與薑辛完美平衡，開胃又下飯！

The sweet pineapple and tender young ginger are braised together with goose, resulting in rich flavours and juicy, tender meat. A perfect balance of fruitiness and spice—appetizing and perfect with rice.



鳳梨紫薑安格斯牛肉

Braised Angus Beef with Pineapple and Young Ginger

鳳梨的果香與紫薑的微辣交織，牛肉的脂香與水果的清爽完美平衡，每一口都充滿層次，美味又滿足。

Pineapple's fruitiness and young ginger's mild spice blend with Angus beef's rich fat and the fruit's refreshing taste, offering layers of flavor in every bite.

濃湯胡椒蘿蔔白鰻煲

Pepper soup with white eel and radish in a clay pot

鰻肉細嫩幼滑，蘿蔔清甜入味，胡椒的微辣暖胃，鮮美滋味讓人一碗接一碗停不下來。

The tender eel and sweet radish absorb the mild heat of the pepper, creating a warming, flavorful soup that's irresistibly delicious—one bowl is never enough.



美極銀絲金錢鰻

Pan roasted fresh water eel with Maggi sauce and vermicelli

鰻魚肉質細膩，粉絲吸飽鮮美醬汁，口感滑順，鹹香惹味，令人回味無窮。

The tender eel is pan-roasted to perfection, paired with vermicelli that soaks up the rich, savory Maggi sauce. Smooth in texture and full of umami, every bite is deeply satisfying and unforgettable.

冰鎮鮑魚

Chilled Abalone

冰鎮鮑魚鎖住原汁原味，口感爽口彈牙，炎炎夏日來一盤，清涼鮮美，奢華享受盡在舌尖！

Chilled abalone retains its natural flavor and offers a firm, crisp texture. A refreshing, luxurious treat perfect for hot summer days.





FATHER'S DAY
MENUS

幸福爸爸節



親親爹哋

Menu A

鴻運乳豬全體

Whole suckling pig platter

翡翠泡帶子蝦球

Stir-fried prawns and scallops
with vegetables

石榴蟹鉗

Deep fried stuffed crab claws

玉環柱甫

Marrow ring stuffed with conpoy

石斛麥冬花膠螺頭燉豬展

Double-boiled pork soup with dendrobium

清蒸大海星斑

Steamed spotted garoupa

南非鮑魚扣海參

Braised South African abalone
with sea cucumber

當紅脆皮炸子雞

Crispy fried chicken

瑤柱蛋白炒飯

Egg fried rice with conpoy

皇母壽桃

Longevity steamed Peach Buns

陳皮紅豆沙湯丸

Red bean soup dumpling

每席 Per Table \$7,888

10-12 位用

全席獲贈指定紅酒一枝

Complimentary one bottle of wine per table of 12

父親節宴已開始接受訂座，為免向隅，敬希各位會員提早訂座。

We are currently accepting bookings for father's Day. Make sure to reserve your table soon.

米飯班主

Menu B

爽脆海蜇伴乳豬半隻

Cold jellyfish with suckling pig (half)

翡翠蝦球貴花蚌

Stir-fried prawns and osmanthus clam
with vegetables

玉環柱甫

Marrow ring stuffed with conpoy

石斛麥冬螺頭燉豬展

Double-boiled pork soup with dendrobium

竹笙鮮菇翡翠

Stir-fried mushrooms and bamboo pith
with vegetables

清蒸大海龍躉斑

Steamed giant garoupa

蠔皇鮑魚金錢

Braised abalone and mushrooms

當紅脆皮炸子雞

Crispy fried chicken

瑤柱蛋白炒飯

Egg fried rice with conpoy

皇母壽桃

Longevity steamed peach bun

陳皮紅豆沙湯丸

Red bean soup dumpling

每席 Per Table \$6,688

10-12 位用

法國香檳之夜

Champagne Dinner

日期 Date : 23/5(Friday)

時間 Time : 19:00

地點 Venue : 牛津吧 Oxford Pub

費用 Fee : \$988

主持 Speaker : Mr. Leo Jockovic



Brand Ambassador
Mr. Leo Jockovic



Menu

Veuve Clicquot Yellow Label

Sauteed Taishan Oyster

蔥爆台山蠔

Veuve Clicquot La Grande Dame 2015

Steam Hokkaido Scallop with Garlic

蒜香蒸北海道大元貝

Dom Perignon Vintage 2015

Pan Roasted Spain Pork Rack

香草焗西班牙黑毛豬鞍

Moët & Chandon Grand Vintage 2016

Crispy Fried Chicken

脆皮炸子雞

The French Dessert

法式甜品

杜蓋古堡晚宴 (曾屬「大金鐘」旗下)

