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Taiwan's Delegation Participated in the “10th Asia Pacific Deaf Games Kuala Lumpur” and Won 3 Golds, 7 Silvers and 10 Bronzes



- Hsieh Sheng-fu (left), the gold medal winner in the bowling pairs competition and silver in the team competition, presented a flag signed by the delegation to the Director of the Sports for All Division of the Sports Administration (SA) Lu Hung-ching (right)

The 10th Asia Pacific Deaf Games (APDG) in Kuala Lumpur 2024 concluded on December 8, with the Taiwan delegation returning home with numerous honors. The Sports Administration (SA) hosted

a welcome dinner for athletes, coaches, delegation leader and general manager Chao Yu-ping, sign language interpreters, athletic trainers, and team staff. Lu Hung-ching, director of the SA's Sports For All

Division, highlighted that Taiwan's five competing teams had undergone rigorous training camps prior to the games, which the administration actively supported. He noted that each team earned at least three medals, demonstrating the success of their preparation. As a token of appreciation and a memento, Director Lu received a signed team flag from Hsieh Sheng-fu, who won gold in bowling pairs and silver in the team event.

Originally, the event was scheduled to be held in Tehran, Iran, but due to safety concerns from multiple countries, it was canceled. On September 22, 2024, the Asia Pacific Deaf Sports Confederation (APDSC) announced the event would be relocated to Kuala Lumpur, Malaysia. Taiwan restarted the participation process at the end of the month and successfully formed a delegation in a short amount of time. The Chinese Taipei Deaf Sports Federation (CTDSF) is always diligent in executing athlete training programs, supported by a dedicated logistics team. As a result, Taiwan achieved a commendable performance, winning 3 gold, 7 silver, and 10 bronze medals, fully demonstrating the effectiveness of the athletes' training. With the conclusion of the APDG, the SA will soon resume preparations with the CTDSF for the 2025 Tokyo Deaflympics, aiming to discover and nurture more outstanding deaf athletes. With support in the

form of training allowances, achievement bonuses, and sports science, the "silent power" of these athletes will continue to resonate.



► Group photo of Director of the Sports for All Division Lu Hung-ching (4th from the left, back row), Chao Yu-ping (4th from the right, back row), delegation leader and general manager, and the bowling team.

The APDG has been held since its first edition in 1984. This year, Taiwan sent 31 athletes and 10 coaches, accompanied by a technical official (table tennis coach), four sign language interpreters, one doctor, five athletic trainers, a media team, and partners from CTDSF to provide comprehensive services to the athletes. Thanks to the involvement of these professionals, Taiwan's athletes were able to continue the momentum from the 2024 São Paulo World Deaf Youth Games and build deep international friendships,

standing tall amidst fierce competition from highly capable athletes from around the world.

The International Committee of Sports for the Deaf (ICSD) Charter states, “Equality through Sports”. Whether or not someone has a disability, every person

should have equal access to sports, using it as a way to build confidence, develop relationships, and integrate into society. The SA hopes that the excellent performances of deaf athletes on the sports field will demonstrate realization of sports equality.

我國代表團參加「2024 年吉隆坡第 10 屆亞太聽障運動會」 獲 3 金 7 銀 10 銅

「2024 年吉隆坡第 10 屆亞太聽障運動會」(Asia Pacific Deaf Games) 將於今(113)年 12 月 1 日至 8 日在馬來西亞吉隆坡舉行，教育部體育署洪志昌副署長今(30)日出席本賽會代表團授旗儀式，將國旗及團旗授予我國代表團趙玉平團長，並致贈加菜金，由桌球選手莊承燁代表接受，洪志昌副署長期勉選手們盡情享受比賽，發揮實力，把獎牌帶回國，並特別對隨團醫師、物理治療師及運動防護員等專業人員表達感謝之意。

本屆亞太聽障運動會舉辦一波多折，原訂於伊朗首都德黑蘭舉行，因中東局勢多變，亞太區各國紛以人身安全為考量未組團參賽，後於 9 月將賽會移至馬來西亞吉隆坡舉行，賽會期程也調整為 12 月 1 日至 8 日。我國隨即重啟組團參賽各項工作，選派田徑、桌球、羽球、保齡球及跆拳道等五項運動代表隊參賽，並於賽前一個月辦理總集訓，今日授旗儀式後將逕赴機場，展開為期 8 日的賽事。

