



Love



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Kaohsiung



Tai Tzu-ying and Wu Chia-ying: Olympic Athletes from Kaohsiung

©Written by Fang Rong, Lin Zih-han, Jiang Yu-ren

©Translation by Lin Yu-ciao

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National athletes Tai Tzu-ying (戴資穎) and Wu Chia-ying (吳佳穎), hailing from Kaohsiung, will be competing in this year's Paris 2024 Olympics (巴黎奧運). In the previous Tokyo Olympics, Tai Tzu-ying won a silver medal in the women's singles badminton, while Wu Jia-ying advanced to the finals in the women's 25m pistol shooting event.



Tai Tzu-ying

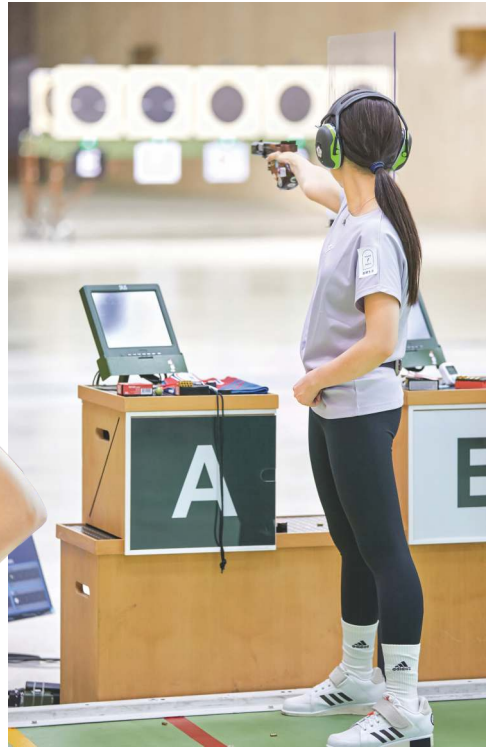


This Olympics marks the fourth and final attempt at gold for Taiwan's queen of badminton, Tai Tzu-ying. "The Olympics is a sacred event and a great challenge. I'll do my best to prepare my body for the competition," said Tai, who always faces challenges with a strong belief in herself.

Before the Paris Olympics, Tai suffered an injury at the All England Open Badminton Championships (全英羽球公開



Wu Chia-ying



賽)。 She has been calmly recuperating, and this positive attitude often helps her turn the game around even when the score is against her. She said, “What truly matters isn’t winning or losing, but my overall performance in the match — whether I’ve fully displayed my abilities and whether I’ve made progress!” What captivates the audience and fans is not just her superb skills but also the heights she has reached in her life.

Wu Chia-ying (吳佳穎) initially gained a large following thanks to her fresh and sweet ID photo at the 2011 Summer Universiade (世大運)。 Since then, she has become a true pride of Taiwan, winning numerous medals at events such as the East Asian Games (東亞運), the

Asian Shooting Championships (亞洲射擊錦標賽), and the Summer Universiade. She has also developed the ability to quickly calm her mind, allowing her to adjust rapidly, even when faced with setbacks. This ensures that her emotions do not affect her performance in competitions.

“Training is life, and competitions have long become part of daily life. I won’t do anything special just because it’s the Olympics. I’ll follow the routine and complete the competition smoothly.” Her progress in the Tokyo Olympics three years ago boosted her confidence, and this time, Wu is approaching the Olympics with a very calm and positive attitude, ready to face the challenges ahead.

Chuang Chih-yuan and Kao Cheng-ji: A master and his apprentice compete in the Paris Olympics together!

©Written by Yu Fei, Chen Ting-fang ©Translation by Lin Yu-ciao

©Photos courtesy of Coach Jhuang Jhih-syong, Sports Development Bureau, Kaohsiung City Government

Taiwan's Table Tennis champion Chuang Chih-yuan (莊智淵) has made it into his sixth Olympics and is leading the Taiwanese table tennis team to compete against the world's best players. His apprentice, Kao Cheng-ji (高承睿), will also be competing in the men's singles. For him, it is symbolic of passing the torch on to the next generation.