Château Daugay Wine Dinner

日期 Date : 4/7(Friday)

時間 Time : 19:00

地點 Venue : 牛津吧 Oxford Pub

費用 Fee : \$598

主持 Speaker : Mr. Hei Cheng



Founder - Vinifera
Mr. Hei Cheng



CHATEAU DAUGAY
SAINT-EMILION GRAND CRU



Menu

Champagne Jean-Noel Haton Reserve Brut NV

Fried ChiuChow style Prawn balls

石榴蝦棗餅

Ch. Ducasse Blanc 2020

Fried Pork Rib and Abalone with Cumin

孜然鮑魚拼椒鹽骨

Ch. Daugay 2003

Herb Roasted Spain Pork Chop

香草焗骨西班牙黑毛豬

Ch. Daugay 2008

Ch. Daugay 2011

Pan Seared Australia Wagyu Beef

香煎澳洲和牛

Nutty Dessert

果仁美點

2025 年世界國際先進網球巡迴賽 - 香港站

ITF World Tennis Masters 2025

本會於 2025 年 3 月 3 日至 7 日成功與中國香港元老總會合辦世界國際先進網球巡迴賽香港站賽事，吸引眾多海內外選手參與。

本會會員取得亮眼成績，藉此恭賀各位勝出者：

男子 50+ 單打亞軍 – 保耀宇

男子 60+ 單打冠軍 – 潘瑞榮

男子 60+ 單打亞軍 – 洪全書

男子 60+ 雙打冠軍 – 王志錦，張添福

男子 60+ 雙打亞軍 – 洪全書，黃永得

感謝康樂小組委員籌辦賽事及會員的參與，我們將會繼續爭取舉辦更多高水平賽事，為會員提供不同的網球比賽平台。

From March 3 to 7, 2025, our Club successfully hosted the ITF World Tennis Masters MT100 – Hong Kong Stop, attracting numerous local and international players. We are proud to share our members' outstanding achievement and extend our heartfelt congratulations to all the award winners.

- Po Yiu Yu – Runner-up, Men's Singles 50+
- Poon Shui Wing – Champion, Men's Singles 60+
- Hung Chuen Shu – Runner-up, Men's Singles 60+ and Men's Doubles 60+
- Wong Chi Kam & Jimmy Chang – Champions, Men's Doubles 60+
- Hung Chuen Shu & Pedwin Wong – Runner-up, Men's Doubles 60+

We sincerely thank the Recreation Sub-committee for organizing the tournament and all members for their enthusiastic participation. We will continue to strive for the opportunity to host more high-level competitions, offering our members diverse and enriching tennis platforms.





短視頻的出現絕對幫助了很多球友，裡面有很多的動作剪輯，教學示範還挺不錯的，我也經常看，確實有收穫。儘管視頻已經非常接近於實踐，可是它畢竟只是一種教學手段，如果隨便拿起一段就開始模仿，那可能有斷章取義之嫌。

看一個球手水準的高低，中前場處理的手法以及成功率是一個很重要的指標，好多業餘選手受限於此。前段時間就有個朋友，拿著費哥的一個前場處理球視頻在那兒比劃，想要試著學這個動作。這個視頻主要是費哥從底線上去，然後在球二次落地之前，僅僅用手腕勾出上旋對角，最終網前得分，很瀟灑，把球拉起來一瞬間還有個向上跳的動作。這個不難，只要本身打球的動作並沒有特別奇怪，懂得少許的手腕正常運用，配合一些相應的球感，哥們兒也聰明，很快就學會了，覺得還挺好用。在之後和其他朋友對打時，就只會用手腕打球了，好用嘛，也不再局限於中前場的低球了，只要是正手，就追加手腕動作。結果過了一段時間聽說，開始感覺手腕有點兒痛了；而且動作越來越亂，球也不穩定，都有點兒不敢出手了。問題在哪兒呢？在於運用的時機。