體育署接軌國際身心障礙運動競技化趨勢，從各項人才培育政策照顧、18 歲以下潛力優秀選手培育計畫、菁英層級選手優秀選手培育實施計畫，到今年啟動的達福林匹克備戰計畫等，各層級優秀聽障選手都將透過國家各項培育政策的資源挹注，保持就學及就業外的長期穩定訓練，為我國儲備各級國際聽障運動競賽選手實力。

本屆亞太聽障運動會是亞太區各國叩關 2025 年東京夏季達福林匹克運動會的試金石，展現我國聽障運動團隊過去一年的培訓成果，更是來年各項培訓計畫訂定與修正的參考指標，今日代表團出發後，將先熟悉大會場館環境及賽前練習後，於 12 月 3 日正式陸續展開各項競賽，競賽資訊也將隨時於中華民國聽障者體育運動協會的代表團專輯網站（網址：<https://www.deafsports.org.tw/web/2024apdg/>）發布，體育署請國人一起為代表團加油。

Enhanced Sports Training Environment: National Sports Training Center Renovation and New Construction Completed



► Exterior of the National Sports Training Center (NSTC) all-weather throwing field

In recent years, Taiwan's athletes have excelled in international competitions, consistently achieving outstanding results. In addition to the continuous efforts of athletes and coaches in training and competition, the optimization of the training environment has also played a key

role. Since athletes train at the National Sports Training Center (NSTC) for long periods, efforts have been made to provide them with a professional and comfortable training environment. The third-phase plan has been implemented since 2020 (including the opening of the main gate in

2022 and the archery field in 2023). The renovation and construction of facilities at the NSTC base were completed this year (2024). The upgraded or newly constructed facilities include improvements to the baseball and softball fields, a new all-weather throwing field, public facilities and landscape improvements, a training track around the field, and a sheltered corridor.



► NSTC baseball field indoor batting cage exterior

In 2009, the Executive Yuan approved the “Project of setting National Sports Park and the Training Personnel,” which aims to gradually enhance the NSTC’s training facilities in phases and by area. The plan includes the construction of national-level sports training venues that meet international standards to enhance the competition performance of athletes.

In the first and second phases, key training facilities, such as the outdoor training field, multi-purpose training hall, and Gongxi Shooting Range, were completed, along with new dormitories and dining hall, providing athletes and coaches with better training and living environments.

In addition to upgrading existing facilities, the newly completed all-weather throwing field is a first in Taiwan, designed for multiple track-and-field events such as shot put, discus, hammer throw, high jump, pole vault, and javelin. This innovative facility ensures uninterrupted training for athletes regardless of weather conditions. Baseball and softball facilities have also been significantly enhanced, featuring a dedicated practice area for pitchers and catchers, a recording room, a rest area, and equipment storage. Improvements to the baseball field include the construction of a outfield (home run) wall, an indoor batting cage, and the replacement of clay and turf. To prepare for the 2026 Nagoya Asian Games, the women’s softball team has already begun training at the upgraded facilities. Both coaches and athletes have expressed satisfaction, and their feedback has been integrated into the NSTC's ongoing improvement plans.

The NSTC, planned and built over 15 years, has undergone a complete transfor-



► NSTC public facilities landscape improvement

mation. The overall environment has been revitalized, and most of the infrastructure renovation and construction work is now complete. To further expand and improve the training environment, the Sports Administration (SA) coordinated with the Ministry of National Defense to allocate land from the military academy on the center's east side. The first phase of the new plan includes building a swimming pool and tennis courts, with the project managed by the Ministry of the Interior's National Land Management Agency. The contract was awarded on December 3,

2024, and the project is expected to be completed by 2027. Additional related facilities are still in the planning stage.

The SA stated that efforts to upgrade the training environment will continue. By enhancing training facilities, the goal is to create a sustainable and stable competitive environment where athletes can train in advanced settings, improving their performance. This initiative aims to help athletes push beyond their limits and achieve even greater success in international competitions.



