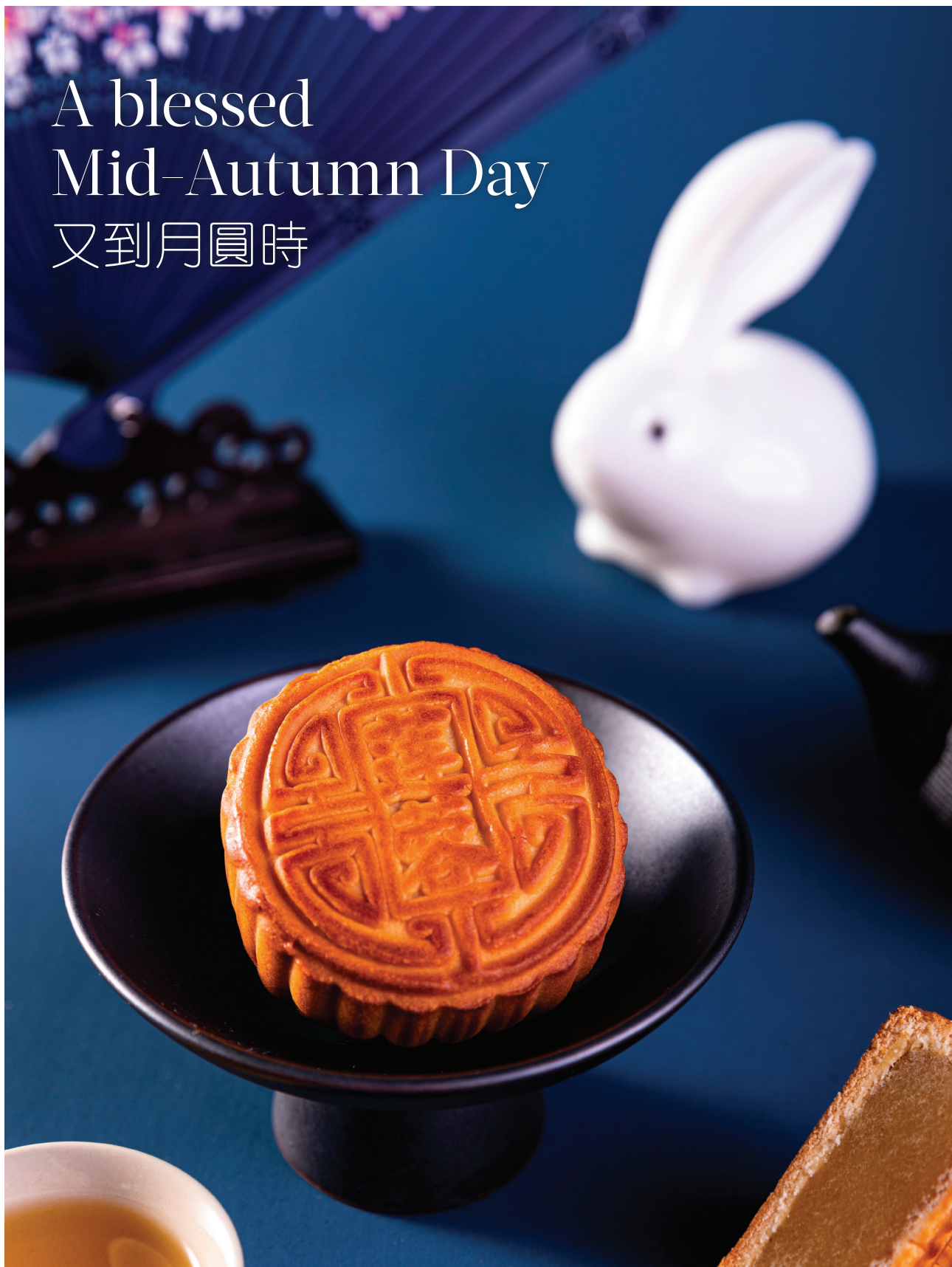


A blessed Mid-Autumn Day 又到月圓時



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With the sun gradually setting on a sizzling summer, now is the perfect time to make the most of The Dynasty Club Summer Package, which is packed with benefits. Whether you're celebrating a special occasion or simply spending quality time with family and friends, this package has something for everyone.

As the seasons change, we have the Mid-Autumn Festival which falls on September 29th, presenting a wonderful opportunity to reconnect with loved ones and share a scrumptious meal together. To mark this special occasion, Noble has put together an enticing "All-You-Can-Eat" Menu for Members and their family to enjoy.

In addition to the delightful dining experience at the Club, we are once again offering our premium mooncakes in a variety of flavours, along with beautifully crafted hampers. These luxurious treats are perfect for indulging at home or sharing as thoughtful gifts with friends, family, and business partners.