Born in Kaohsiung, Chuang Chih-yuan comes from a table tennis family. When he was young, he would play against his parents and brother. At seventeen, he was already on the national team and brought home numerous medals from international competitions. In 2004, he competed in the men's singles in his first Olympics in Athens, where he made it to the quarterfinals. At the 2012 London Olympics, he reached the semifinals, at that time the best-ever achievement by a Taiwanese in the men's singles table tennis.

Kao Cheng-ji



"An athlete's personality on the court reflects their style," explains Chuang Chih-yuan, who is known for his rapid, powerful shots, which put a lot of pressure on his opponents. Despite his extensive experience, Chuang maintains high spirits on the court and still stays in top form.

In 2008, he founded the Chihyuan Table Tennis Training Center (智淵乒乓運動館) in Gushan. He has coached numerous adult and young national players. Among them is 19-year-old Kao Cheng-jui, who will be accompanying him to the Olympics to make his debut this year. He hopes to continue his mentor's legacy in the men's singles.

Kao Cheng-jui is currently the world's 32nd-best table tennis player. After graduating from elementary school, he moved to Kaohsiung to study under

Chuang Chih-yuan. Known for his steady style, he has been on the national team for several years. In 2022, he made history as Taiwan's first male player to win a silver medal in the 19-year-old singles at the Asian Junior Table Tennis Championships (亞洲青少年桌球錦標賽).

Although there is a 24-year age gap, Chuang Chih-yuan and Kao Cheng-jui are currently training together for the Olympics. They are focusing on refining their technics in a daily training regime.

Chuang Chih-yuan is delighted that he can pass on his experience to the younger generation. "I am excited about competing in the Olympics with my little friend," he exclaims. Like the other athletes, Kao Cheng-jui is determined to heed his master's advice, play his best in every match, and bring glory to Taiwan.



Chuang Chih-yuan

Weightlifter Hsieh Meng-en and Mixed Martial Artist Yu Kai-wen's Secrets to Success: Confidence and Pragmatism

©Written by Chen Ting-fang, Cai Mi-ci ©Translation by Lin Yu-ciao ©Photos by Carter

Weightlifter Hsieh Meng-en (謝孟恩), from Kaohsiung's Taoyuan District, achieved personal bests this year at the 2024 IWF World Weightlifting Championships (IWF世界舉重錦標賽) in Phuket, Thailand, by lifting 155 kg in the snatch and 200 kg in the clean and jerk. Seen as one of Taiwan's rising stars, he is currently competing in various events to earn points, aiming to advance to the 2026 Nagoya Asian Games (名古屋亞運) and the 2028 Los Angeles Olympics (洛杉磯奧運).

Coming from an underprivileged family, Hsieh admits that, aside from his desire to succeed, he also hopes to win

prize money at competitions so he can improve his family's financial situation. Weightlifting has been his dream since elementary school, and he always faces training with determination.

He believes that weightlifting is different from sports like basketball and volleyball, which involve teammates. "Every day, I only face the barbell and weight plates," he says. Besides having explosive power and coordination, he emphasizes that having a strong mental focus with clear goals is even more crucial. Only with sufficient confidence can one break through personal limits and achieve progress.



Hsieh Meng-en



Another athlete who emphasizes winning through attitude is mixed martial artist Yu Kai-wen (尤凱文), also known as “Caesar.” As a member of the Wanshan community in Maolin District, he

works as a coach at a fitness center. His judo and sanda skills brought him triumph at the inaugural 2023 Asian Mixed Martial Arts Championships (綜合格鬥亞錦賽) in Thailand.



Mixed martial arts incorporates judo, boxing, sanda, and other martial arts, blending their techniques seamlessly. “I don’t aim for flashy moves or throwing my opponent beautifully; I just need to win,” stresses Caesar. Victory, he asserts, lies not in the elegance of a technique but in its effectiveness and practicality.

Caesar’s coach once told him that only by working hard can one achieve success. This has influenced his life profoundly, teaching him to strive for excellence in any job he undertakes. He continually thinks about and improves his techniques and strategies, encouraging his students to push their limits and shine as athletes.