他對於費哥手腕的運用有些太過崇拜，看到很多資料都在突出費哥手腕的特點。但其實，同一個人打球，正常高度擊球和超低位提拉，類似救球狀態下的手腕動作幅度和運行方向其實差別還挺大的。在試過了提拉時的手腕感覺，就以為掌握精髓了。實際運用中，主流處理方式，還是在發現對手出短球時，儘快的到位，尋找一個相對合適，可以比較輕鬆發力的球位。而不是專門等到球快要下落，再去用費哥這一招，更不要說打完球之後還要瀟灑的跳一下。在這個視頻的背後，可能是費哥刻意想秀一把，或者故意調整一下處理球的節奏，又或者這是費哥在這場比賽中唯一一次這樣處理。之所以被剪輯出來，因為這是少有的精彩瞬間，並非主旋律。那些百裡挑一的精彩瞬間，看看就好了，刻意模仿太多容易上頭。

阿卡橫空出世之後，他的小球處理也是現在很多球友熱衷模仿的一個技術特點。比費哥那個簡單多了，而且還不容易受傷，但好些朋友還是收效甚微。其實阿卡小球戰術的成功，是站在一個高度上面的，有門檻的。肯定要承認阿卡擁有絕佳的手感，小技術非常熟練。但其實就比賽中的那些小球本身的品質來說，並不都是絕世好球。以前幾天的決賽為例，好些小球的過網高度都超過了一般底線對抗的高度。也並非落地之後產生倒旋，只能說不太往前沖而已。門檻在哪兒？是暴力底線，尤其是正手。

首先在對手的心裡層面就有一個忌憚，覺得隨時要被轟炸，所以好多時候不自覺的站位就越來越靠後，重心也因為快節奏的對抗，而難以穩定。這就給了阿卡很大的小球空間。原本自己半場的距離 10 米小，為了防守要多退後 6 米，就變成 10 米大。對於阿卡來說，小球的空間起碼增加了 1 米，那這個感覺控制起來就很舒服了。

小球的真諦，必須建立在猛烈的炮火之上。如果只有進攻，是很難在不同的場地上拿到三個大滿貫冠軍的。除了手感和進攻加持，還有一個重要的因素，就是阿卡自身運動能力很強，球場覆蓋率大，對手就算是跑到了，出手的選擇也相對較少。好多球員在沖上去之後，在並不理想的情況下還要強行出手，就是因為阿卡的站位選擇以及覆蓋能力，給對手留出的空間太小了，必須要搏一搏。阿卡的小球不是絕世倒旋，追到的機率還是有的。但是隨著比賽的進行，處理的球越多，心理上就越容易產生影響，被上一次差不多情況的結果所影響。如果沖上去之後總是被穿越，那就肯定會對出手的要求越來越高，自然風險提高了，命中率降低。

每個球員有今天的表現，動作也好，戰術也好，都是通過自己和教練團隊長期研究所得出來的結果。願意學習肯定好的，但如果只是單純的模仿，忽略自己的實際情況，那就真的麻煩了。畢竟錯誤的動作練一萬次也是錯誤的，最主要是容易受傷。教練最重要的一個工作任務，就是在打了球之後提醒你技術動作正確與否，不管這個球是不是落在界內。



網球教練
尹熹

- 前國家一級運動員
- 國際網球協會 (ITF) 二級教練
- 香港網球總會註冊教練 (三級)
- 從事網球教學超過 15 年
- 前中國國家少年集訓隊教練

Tennis Coach
Ronald Yin

- Former Level 1 National Athlete
- ITF Level 2 Coach
- HKTA Registered Level 3 Coach
- Over 15 Years of Coaching Experience
- Former Coach of the Chinese National Junior Team

元老網球聯賽及混雙聯賽 2025

Veterans' League & Mixed Doubles League 2025

本會在 2025 年度元老網球聯賽及混雙聯賽中取得了卓越的成績！

本會隊伍勇奪中銀香港混雙聯賽 DII 組別冠軍；在元老聯賽男子 120+ DI 組別中，我們更包攬冠、亞軍殊榮，而男子 130+ 隊伍亦成功衛冕冠軍！

衷心恭賀各位隊長及球員，感謝你們的傑出表現，為本會贏得殊榮！

We are thrilled to announce that our Club has achieved remarkable success in the 2025 Veterans' Tennis League and Mixed Doubles League!

