



Judo as an Extracurricular Activity

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課外活動：柔道

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Preface

Quite a good number of parents in Macau are keen on arranging for their children to take part in one or more extra-curricular activities in the hope that they can make good use of their afterschool hours. Schools, too, attach much importance to students' involvement in such activities during their time in school. How can students benefit

前言

很多澳門家長十分熱衷安排他們的子女參加一項或多項課外活動，希望他們能充分利用好課餘時間。學校也非常重視學生在學校期間參與活動。學生在這些活動中有甚麼收穫？當他們做選擇時，需要考慮哪些因素？帶著這些問題，我採訪了柔道助教兼裁判唐浩恩教練 (Miss Esther Tong)。

from the activities and what considerations are necessary when they are making their choice? With these questions in mind, I have interviewed Miss Esther Tong, a judo assistant coach and referee.

Interviewer:

How did you first choose judo as an extracurricular activity?

Esther:

In high school, I used to join one or two of the summer activities sponsored by the Macao DSEJ every year. In the summer following Form 3, having failed in enrolling in the tennis class, my top priority, I chose judo, not with much enthusiasm initially, though. During the two months of my judo training, my interest in this sport gradually grew. When the summer vacation came to a close, I even felt a bit sorry about the end of the judo class. To my delight, however, I later came to know that judo was among the extracurricular activities provided in our school. And what gladdened me even more was that the person-in-charge was Mr. Joao Lei, whom we call Lei Sir, the one who had been judo coaching me in summer. I thus joined the judo team in school. In the last two years of my high school, besides receiving training myself, I also helped Lei Sir to train the small children in his absence and to lessen his workload. At present I am still serving as a judo assistant coach as well as a licensed judo referee. This is how I remain connected with the judo community even after my high school graduation.

採訪者：你最初是如何把柔道選為課外活動的呢？

Esther:

我讀高中時，每年都會參加一至兩個由澳門教育暨青年局舉辦的暑期活動。初三結束後的那年夏天，我首選的本來是網球課，但是選課失敗了，所以我就選擇了柔道，而且剛開始時我對柔道是沒有多大熱誠的。在柔道訓練的兩個月裏，我對柔道的興趣逐漸遞增。暑假快結束時，我甚至對柔道課的完結感到有些難過。後來得知柔道也是我們學校提供的課外活動之一，我真的是欣喜萬分。更讓我感到高興的是，負責人是夏天教我柔道的李成發先生，我們稱他李 Sir。就這樣我加入了學校的柔道隊。在我高中的最後兩年，除了自己接受訓練外，我還在李 Sir 有事缺席時，幫他訓練小孩，以減輕他的工作負擔。直到現在，我仍然是一名柔道助教和持牌柔道裁判。這就是我高中畢業之後，仍能和柔道界保持聯繫的方式。

採訪者：你覺得學生選擇柔道當課外活動有甚麼收穫？

Esther:



Interviewer:

How do you think students can benefit from judo as an extracurricular activity?

Esther:

From my experience of judo participation for more than twenty years, judo's effect on the participants' physical fitness is one main reason for its popularity as an extracurricular activity. The students acquire self-defence skills, which will remain useful for life. With the skills well acquired, even young girls have no fear about being attacked. Besides, the physical strength built up through stringent practice will enhance the students' participation in other kinds of sports. For example, I had once been complimented on my physical agility and strength when I fell during a running race and managed to roll over and stand up without being hurt.

However, judo is more than a sport. Not only does it provide physical training, it is also contributive to students' character formation and self-improvement. It holds high expectations for discipline and good moral behaviour. Students are expected to treat the superiors and one another with respect and courtesy and to demonstrate humility at all times, hence their exchange of bows before, during and after a match. While providing young people with good physical training and skill development, there is great emphasis on safety and a high degree of cooperation and mutual benefit among the judo participants. Though winning a match is important, they



依據我二十多年參加柔道的經驗，柔道作為課外活動，有益健康是其受歡迎的原因之一。學生掌握的自我防衛技能是終生受用的。掌握了這些技能，即使是年輕的女孩也不用擔心會遇害。還有，嚴格的鍛鍊會增強身體的力量，這樣學生也能更好地參加其他的體育活動。例如，有一次我在跑步比賽中摔倒，成功翻身站起來沒有受傷，有人稱讚我的身體靈活性和力量。

然而，柔道不只是一項運動。它不僅能鍛鍊身體，也有助於學生的性格形成和自我提升。學習柔道對學生紀律和道德方面有很高的要求。學生要互相尊重、尊敬長輩，並在任何時候都要表現出謙虛的態度，故在比賽前、

should remember not to deliberately cause injury to themselves or the opponents. For example, while throwing an opponent on the floor, it is important to leave one of his hands unlocked so that he can indicate submission by tapping the mat.