Enjoy Exciting Water Sports in Summer

©Written by Li Siao-ping ©Translation by Lin Yu-ciao

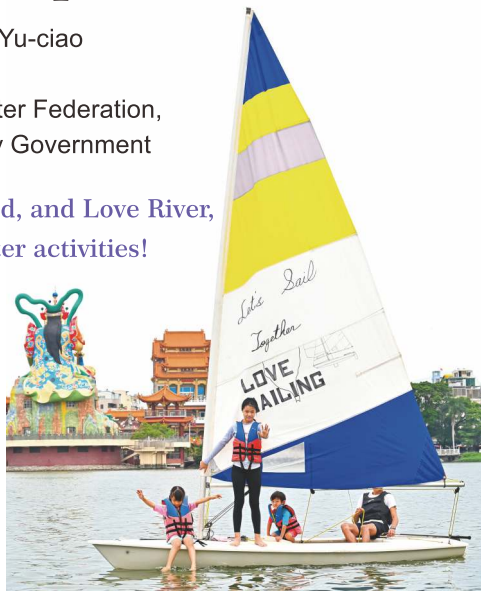
©Photos by Cindy Lee, Carter

©Photos courtesy of Kaohsiung City Underwater Federation,
Sports Development Bureau, Kaohsiung City Government

Thanks to its seaside location, Lotus Pond, and Love River, Kaohsiung offers a diverse range of water activities!

The Lotus Pond Water Sports Center (蓮池潭水域運動中心), in collaboration with Fun Outdoor Adventure School (瘋戶外冒險學校), offers various non-motorized water activities, including SUP, dragon boat boards, canoes, and OP sailboats, along with professional training courses. If playing on the water is not enough, there are also challenging land-based adventure activities such as treetop walks and tree climbing. On both water and land, professional coaches lead group competitions to make these activities more fun. Even those who are afraid of water can experience the joy of canoeing!

Love River meanders through the heart of Kaohsiung, and its calm waters



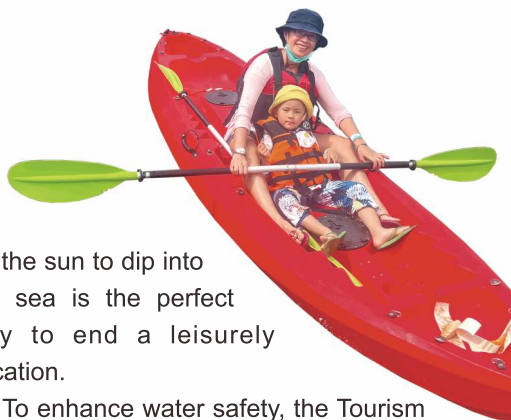
are suitable for various types of hand-paddled boats and non-motorized water activities. Currently, Kaohsiung City Government has established launch points and floating docks at several locations, including the Heart of Love River (愛河之心), the Vision Bridge (願景橋), the Love River Water Recreation Center (愛河水上遊憩中心), and the Love River Bay (愛河灣).



During these facilities' opening hours, enthusiasts can bring their own flotation devices, put on life jackets, scan a QR code for safety instructions, and then complete real-name registration before enjoying water activities.

We recommend starting from the Love River Water Recreation Center and paddling towards Love River Bay. Along the way, you can see the Kaohsiung Museum of History (高雄市立歷史博物館) and the Kaohsiung Film Archive (高雄電影館), eventually reaching the Kaohsiung Music Center (高雄流行音樂中心), where you can experience both the bustling city and serene waters. The Love River Bay Water Park (愛河灣水樂園) also offers SUP, canoe, and water bike rental services, allowing you to explore the city from its meandering waterways.

Alternatively, you can take a ferry across to Cijin and head to Cijin Beach (旗津海水浴場). This broad beach has a children's play area and a bathing area. After a tiring day of fun, relaxing with a cold drink at the beach bar while waiting



for the sun to dip into the sea is the perfect way to end a leisurely vacation.

To enhance water safety, the Tourism Bureau of Kaohsiung City Government (高雄市政府觀光局) has partnered with the Changbuching Association, Republic of China (中華民國常不輕協會) to operate a free life-jacket rental station next to the public restrooms at Cijin Beach. During the summer vacation, an additional rental station will be established at Fusing Temple (福興宮).

Stay safe while enjoying the water!