Our team emerged as champions in the BOCHK Mixed Doubles League Division II. In the Veterans' League Men's 120+ Division I, we proudly secured both the Champion and Runner-up titles, while our Men's 130+ team successfully defended their championship title! Congratulations to all our outstanding captains and players for their incredible efforts. Thank you for bringing such prestigious honors to the Club!



法國網球公開賽

The French Open

法國網球公開賽是在法國巴黎舉辦的紅土球場大滿貫賽事，吸引全球頂尖球員參與。今年的盛事將於 5 月 25 日至 6 月 8 日舉行，牛津吧已為您準備好，一同欣賞精彩比賽。

The French Open is the premier clay court Grand Slam competition held in Paris, France, attracting top tennis players from all over the world to take part. This year, the tournament will be held from May 25 to June 8, and we invite you to join us at the Oxford Pub to watch these exciting matches.



來賓使用網球場次數安排

Guest Tennis Court Usage Arrangement

由 2025 年 6 月 1 日起，康樂小組將試行調整來賓在上午 7 時至下午 2 時時段使用網球場的次數。同一位來賓（包括由其他會員邀請）每月最多可使用網球場六次，其中於星期六、日或公眾假期最多可使用兩次。其他來賓使用網球場的守則則維持不變。試行安排為期三個月，至 2025 年 8 月 31 日。

Effective from June 1, 2025, the Recreation Sub-Committee will implement a three-month trial adjustment to the usage of tennis courts by guests during the time period between 07:00 and 14:00. Under this trial arrangement, the same guest (including invited by other members) may use the tennis courts up to six times per month, with a maximum of two sessions on Saturdays, Sundays, or public holidays. All other existing guest regulations for tennis court usage will remain unchanged. This trial arrangement will be in effect until August 31, 2025.

兒童基礎課程

Kids Tennis Class – Foundation

由基礎的握拍到揮拍開始，依據不同年齡層的孩子設計多元化的課程；加入遊戲的訓練方式引起孩子的興趣，讓第一次接觸網球的小朋友也能夠快速上手。

In this class, games are utilized to develop students' interest in tennis and teach kids the basics, starting from the correct racket grip and how to swing.

Pinky Kwok

逢星期五 Every Friday

Age 4-6

17:00-18:00

\$165 / Lesson / Member



兒童進階課程

Kids Tennis Class – Advanced

加強各項網球技術的基本動作訓練、移動技巧、網球對打及了解計分比賽的戰術概念。

Improve students' tennis game with basic technique and footwork training, as well as rallies. Also teaches game strategy and the tournament scoring system.

Prince Wan

逢星期三 Every Wednesday

Age 7-9

16:00-17:00

\$150 / Lesson / Member

Pinky Kwok

逢星期五 Every Friday

Age 10-13

18:00-19:00

\$165 / Lesson / Member



基礎技術提升班

Improvement of Fundamental Skills Course

為網球愛好者提供系統化的基礎技術訓練。課程內容涵蓋正手、反手、發球、截擊、上網及底線擊球等基本動作，由資深教練周龍超為會員進行針對性練習與技巧分析。課程適合具備基礎網球技能的會員參加。

This course provides systematic technical training and is suitable for Members with a foundation of basic tennis skills. The course covers fundamentals such as forehand, backhand, serves, volleys, net play and baseline groundstrokes, and our experienced coach, Mr. George Zhou, will be conducting targeted training and skill analysis for Members.

George Zhou

逢星期一 Every Monday

Age 16 or above

10:00-11:00

\$200 / Lesson / Member

網球售價

Tennis Prices



HEAD Tour XT (3 balls)
\$35/can



HEAD Tour XT (4 balls)
\$48/can



DUNLOP AO (3 balls)
\$37/can

* 網球班來賓收費每堂 \$100。
Tennis class fees for guests are HKD100 per class.



幼兒班 Kids

讓幼兒先熟習水性、克服畏水心理後再教授換氣、浮身和踢腳等基礎動作。

In this class, kids get familiar with the pool and overcome their fear of water before learning basic skills such as how to breathe, float and kick.

逢星期三 Every Wednesday

Age 3-5

17:00-18:00

\$180 / Lesson / Member

初班 Beginner

讓兒童先熟習水性，再教授換氣、浮身、踢腳及划手等基礎動作。以自由式作為首個學習的泳式。

Once kids are used to the water and have learned basic skills such as how to breathe, float, kick and do strokes, they will start by learning the freestyle.