► NSTC public facilities landscape improvement

■ 國訓中心基地範圍興整建已完成 培訓環境再升級

我國運動選手近年於國際賽會表現亮眼，屢創佳績，除選手教練持續努力不懈的訓練征戰外，培訓環境的優化也是助力之一。因選手長期於國訓中心備戰，為提供選手專業、舒適的競技運動培訓環境，目前正在推動的第三期計畫自 109 年起執行迄今(包含 111 年啟用的大門、112 年啟用的射箭場)，而國訓中心基地範圍的興整建工程也於今(113)年全數完工，升級或新建的工程包含棒壘球場設施改善、新建風雨投擲場、公共設施景觀改善及環場訓練跑道、風雨連通走廊等 4 項工程。

行政院自 98 年核定「國家運動園區整體興設與人才培育計畫」，以分期分區方式逐步完善國訓中心各項培訓設施，規劃建置符合國際標準的國家級運動訓練場館，以充實運動競技實力。前於第一期及第二期計畫已完成戶外訓練場、綜合集訓館、公西靶場等主要培訓場地，也新建宿舍及餐廳，提供教練及選手更優質的培訓及生活環境。

除將整體舊有設施進行優化改善，新建完成的風雨投擲場，包括鉛球、鐵餅、鏈球、跳高、撐竿跳、標槍等項目，為全臺第一座田徑

多項目使用的風雨投擲場，田徑選手培訓不再受天候影響；另棒壘球場設施部分，建置投捕練習區、紀錄室、休息區、器材儲藏室等，並於棒球場地建置全壘打牆、室內打擊練習區、紅土及草皮汰換等。為提早適應場地及備戰 2026 名古屋亞運，女壘培訓隊也已提前進駐使用，教練及選手普遍表示滿意，相關回饋意見已納入國訓中心改善參處。

國訓中心歷時 15 年的籌建，整體環境改頭換面，煥然一新，目前基地範圍的硬體建設幾已完成興整建作業，另為擴大及完善培訓環境，體育署已協調國防部撥用國訓中心東側士校營區土地，第 1 階段規劃建置游泳館及網球場，工程由內政部國土管理署代辦，已於今年 12 月 3 日決標，預計 116 年完工，後續相關籌建設施亦持續研議中。

體育署表示，培訓環境升級的作業持續進行，希望透過相關訓練場館設施的提升，營造永續且穩定發展的競技環境，讓選手在嶄新進步的運動訓練環境下備戰，持續提升競技運動實力，也期許選手們於國際賽會上，能突破自我，締造更好的成績。

The Sports Administration and the Taiwan Institute of Sports Science have announced the “Heading Guidelines for Children and Adolescents in Football” to Protect the Health and Development of Children and Adolescents



- Chief Secretary of the Sports Administration, Lu Chung-jen, stated that when children and adolescents play football, attention should be paid to both healthy growth and injury prevention.

To implement the policy of “grass-roots cultivation and expanding the football population,” Sports Administration (SA) Ministry of Education, has actively promoted football among students, aiming to encourage children to develop the

habit of regular exercise through football. However, as children and adolescents are still in the process of physical and mental development, there is growing attention on how to balance healthy growth and avoid injury when they play in football. In

response, the SA and the Taiwan Institute of Sports Science (TISS) have specially formulated the “Heading Guidelines for Children and Adolescents in Football”, aiming to reduce the risks associated with football for children and adolescents.



- Many countries have introduced sports guidelines for children and adolescents for heading the ball, prohibiting children under 6 years old from heading and recommending the use of balloons or foam balls for practice for children aged 9-12.

Football is one of the most popular sports globally, and the guidance on header techniques in grassroots football training has become a key issue. Especially in youth training and competition, whether or not heading should be included is a topic of wide concern. Countries like Scotland, England, the United States, New Zealand, and Japan have introduced sports guidelines on header practice for children and adolescents, with some countries even

restricting or banning headers in practice and matches, aiming to reduce the risk of head injuries in young players.

To fully understand the impact of football training on the physical development of children and adolescents from various professional perspectives, the SA and the TISS invited experts and scholars from the fields of sports medicine, pediatric neurology, sports science, football coaching at various education levels, and the Chinese Taipei Football Association to hold a seminar on the “Sports Guidance for Children and Adolescents Establishment Plan-Guidelines for Heading Practice”. The seminar discussed the “Heading Guidelines for Children and Adolescents in Football”.



- The Sports Administration and the Taiwan Institute for Sports Science have specially developed the "Heading Guidelines for Children and Adolescents in Football."