The Lotus Pond Water Sports Center / Fun Outdoor Adventure School

蓮池潭水域運動中心 / 瘋戶外冒險學校

No. 101, Huantan Rd., Zuoying Dist., Kaohsiung City

Love River Bay Water Park 愛河灣水樂園

No. 109, Haibian Rd., Lingya Dist., Kaohsiung City



Fitness and Well-being for All Ages

©Written by Li Guei-sian ©Translation by Lin Yu-ciao ©Photos by Li Guei-sian
©Photo courtesy of Fongshan Daycare Center's Senior Fitness Center

Kaohsiung is currently promoting a sports-friendly environment for everyone, from young children to seniors. Eight sports centers have been opened, and six more are under construction. Efforts are also being made to optimize idle spaces by establishing senior fitness clubs and smart fitness centers. The goal is to encourage citizens to play sports and participate in more fitness activities.

Among them is the Zuoying Sports Center (左營運動中心), located next to the Kaohsiung National Stadium (世運主場館). It offers various facilities, state-of-the-art equipment, and sports programs

for a variety of age groups, ranging from children's swimming classes to aerobics for adults to specialized fitness courses for seniors. The center integrates green and ecological spaces, which enriches the center's health and fitness ambiance.

If seniors want to exercise closer to home, they can join the senior fitness clubs or the community gyms. These facilities provide a comfortable exercise environment with smart equipment, such as the "Smart Circular Fitness System," which ensures proper exercise techniques and safety while using the equipment.





At the Chang-sheng Comprehensive Senior Fitness Club (長生全方位銀髮健身俱樂部) in Central Park, certified instructors run a variety of fun fitness activities that prevent age-related challenges. These include rope ladder training to maintain good reaction times and battle ropes to increase muscle endurance.



Located near Zihciang Park, the Fongshan Daycare Center's (鳳山日照中心) smart gym recently installed four circular exercise machines and one full-body vertical vibration machine. Exercise classes are offered on Tuesdays from 2:00 PM to 4:00 PM. The center provides high-quality, affordable classes that encourage regular physical activity and promote healthy aging.

Kaohsiung Zuoying Sports Center
高雄市左營運動中心

No. 100, Shiyun Blvd., Zuoying Dist.,
Kaohsiung City

Chang-sheng Comprehensive Senior Fitness Club 長生全方位銀髮健身俱樂部

No. 30, Jhonghua 3rd Rd., Cianjin Dist.,
Kaohsiung City

Taiwan Kuan-Lin Caring Association
台灣寬霖關懷協會

1F, No. 67, Shengguo St., Fongshan Dist.,
Kaohsiung City

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愛



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英雄



～高雄から世界へ～ 戴資穎、吳佳穎 両選手が パリ五輪へ

◎文/方榮、林子涵、蔣育荳 ◎翻訳/有田夏子
◎撮影/劉曉天 ◎写真提供/娘家、戴萌国際有限公司

前回の東京オリンピックで、バドミントン女子シングルス銀メダル、射撃女子25mピストル決勝進出という快挙を果たした高雄出身の戴資穎、吳佳穎両選手が、今年パリで、再びオリンピックに出場する。

パリオリンピックはバドミントン「世界女王」戴資穎選手にとって四度目の、そして最後のオリンピック出場となる。彼女は、「オリンピックは神聖な大会で、同時に大きな挑戦でもあります。できる限り体のコンディションを整えて望みます」と語った。戴資穎は常に「自分を信じる」ことで、困難に立ち向かってきた。

パリオリンピックを間近に控える中、バドミントン



戴資穎選手



全英オープンで負傷した戴資穎は、思い切って休養期間を取ることにした。彼女はこれまでも、逆境でも前向きな態度を保つことでたびたび勝利を勝ち取ってきた。「私が一番大事にしているのは勝ち負けではなく、試合で全力を発揮できたのか、以前より進歩できたのかという自身の試合でのパフォーマンスです」。彼女のこうした姿勢こそ、その優れた競技技術とともに、観衆やファンを引き付ける魅力となっている。