逢星期五 Every Friday

Age 5 or above

15:00-16:00

\$145 / Lesson / Member

中班 Intermediate

集中泳姿改良及教授起跳動作；再根據學員進度教授背泳及蛙泳動作。

Focuses on refining swimming stroke techniques and learning how to dive. Based on their progress, students will also start learning the backstroke and breaststroke.

逢星期五 Every Friday

Age 5 or above

16:00-17:00

\$145 / Lesson / Member

高班 Advanced

提升三式泳姿，改善耐力及速度；改良起跳及學習轉身、觸池動作。

This class will enhance students' technique for three swimming strokes, as well as their endurance and speed. Students will also be trained in their diving technique and learn how to touch the wall and make a turn.

逢星期三 Every Wednesday

Age 5 or above

16:00-17:00

\$145 / Lesson / Member



匹克球 Pickleball

玩法簡單易學，適合任何年齡人士參加。有助協調關節和訓練肌肉並有助緩解壓力。

Pickleball is easy to learn and suitable for all ages, with benefits towards improving coordination and muscle training as well as stress management.

逢星期六 Every Saturday
Age 10-15
09:00-10:00
\$140 / Lesson / Member

逢星期六 Every Saturday
Age 6-10
10:00-11:30 (1.5hr)
\$210 / Lesson / Member

逢星期日 Every Sunday
Age 16 or above
16:00-17:00
\$140 / Lesson / Member



鉤織班 Crochet

兒童初班 A Beginners Class A for Children
Age 8-12

逢星期六 Every Saturday
10:30-12:00
\$460/ Lesson(1.5 hours)/ Member

兒童初班 B Beginners Class B for Children
Age 8-12

逢星期日 Every Sunday
14:00-15:30
\$460/ Lesson(1.5 hours)/ Member

成人初班 A Beginners Class A for Adults
逢星期二 Every Tuesday

10:00-11:30
\$460/ Lesson(1.5 hours)/ Member

成人初班 B Beginners Class B for Adults
逢星期三 Every Wednesday

10:00-11:30
\$460/ Lesson(1.5 hours)/ Member



伸展運動

Stretching Exercise

伸展運動可增加身體的柔韌度，改善個人姿勢及強化肌肉，對預防及舒緩痛症有極大幫助。

Stretching helps enhance your flexibility, improves posture, and strengthens muscles, which also helps to soothe and prevent aches and pains in the body.

逢星期一 Every Monday

Age 16 or above

18:30-19:30

\$200 / Lesson / Member

溫和流瑜伽

Gentle Flow Yoga

溫和流瑜伽通過動作和呼吸的協調，提升血液循環及肌肉彈性。課程包含基本姿勢、少量核心強化動作，特別針對肩頸和下背痛進行舒緩練習。適合各年齡層參與。

Through the coordination of movement and breathing, gentle flow yoga enhances muscle flexibility and blood circulation. This class includes basic poses and some core strengthening movements, focusing on learning to relieve shoulder, neck and lower back pain, and is suitable for all ages.

逢星期一 Every Monday

Age 16 or above

10:00-11:00

\$180 / Lesson / Member

逢星期二 Every Tuesday

Age 16 or above

18:00-19:00 / 19:00-20:00

\$180 / Lesson / Member

逢星期四 Every Thursday

Age 16 or above

18:00-19:00

\$180 / Lesson / Member



頌鉢及冥想

Singing Bowl Meditation

結合冥想和頌鉢療愈於一身，有效提升身心靈健康，舒緩情緒、改善失眠及焦慮等都市病問題。

The combination of meditation and singing bowl therapy can more effectively improve your physical and mental health, improving your mood and quality of sleep, as well as relieving anxiety.

逢星期五 Every Friday

Age 16 or above

19:30-20:30

\$190 / Lesson / Member

普拉提

Pilates

墊上普拉提的動作較為緩慢，利用自身重量進行練習，注重身體控制，呼吸和肌肉的協調性，並強調身體核心肌群的訓練，可達至修身目的。在墊上進行普拉提可提高身體的靈活和平衡性、減少疼痛和預防運動傷害。

Mat Pilates is a form of exercise that uses slower movements and your own body weight as part of the workout, and focuses on body control, breathing and muscle coordination, and primarily targeting your core muscles to achieve fitness. Mat work also helps to enhance flexibility and balance, reduce pain and prevent sports injuries.