Heading Guidelines for Children and Adolescents in Football

Student status	Corresponding age	Suggestions for formulation of training guidance	Purpose and development focus of training
Pre-school	Under 6	The suggestion is to avoid heading practice	<ol style="list-style-type: none"> Promote interest in sports among young children through soccer (football), fostering the habit of continuous physical activity in the future. Emphasize the interaction between children and the ball, teaching basic soccer skills through fun activities to develop ball control and body coordination.
1st grade	U7		
2nd grade	U8		
3rd grade	U9	<ol style="list-style-type: none"> Heading practice is not encouraged. If heading practice is necessary, the following alternative options are recommended: <ol style="list-style-type: none"> Use a balloon for forehead contact practice. Toss the balloon upwards and practice forehead contact. 	<ol style="list-style-type: none"> Emphasize maintaining a continuous passion for soccer. If heading practice is necessary, it is recommended to use alternative methods to learn the correct heading technique. Focus on creating a positive experience and the development of other skills, while paying attention to the children's health status. Learn how to bring into team spirit in actual matches and enjoy the pleasure of cooperation. Develop the physical abilities required for heading.
4th grade	U10		
5th grade	U11		
6th grade	U12	<ol style="list-style-type: none"> Heading practice is not encouraged. If heading practice is necessary, the following alternative options are recommended: <ol style="list-style-type: none"> Use foam balls for forehead contact practice. Practice heading the foam ball after it bounces on the ground. Improve hand-eye coordination when competing for the ball with opponents. Enhance core stability and strengthen neck muscles. 	<ol style="list-style-type: none"> Continuously strengthen the physical abilities required for heading. Conduct heading practice in a progressive manner. Perform heading practice volume assessments and keep records (frequency, repetitions). Athletes and coaching staff should pay attention to the athletes' physical condition.
Junior High	U13	<ol style="list-style-type: none"> Use a lightweight ball or a size 4 ball for heading practice. Use a size 5 ball with the lowest air pressure standard for heading practice. Improve hand-eye coordination when competing for the ball with opponents. Enhance core stability and strengthen neck muscles. 	

我國兒童與青少年足球頭頂球訓練建議指引

學籍	對應年齡	訓練指引制定建議	訓練目的及發展重點
學齡前	U6 以下	建議不應安排頭頂球訓練	<ol style="list-style-type: none"> 藉由足球項目推廣，增進幼童對運動之興趣，並養成未來持續運動的習慣。 強調兒童與球之間的互動，學習足球的基本操作，透過有趣的活動來掌握球和身體的技巧。
一年級	U7		
二年級	U8		
三年級	U9	<ol style="list-style-type: none"> 不鼓勵安排頭頂球訓練 若有頭頂球訓練需求，建議採用替代方案： <ol style="list-style-type: none"> 使用氣球進行額頭觸球練習 自行將氣球拋向上方，進行額部觸球練習 	<ol style="list-style-type: none"> 強調持續保持對足球的熱情，若有頭頂球訓練需求，建議使用替代方案學習正確的頭頂球技術。 著重建立愉快的體驗和其他技能的發展，關心兒童的健康狀態。 在實際比賽中學習如何發揮團隊精神，感受互相合作的樂趣。 發展頭頂球技術所需之身體能力。
四年級	U10		
五年級	U11		
六年級	U12	<ol style="list-style-type: none"> 不鼓勵安排頭頂球訓練 若有頭頂球訓練需求，建議採用替代方案： <ol style="list-style-type: none"> 使用泡棉球進行額頭觸球練習 將泡棉球彈地後原地頭頂球練習 增加與對手爭球時手眼協調能力 增強核心穩定性和強化頸部力量 	<ol style="list-style-type: none"> 持續強化頭頂球技術所需之身體能力。 以漸進的方式進行頭頂球訓練。 進行頭頂球訓練量評估與記錄(頻率、次數)。 選手及訓練團隊應留意選手身體狀況。
國中	U13	<ol style="list-style-type: none"> 使用輕量球或 4 號球進行頭頂球訓練 使用最低氣壓標準之 5 號球進行頭頂球訓練 增加與對手爭球時手眼協調能力 增強核心穩定性和強化頸部力量 	

► Heading Guidelines for Children and Adolescents in Football

At the seminar, Dr. Lin Chien-chih from the Taiwan Child Neurology Society stated, “From a pediatric neurology perspective, the brain reaches about 95% of an adult's brain cell count by the age of 11. If brain injury occurs during this developmental phase, it can impact future cognitive function”. Dr. Cheng Wei-ren from the Department of Rehabilitation emphasized, “Adolescents are in a transitional stage between childhood and adulthood, with the brain continuing to mature after the age of 12. Therefore, protective measures must be implemented before the brain is fully developed”.