2011年ユニバーシアードの選手証明写真の可愛らしさで話題となり、無数のファンを獲得した呉佳穎選手は、この10年、東アジア競技大会、アジア射撃選手権、ユニバーシアードなどの各種大会で多くの賞を獲得し、名実ともに台湾を代表する射撃選手に成長した。「すぐに心を落ち着かせる」訓練を積んだ彼女は、挫折に遭遇しても短時間でコンディションを整え、ネガティブな感情を試合に持ち込まない。

呉佳穎は、「訓練や試合が生活や日常の一部となっているので、オリンピックに参加するからといって、普段と特別違うことをするわけではありません。やるべきことをやり、順調に試合を終えることができれば」と語る。前回の東京オリンピックで自信を獲得した彼女は、今年のオリンピックを目前にしても平静さを失わず、明るく前向きな気持ちで戦いに挑む。



呉佳穎選手

莊智淵コーチと高承睿選手 師弟コンビでパリ五輪へ

◎文/雨霏、陳婷芳 ◎翻訳/有田夏子 ◎撮影/Carter

◎写真提供/莊智雄、高雄市政府運動發展局

「**台**湾卓球界の父」莊智淵はかつて六度のオリンピックに参加し、台湾代表卓球チームを率いて世界のトップ選手たちと対決してきた。このたび彼の弟子である高承睿がその教えを受けつぎ、男子シングルスに出場する。

莊智淵は高雄の卓球一家に生まれ、幼い頃から両親や兄と共に球を打ち始め、17歳で台湾代表選手となり、台湾チームに素晴らしい成績をもたらしてきた。2004年に初めて出場したアテナオリンピックでは男子シングルのベスト8に入り、2012年のロンドンオリンピックではベスト4に入るなど、台湾における男子卓球シングルのベスト記録を常に更新してきた。

莊智淵選手



「選手が試合で打つ球にはその選手の性格が表れる」というが、剛速球を特徴とする莊智淵は、常に対戦相手に大きなプレッシャーを与えてきた。ベテランとなった今でも試合での闘志は衰えることなく、常にベストな状態を保っている。

2008年、莊智淵は高雄市鼓山区に「智淵卓球運動館」を設立し、少年から大人まで、多くの台湾代表選手を育成してきた。なかでも19歳の高承睿は師匠の後を受けつぎ、今年初めてオリンピックに男子シングルスで出場する。

世界ランキング32位の高承睿は、小学校卒業後、莊智淵に師事するため実家を離れて高雄に移住した。安定したプレイスタイルで知られる彼は、数年後には台湾代表選手に選ばれ、2022年アジアユース卓球選手権大会のU19男子シングルスに出場し、同種目で台湾初の銀メダルを獲得した。

オリンピックを間近に控え、24歳差の師弟コンビは毎日トレーニングで技術面の細かな調整を進めている。莊智淵は次の



世代に経験を伝えることに喜びを見出し、「自分の教え子とともにオリンピックに挑むことができ、とてもうれしい」と語る。高承睿は、師匠のアドバイスを胸に刻み、一つ一つの試合に全力を尽くし、他の選手とともに台湾に栄光をもたらしたいと語った。

高承睿選手



重量挙げ謝孟恩選手、総合格闘技尤凱文選手 二人に共通する勝利の鍵は「自信と着実さ」

◎文/陳婷芳、蔡蜜綺 ◎翻訳/有田夏子 ◎撮影/Carter

◎写真提供/謝孟恩

謝孟恩氏は、高雄市桃源区出身の重量挙げ選手だ。今年タイのプーケットで開催された「2024 IWFワールドカップ」では、スナッチで155kg、クリーン&ジャークで200kgを持ち上げ、自己最高記録を更新した。各地の大会で成績を伸ばす彼は、台湾スポーツ界における重量挙げの期待の新人として注目され、2026年に名古屋で開催されるアジア競技大会や2028年ロサンゼルスオリンピックでの活躍が期待されている。

僻地に故郷を持つ謝孟恩氏は、重量挙げに取りくむのは単なる興味だけでなく、大会の賞金で家族を支えたいという思いがあるからだという。彼は小学生のときに重量挙げで身を立てるという夢を抱いて以来、常に真剣な態度でトレーニングに向き合ってきた。重量挙げはバスケットボールやバレーボールなどの団体競技と異なり、「毎日バーベルや重量プレートと向き合う」日々の連続だ。競技での成績を伸ばすには、瞬発力や全身の協調性だけでなく、目標を諦めない精神力がより重要であり、自分の殻を破るには強固な自信が不可欠だという。