逢星期四 Every Thursday

Age 16 or above

12:00-13:00

\$270 / Lesson / Member



父親節美酒之選

Father's Day Wine Selection

為父親挑選一瓶最對味的佳釀，傳遞您對他的敬意與關愛。我們精選多款優質美酒，無論是順口醇厚的紅酒，還是清爽細緻的白酒，都能讓父親倍感愉悅。誠邀您親臨選購，為父親獻上一份滿載心意的禮物。

Select the perfect bottle of fine wine to convey your deepest respect and affection for your father. Our curated collection features a range of premium wines, from smooth, full-bodied reds to crisp, refined whites, each chosen to bring joy and warmth to his heart. We warmly invite you to visit and choose a gift filled with heartfelt sentiment for this meaningful occasion.

15 June 2025 (Sunday)

12:30 - 19:30

Lobby

父親節工藝坊

Father's Day Handicraft Workshop

今年父親節，本會在多用途室舉辦手工藝坊，讓各位小朋友親手製作精緻獨特的馬賽克燭台，獻給親愛的爸爸，表達滿滿的愛與感謝。讓我們一同動手製作一份獨一無二的禮物，為爸爸送上溫馨的驚喜！

This Father's Day, our club will be holding a handicraft workshop in the Function Room, where children can create exquisite and unique mosaic candle holders by hand as a gift for their beloved dads, expressing love and gratitude. Let's work together to create a one-of-a-kind gift and surprise dad with a warm and heartfelt present!

15 June 2025 (Sunday)

12:00-13:30 / 13:30-15:00 (One section 1.5 hours)

Function Room

Fee: \$38



父親節當日讚好我們的社交媒體，可獲贈精美小禮物一份！
Like our social media pages on Father's Day to receive a special gift!



賽馬會樂動匹克球計劃

Jockey Club Senior Tennis Rocks – Pickleball Programme

中國香港網球總會自四月起，逢星期四上午十至十二時，租用匹克球場舉行「賽馬會樂動匹克球計劃」。參加者們投入課堂，享受運動樂趣，反應熱烈。我們很高興看到這計劃深受歡迎，為社區帶來積極貢獻。

Since April, the Hong Kong Tennis Association has been renting our pickleball courts every Thursday from 10:00 to 12:00 to run the Jockey Club Senior Tennis Rocks – Pickleball Programme. Participants have been fully engaged in the sessions and are thoroughly enjoying the fun of the sport, with an enthusiastic response. We are pleased to see the programme's popularity and its positive contribution to the community.



場地租用及運動課程 (3-4 月)
Booked Venues and Sports Classes (Mar to Apr)

類別 Type	機構 / 團體 Organization	設施 / 課程 Facilities / Program	時數 Usage(Hours)
租用場地 Booked Venue	中國香港網球總會 Hong Kong, China Tennis Association 深水埗體育會 Sham Shui Po Sports Association 香港單親協會 Hong Kong Single Parents Association 和富社會企業 Wofoo Social Enterprises 英華書院 Ying Wa College 宣道幼稚園 The Alliance Kindergarten 瑪利諾修院學校 (中學部) Maryknoll Convent School (Secondary Section) 香港培正小學 Pui Ching Primary School	網球場 Tennis Court 足球場 Soccer Pitch 匹克球場 Pickleball Court 籃球場 Basketball Court 游泳池 Swimming pool	624
運動課程 Sports Class	中國香港網球總會 Hong Kong, China Tennis Association 泳天游泳會 Win Tin Swimming Club 和富社會企業 Wofoo Social Enterprises	匹克球訓練班 Pickleball Class 網球訓練班 Tennis Class 游泳班 Swimming Class 足球班 Soccer Class	253

我們的合作夥伴 - 香港培正小學

Partnering with Hong Kong Pui Ching Primary School

香港培正小學一直秉持「至善至正」的辦學宗旨，推行全人教育。作為一所歷史悠久的私立小學，該校在教學與體育設施方面均十分完善，並積極推動多元化體育活動，重視學生的身心健康發展。



我們非常榮幸能與香港培正小學攜手推動校園體育發展。自 2025 年 1 月起，培正小學的網球興趣班於每週一及週三下午在本會網球場舉行。至今已累計使用場地超過 160 小時，不僅切合學校對場地的實際需求，也完全符合政府對私人遊樂場地租賃合約的相關規定。