The SA stated that, to prevent and avoid physical injuries caused by heading practice for children and adolescents, beneficial strategies should include teaching proper techniques and developing appropriate competition guidelines. Therefore, the draft “Heading Guidelines for Children and Adolescents in Football” suggest that children under the age of 6 should not practice headers; for children

aged 9 to 12 who need header practice, it is recommended to use balloons or foam balls, while gradually strengthening core stability and neck strength; for children aged 12 to 15, using a size 4 ball or a size 5 ball with the lowest air pressure is recommended, with the practice load being evaluated and recorded, and players' physical condition regularly monitored.

Football is one of the most suitable for developing coordination and balance in children and adolescents, enhancing physical fitness, skills, resilience, teamwork, and cognitive abilities. In recent years, grassroots football participation has grown rapidly. To ensure the safety of children and adolescents in football, as well as protect their physical health and overall development, the SA and the TISS hope that the “Heading Guidelines for Children and Adolescents in Football,” along with comprehensive graded competition regulations, will reduce the potential risks of heading, ensuring the safety and healthy growth of young players.

體育署與運科中心公告 「兒童與青少年足球頭頂球訓練建議指引」 照護兒童及青少年健康發展

為落實「基層扎根、廣植足球運動人口」之政策，教育部體育署積極推展學生足球運動，並期望透過足球運動，鼓勵學童養成規律運動習慣。惟對於身心尚在發展階段的兒童與青少年在從事足球運動時，如何兼顧健康成長，避免傷害，也愈漸受到重視。為此，體育署與國家運動科學中心，特別研訂「兒童與青少年足球頭頂球訓練建議指引」，期降低兒童及青少年在從事足球運動時的風險。

足球為國際受歡迎的運動之一，在基層足球訓練中，有關頭頂球動作的指導，已成為大家關注的議題。尤其，在兒童與青少年的訓練及比賽中是否適用頭頂球動作的規範，蘇格蘭、英格蘭、美國、紐西蘭及日本等國家已針對兒童與青少年頭頂球訓練導入運動指導方針，並限制或禁止訓練和比賽中的頭頂球動作，其目的為降低兒童與青少年發生頭部傷害。

為全方面瞭解各專業領域對於足球運動訓練對兒童及青少年身體發展的影響，體育署與國家運動科學中心以跨領域方式邀請運動醫學、小兒神經醫學、運動科學、各教育階層之足球教練及中華民國足球協會等專家學者，召開「兒童與青少年運動訓練指引建置計劃-足球頭頂球訓練指引」座談會，共同研商「兒童與青少年足球頭頂球訓練建議指引」。

座談會中，小兒神經醫學會林建志醫師指出，「從小兒神經學的角度切入，人體腦部的發育要到 11 歲時，才會達到大人腦細胞數量

的 95%，若是在發育階段即產生腦損傷，可能會影響到未來的認知功能表現」。復健科鄭惟仁醫師則強調，「青少年屬於一個變動階段，介於兒童與成人之間，且 12 歲以後腦部發展才逐漸成熟。因此，在腦部發展成熟前，須有相關的保護規範。」

體育署呂忠仁主任秘書表示，為預防及避免兒童與青少年於足球訓練頭頂球造成生理上的傷害，有利的策略應包括，教導正確的技術及研議合適的比賽規範。因此，研擬規劃的「兒童與青少年足球頭頂球訓練建議指引」中，建議 6 歲以下兒童不應安排頭頂球訓練；9 歲至 12 歲兒童若有頭頂球訓練需求，建議採用氣球或泡棉球進行訓練，同時漸進式的強化核心穩定性及頸部力量；12 歲至 15 歲建議使用 4 號球或最低氣壓 5 號球進行訓練，並針對頭頂球訓練量進行評估與紀錄，隨時留意選手身體狀況。