謝孟恩選手



高雄市茂林区萬山集落出身の総合格闘技選手である「カイザー」こと尤凱文氏も、勝利の鍵は自身の態度にあると強調する。柔道や散打を得意とする彼は、2023年タイで開かれた第1回アジア総合格闘技大会で優勝し、現在はスポーツジムでコーチを務める。

総合格闘技は柔道、ボクシング、散打などの格闘技を組み合わせた総合力が求められる競技である。尤凱文氏は「派手な動作や美しい投げ方などは追求しません。何よりも勝つことが重要です」と語る。勝つ

ために重要なのは見た目の華麗さではなく、その技の有効性と実効性なのだという。

尤凱文氏は、かつてコーチから贈られた「物事の核心に触れれば、偽物も本物になる」という言葉に大きな影響を受けた。この言葉から、どんな仕事でも力の限り最善を尽くすことの重要性を知ったのだという。技と戦略を磨くために常に思考を怠らない彼は、現在は自身がコーチとなってその力を発揮し、「自分の殻を破る」ことの重要性を生徒に伝え続けている。



尤凱文選手

夏の高雄はウォータースポーツ真っ盛り

◎文/李曉萍 ◎翻訳/有田夏子 ◎撮影/Carter ◎写真提供/高雄市政府運動發展局

蓮 池潭、愛河、海岸など、水辺のエリアが豊富な高雄市では、さまざまなウォータースポーツが楽しめる！

「蓮池潭水域運動中心」では、スポーツ教室「瘋戶外冒險学校」と提携し、SUP、龍舟板(大型SUP)、カヤック、OPヨットなど、動力を伴わないさまざまなウォータースポーツの専門的なレッスンを提供しているほか、フィールドアスレチックや木登りなど、陸の遊びも充実している。プロの指導や団体競技への参加で、水陸のアクティビティ

がさらに楽しくなること間違いなし。ここでは泳ぎが苦手でもカヤックを楽しむ人々の姿が見られる。

高雄の市街地を蛇行する愛河は、水の流れがゆるやかで、各種の手こぎボートや浮具など、動力を伴わないウォーターアクティビティに最適だ。高雄市は現在、「愛河之心」、「願景橋」、「愛河水上游憩中心」、





「愛河湾」などの場所に進水ポイントや浮橋を設置している。自分で浮具を持参してライフジャケットを着用し、オープン時間内にQRコードで注意事項を読んで実名登録を完了すれば、すぐに水に入って遊ぶことができる。

おすすめは、「愛河水上遊憩中心」から出発して、愛河湾の方向へ進むコースだ。高雄歴史博物館、高雄映画博物館を通り過ぎ、高雄流行音楽センターに到着するコースで、都市の賑わいと静けさの両方を味わうことができる。愛河湾水楽園ではSUP、カヤック、水上自転車のレンタルを提供している。水上から眺める高雄市には別格の趣がある。

渡し船で旗津半島の海水浴場に行くの

もおすすめだ。なだらかで広い砂浜には、子ども用の砂場やシャワー施設もある。海水浴に疲れたら、海辺のバーで冷たい飲み物を注文し、大海に沈む夕日を眺めながら身も心もリフレッシュしよう。

なお、旗津海水浴場のトイレの側では、観光局と中華民国常不輕協会（水難事故防止団体）の協力により、水辺の危険を防ぐためのライフジャケットの無料貸出しを利用できる。（夏休みに限り、福興宮拠点でも貸出中）

※水辺では水難事故に十分注意しましょう！

蓮池潭水域運動中心/瘋戶外冒險學校

所在地：左営区環潭路101号

愛河湾水楽園

所在地：苓雅区海辺路109号

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企画：侯雅婷

美術編集・設計：劉幸珍

所在地：高雄市苓雅区四維三路2号2階

電話番号：(+886-7) 3315016

GPN：2010800335



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