我們特別安排於人造草網球場上課，讓學生在安全、舒適的環境中學習。經過數月訓練，學生們已掌握網球的基本技術，非常享受運動帶來的樂趣，同時培養了良好的紀律性及團隊合作精神。

我們衷心感謝香港培正小學葉校長對本項目的全力支持與配合。展望未來，我們期待與培正開展更多元化的合作項目，藉此進一步擴大計劃的受惠層面，讓更多學生及家庭從中受益。

Hong Kong Pui Ching Primary School has long upheld the educational mission of "Strive for Excellence with Integrity" and is committed to holistic education. As a prestigious private primary school with a long history, the school is well-equipped in both academic and sports facilities and actively promotes a diverse range of sports activities, placing great emphasis on the physical and mental development of its students.

We are honored to collaborate with Hong Kong Pui Ching Primary School in promoting campus sports development. Since January 2025, the school's tennis interest class has been held every Monday and Wednesday afternoon at our tennis courts. To date, the courts have been used for over 160 hours, not only meeting the school's practical needs but also fully complying with government regulations regarding the Private Recreational Lease.

We have specially arranged for the classes to be held on the artificial grass tennis courts, allowing students to learn in a safe and comfortable environment. After several months of training, the students have grasped the basic techniques of tennis, thoroughly enjoying the sport while also developing discipline and team spirit.

We sincerely thank Principal Yip of Hong Kong Pui Ching Primary School for his full support and cooperation in this project. Looking ahead, we hope to launch even more diversified collaboration initiatives with Pui Ching, further extending the benefits of the program to more students and families.



香比葡萄酒晚宴

Maison Champy Wine Dinner

香比葡萄酒晚宴已於 3 月 28 日圓滿舉行。品牌大使 Mr. Luc JALENQUES 為會員深入講解香比酒莊的卓越佳釀，搭配總廚精心設計的精緻美饌，完美展現勃艮第風土的獨特魅力。現場氣氛熱烈，歡聲滿溢，感謝各位熱情參與，共度一個美好的夜晚！

The Maison Champy Wine Dinner was successfully held on March 28. Brand Ambassador Mr. Luc JALENQUES provided an in-depth explanation of the exceptional wines from Maison Champy, paired with exquisite dishes thoughtfully designed by the executive chef. The event perfectly showcased the unique charm of the Burgundy terroir. The atmosphere was lively and filled with joy, and we are grateful for everyone's enthusiastic participation in making it a wonderful evening!



美國盃網球比賽

American Tournament 2025

由副會長王祖耀醫生及 DENZA 贊助的美國盃網球比賽 2025 已於 4 月 26 日圓滿舉行。今年賽事反應熱烈，共有 40 名會員踴躍參與，場上競爭激烈，比分非常接近，氣氛緊張刺激！

最終，會員 Ares Leung 及 Szeto Hing Yin 憑著出色表現脫穎而出，勇奪冠軍，並贏得 \$5,000 現金獎、Apple Watch、Wilson 球拍及 DENZA 周末專屬試駕體驗。

亞軍、季軍及殿軍分別由 Trevor Tham 及 Poon Yiu Chor，Michael Shum 及 Ernest Ma, Alex Chong 及 Amy Wong 奪得。

謹此衷心恭賀各位得獎者，亦感謝所有參賽者的熱情投入與支持！我們期待明年再與大家共度另一場精彩賽事！

The American Tennis Tournament 2025, proudly sponsored by Vice Chairman Dr. Peter Wong and DENZA, was successfully held on April 26.

This year's tournament saw an enthusiastic response, with 40 members actively participating. The competition was intense, with many matches coming down to narrow margins, creating an exciting and electrifying atmosphere!

Ultimately, members Ares Leung and Szeto Hing Yin showcased outstanding performances to claim the championship title, winning a \$5,000 cash prize, an Apple Watch, a Wilson tennis racquet, and an exclusive DENZA weekend test drive experience.

The first runner-up, second runner-up, and third runner-up titles were awarded to the teams of Trevor Tham and Poon Yiu Chor, Michael Shum and Ernest Ma, and Alex Chong and Amy Wong, respectively.

Congratulations to all the winners, and heartfelt thanks to all participants for their passionate support and participation! We look forward to seeing you again next year for another thrilling tournament!











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