足球運動作為最適合兒童與青少年身體發展協調及平衡時從事的運動項目之一，除提升體能和專業技術之外，亦能培養人格受挫力、團隊精神及思考能力。近年來基層足球參與人口成長迅速，為保障兒童及青少年參與足球運動之安全性，並保護兒童與青少年從事足球運動身體健康與健全之身心發展，體育署及國家運動科學中心，期盼能透過「兒童與青少年足球頭頂球訓練建議指引」，以及完善的分級競賽規範，降低兒童與青少年進行頭頂球動作的潛在風險，以保障選手安全及健康成長。

Taiwan won the Recognized Poomsae U30 Pairs Team gold medal at the 2024 World Taekwondo Poomsae Championships and President Lai Ching-te s Congratulates Athletes



- Taiwan athletes Wu Ting-yu (right) and Tsai He-hsuan (left) participated in the 2024 World Taekwondo Poomsae Championships and won the Recognized Poomsae U30 Pairs Team gold medal on December 4, local time in Hong Kong.

Taiwan athletes, Wu Ting-Yu and Tsai He-hsuan, participated in the 2024 World Taekwondo Poomsae Championships, showing their outstanding abilities. On December 4th, local time in Hong Kong, they defeated the strong Vietnamese team in the gold medal match, clinching the gold in the Recognized Poomsae Pair Under 30 Pairs Team event. After hearing the news, President Lai Ching-Te sent a message to congratulate the athletes on their outstanding performance and encouraged the national team to continue striving for excellence, to win personal honor and for Taiwan.

This competition saw nearly 1,200 athletes from over 80 countries vying for world championship titles. Wu Ting-Yu and Tsai He-hsuan successfully advanced through the rounds, eliminating top competitors from countries such as Australia, Canada, the Philippines, Norway, and Vietnam. In the final, they triumphed with a high score of 9.280, securing the gold medal for Taiwan.

我國參加 2024 年世界跆拳道品勢錦標賽 榮獲公認品勢 U30 雙人配對組金牌 賴清德總統致賀電肯定選手

我國吳庭瑜與蔡和軒選手參加 2024 年世界跆拳道品勢錦標賽(2024 World Taekwondo Poomsae Championships)，展現最佳實力，於香港當地時間 12 月 4 日金牌戰力退強敵越南隊，勇奪公認品勢 U30 (30 歲以下) 雙人配對組金牌。賴清德總統在獲知喜訊後，致電肯定選手優異的表現，並鼓勵我國代表隊選手持續奮戰，為自己及國家爭取最高榮耀。

本次總共有來自超過 80 個國家、近 1,200 位選手，共同爭取世界冠軍榮耀。我國吳庭瑜與蔡和軒選手頂住壓力壓軸登場，從 32 強、16 強、8 強到 4 強戰逐場淘汰世界各國好手(澳洲、加拿大、菲律賓、挪威、越南等國)，最終晉級到金牌戰更是以 9.280 的高分成績勝出，為我國奪下金牌。

2024 Sports Elite Awards: Lee Wu-nan Honored with Lifetime Achievement Award, Breaker Sun Chen Receives Special Award



照片來源：拳擊協會



- Mr. Lee Wu-Nan has devoted over six decades to the sport of boxing. After retiring as a boxer, he served as the president of the Chinese Taipei Boxing Association and introduced numerous innovations. His Lifetime Achievement Award is well-deserved.

Last year was a successful year for Taiwan sports. At the Paris 2024 Olympic Games, Taiwan's athletes won 2 gold and 5 bronze medals, the second-best medal haul in history; at the following Paris 2024 Paralympic Games, they also won 3 silvers

and 2 bronzes, a significant improvement on the single bronze medal achieved at the last Tokyo Paralympic Games. These outstanding achievements are reflected in the 2024 Sports Elite Awards list by the Sports Administration (SA).

A total of 126 Sports Elite Awards recommendations were received in 2024. The recommended athletes all have achieved excellent results and have shone in international competitions. After intense discussion among the judges, the “Lifetime Achievement Award” was awarded to 82-year-old Mr. Lee Wu-nan. Mr. Lee has been involved in boxing for more than 60 years. After retiring as a boxer, he served as the president of the Chinese Taipei Boxing Association. He has promoted numerous innovations over the years. In addition to promoting student boxing on campus, engineering the reform of referee and coaching systems, and building friendly relations with many overseas boxing associations, he has always strived to win the right to hold international events in Taiwan to make the domestic boxing scene better and stronger. In addition, paying attention to the development of domestic boxing, he has promoted the rise of domestic female boxers and cultivated outstanding boxers such as Lin Yu-ting, Chen Nien-chin, and Wu Shih-yi. He is in fact the “pioneer in promoting women's boxing” and has contributed to the development of Taiwanese women's boxing and the success of its boxers on the international stage. Mr. Lee's lifelong dedication to boxing makes him a deserving recipient of the Lifetime Achievement Award.