In fact, judo participants are inspired by the teachings of Jigoro Kano, the founder of judo. His vision was focused on the principles of maximum efficiency, minimum effort (精力善用,) and mutual welfare and benefit (自他共榮). This implies the application of the concept of softness controlling hardness (以柔制剛), making it possible for a weaker opponent to beat a stronger one by adjusting to and evading the opponent's attack, thus causing him to lose his balance. Kano believed that the practice of judo with adherence to these ideals was a path to self-improvement and the betterment of society in general.

Personally, I am glad that I have seen good changes in our students because of their dedication to judo. A few girls who used to be very timid now take part in competitions with greater confidence. And most of the students will not give up the training despite repeated defeats.

Interviewer: What are some of the challenges for judo coaches at present?

Esther:

One phenomenon worth our attention is that while judo classes can easily recruit new members among primary students, the

比賽中，和比賽結束後，他們都會向對方鞠躬。為年青人提供體能和技能鍛鍊的同時，對柔道參與者的安全、合作性和互利性非常重視。贏得比賽固然重要，但他們應謹記不要故意傷害自己或對手。例如，當你把對手甩到地上，要讓他其中一隻手是能活動的，這樣他就可以通過拍席來表示投降。

事實上，柔道創始人嘉納治五郎的教導對後世柔道選手有很大的啟發。他最重視的是“精力善用”和“自他共榮”。這是“以柔制剛”概念的應用，亦就是通過調整自己和躲避對方的攻擊，讓對方失去平衡。這方法可以讓弱小的選手擊敗比較強壯的選手。嘉納治五郎認為，堅持柔道的這些理念是通往自我提升和改善社會的途徑。

就個人而言，我真的很高興看到我們的





number of participants is on a steady decline in high school. Many drop out of judo classes because they cannot cope with the intensive physical training anymore and switch to less physically demanding activities instead. There are also some who give up training because of their increasing amounts of academic work, examination stress and test anxiety. Fortunately, there are senior boys and girls who are willing to give private tuition to students with learning difficulties to help them solve academic problems for it is agreed that only when students have their academic worries eased can they dedicate themselves satisfactorily to their judo training.

Interviewer: What kind of support is expected from parents of judo participants?

Esther:

Parents can see to their children's regular class attendance, which requires discipline and time management. Good parental

學生對柔道之熱誠為他們帶來良好的轉變。有些女生之前非常膽小，她們現在卻充滿自信地去參加柔道比賽。此外，大部份學生就算經歷多次失敗，也不會輕易言棄。

採訪者：你覺得目前當柔道教練的挑戰是甚麼？

Esther:

有一個現象就是，雖然柔道班很容易在小學生中招募新學員，但中學學員的數量卻有固定的下降。許多人放棄柔道課程，是因為他們無法應付高強度的體能訓練，他們會轉而參加其他對體力要求較低的活動。有些人放棄柔道訓練，是因為越來越多的學術工作、考試壓力和測驗焦慮。不過可幸的是，有些高年級的同學願意為有學習困難的學生提供私人輔導，幫助他們解決學習困難。因為大家一致認為，只有學生的學習困擾得到解決，他們才能全身心地投入柔道訓練。

採訪者：柔道參與者希望從家長身上得到甚麼樣的支持？

guidance is conducive to students' adoption of a proper daily routine, apportioning time between work and recreation efficiently. This can prevent the students from skipping classes due to ill health or laziness. I have met parents who help their children practise judo at home with the help of videos displaying the techniques to be acquired. Some even join them in the practice. I would, therefore, recommend this as one kind of parent-child activity.

Conclusion

Miss Esther Tong's sharing enhances our understanding of judo as an extracurricular activity. It is recommendable for students of various ages as they can benefit both physically and morally from the stringent training and from the experience of overcoming challenges through contest participation.

Esther:

家長可以監督孩子定期上課，這需要紀律和時間管理。家長的引導有助於學生養成良好的日常習慣，有效分配工作和娛樂之間的時間。這可以防止學生因健康或懶惰藉口而蹺課。我認識一些家長，他們通過視像所展示的技巧，幫助孩子在家裏練習柔道。有些家長甚至和他們一起練習。我個人也十分推薦這樣的親子活動。

總結

唐浩恩教練的分享增進了我們對柔道作為課外活動的理解。對於不同年齡的學生，這都是值得推薦的，因為他們可以從嚴格的訓練中獲益，也可以從競賽克服挑戰的經驗中獲益。