- Breakdancer B-boy Quake (Sun Chen), winner of the Special Award, devotes himself to integrating Taiwanese elements into breakdancing and has vowed to let the world see Taiwan through breakdancing.

Last year's “Special Award” was given to break dancer Sun Chen. Break dance became an official event in the Olympic Games for the first time. Sun Chen qualified for the Olympics with the 10th overall ranking and, uniquely, became the first break dancer in the history of Taiwan's Olympic participation. 14 years ago, Sun fell in love with hip-hop dancing because of movies at the age of 11 and entered the world of breaking. He said, “Hip-hop culture is my spirit and breaking is my everything!” Although he was unable to make to the top 8 at the Paris 2024 Olym-

pics Games, he has written a new chapter for Taiwanese street dance; immediately after the Paris 2024 Olympics Games, Sun 's explosive power won his first world championship title in the Outbreak Europe competition. Sun has devoted himself

to integrating Taiwanese elements into break dance, including Taiwanese redneck dance, drinking bubble milk tea scene, blue and white slippers, etc. vowing to let the world see Taiwan through breaking.

113 年體育運動精英獎李武男先生獲終身成就獎 孫振選手獲特別獎

113 年是運動界璀璨的一年，2024 年巴黎奧林匹克運動會，我國選手創下 2 金 5 銅，獎牌數榮登史上次佳紀錄；緊接著 2024 年巴黎帕拉林匹克運動會，亦奪得 3 銀 2 銅，大幅突破上屆東京帕運 1 面銅牌的成績，這些亮眼佳績呈現在今年體育運動精英獎得獎名單。

113 年體育運動精英獎收件共 126 件，被推薦選手皆具有優異成績，更在國際賽事上大放異彩。「終身成就獎」經評審激烈討論後，決定由 82 歲李武男先生榮獲這份殊榮。李武男先生投入拳擊運動超過一甲子，自選手退役後擔任拳擊協會理事長，多年來推動多項革新，除了從校園推動學生拳擊風氣、投入裁判及教練制度改革、搭建與國際拳擊協會友善關係，更積極爭取舉辦國際賽事等，只為了讓國內拳壇更好、更強。此外，關注國內拳擊發展，促使國內女子拳擊運動員嶄露頭角，培育出林

郁婷、陳念琴、吳詩儀等優秀選手，實為「推動女子拳擊的先行者」，促成臺灣女力拳開，在國際舞台閃耀光芒。李武男先生一輩子「拳心拳意」付出與奉獻，榮獲終身成就獎可謂實至名歸。

113 年榮獲精英獎「特別獎」則是霹靂舞孫振選手，霹靂舞首次成為奧林匹克運動會正式項目，而孫振以總排名第 10 名搶下奧運門票，成為中華隊史上首位霹靂舞選手，別具意義。孫振從 11 歲因電影愛上街舞，投入霹靂舞的世界至今 14 年，孫振說：「嘻哈文化是我的精神、霹靂舞是我的全部！」，巴黎奧運雖然無緣 8 強，但已為臺灣街舞寫下新的歷史；緊接著在巴黎奧運後，孫振的爆發力於 Outbreak Europe 大賽奪下第一個世界冠軍頭銜。孫振全心投入將臺灣的元素融入霹靂舞，設計台客舞、喝珍奶橋段、藍白拖點子等融入舞蹈，誓言透過霹靂舞讓世界看見臺灣。

Sport Terms 運動詞彙

Asia Pacific Deaf Games	亞太聽障運動會
Equality through Sports	以體育爭取平權
National Sports Training Center	國訓中心
Archery range	射箭場
Baseball/Softball field	棒壘球場
All-weather throwing field	風雨投擲場
Round-field training track	環場訓練跑道
Setting down roots/cultivating	扎根
Adolescent	青少年
Taekwondo	跆拳道
Breakdancing/breaking	霹靂舞
Lifetime Achievement Award	終身成就獎
Pearl milk tea	珍珠奶茶
Blue and white slippers	藍白拖鞋



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