To help you stay active and healthy, join our personal trainer Fiji for our upcoming Strengthen Our Back Muscles Workshop; it is an excellent opportunity to improve your posture and overall well-being. For our Junior Members, we have organised a fun-filled summer with activities like Summer Football Classes at Ronaldo Academy Hong Kong, where they can hone their skills and have fun on the field. Additionally, we are offering Summer Calligraphy Classes to ignite their creativity and artistic expression.

We hope you'll join us for these exciting activities and workshops.

炎炎夏日即將迎來尾聲，皇朝會誠意呈獻「皇朝會夏日套餐」，為會員帶來不同精選禮遇，不論是慶祝重要時刻，還是和摯愛親朋共度美好時光，都適合不過。

隨著夏去秋來，今年9月29日我們將迎來中秋佳節。本會特意準備了「任意挑選•無限任意食」餐譜，歡迎會員攜同家人蒞臨，共享中秋佳餚，感受節慶溫馨氣氛。

本會除了豐富的餐飲選擇外，亦再度推出多款滋味無窮的精緻月餅，佐以貼心而時尚的禮物籃供會員自由選購，不論自用或贈送親友、商業夥伴，均為絕佳之選。

會員建立活躍而健康的生活模式，可參加由吳凱樂教練教授的加強背部肌肉工作坊，改善姿勢，促進整體健康。我們亦為小會員舉辦精彩的暑期活動，包括由香港朗拿度足球學院主辦的夏日足球班，讓小會員在球場跑跑跳跳，練習足球技巧。此外，本會亦將推出夏日書法班，激發小會員無限創意和藝術潛力。

希望大家喜歡我們為各位準備的各項精彩活動。

The Dynasty Club
皇朝會

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The Dynasty Club Moon Cakes 皇朝會月餅迎中秋

A TASTY FESTIVE TRADITION

The Mid-Autumn Festival is a time for family reunions and celebrations. Central to the festival are mooncakes. The mooncake's round shape represents the full moon, which is a symbol of reunion. Over the centuries, mooncakes have evolved in terms of flavour and design, resulting in a wide variety of fillings and intricate patterns on their crusts.

Don't miss out on the Club's exquisite mooncake selection, featuring a variety of fillings such as White Lotus with Olive Seed Paste and Double Egg Yolks Moon Cake; Lotus with Olive Seed Paste and Double Egg Yolks Moon Cake; Chinese Ham with Mixed Nuts Moon Cake; and Mini Egg Custard Moon Cake.

The Dynasty Mooncake Gift Box, containing an assortment of all flavours, has always been a crowd-pleaser and makes an ideal choice for taking home or giving as a gift.

For enquiries, please contact Imperial City on 2829 7980.

滋味應節傳統

中秋節是一家人團聚賞月，樂享天倫的日子。慶祝中秋節，自然少不了月餅。圓形的月餅就像滿月，象徵著團圓。長久以來，月餅在口味和設計方面不斷創新，月餅餡料選擇種類繁多，餅皮的圖印也越趨精緻。

本會今年繼續推出多款不同口味的月餅，以供選購，包括雙黃白蓮蓉月餅、雙黃蓮蓉月餅、伍仁月餅，以及迷你奶皇月餅，口感幼滑，滋味無窮。

深受歡迎的皇朝七星伴月禮盒匯集多款口味，無論是送禮或自奉，均是理想選擇。

查詢詳情，請致電2829 7980與御苑聯絡。



29 Sep

Noble

“All-You-Can-Eat” Dinner

「任意挑選・無限任意食」晚餐

Adult成人\$708 Child小童\$488

*Complimentary Braised Abalone with
Oyster Sauce per guest

*每位客人均會獲贈原隻八頭蠔皇鮑魚乙客。

2829 7990

A Mid-Autumn Festival Feast 中秋盛宴

CELEBRATE THE FESTIVAL AT NOBLE

The Mid-Autumn Festival falls on the 15th day of the eighth lunar month, which this year falls on 29 September. As always, one of the most cherished traditions is families gathering together to enjoy a delicious dinner. To mark this occasion, Noble is offering a delightful “All-You-Can-Eat” Dinner with a complimentary Braised Abalone with Oyster Sauce per guest. Don’t miss out on this fantastic opportunity to create unforgettable memories with your family and loved ones at the Club.

For reservation, please contact Noble on 2829 7990.

於Noble 同慶佳節

每年的農曆八月十五日是傳統中秋佳節，今年的中秋節在9月29日。一如既往，最受珍視的傳統之一便是家人團聚享用豐盛晚餐。為迎接節日的來臨，Noble 悉心呈獻「任意挑選・無限任意食」晚餐，每位客人將獲贈原隻八頭蠔皇鮑魚乙客，讓一家人聚餐更顯美滿。會員可趁這特別日子，攜同摯愛親友蒞臨本會樂聚天倫，留下美好回憶。

如欲訂座，請致電2829 7990與Noble 聯絡。

Mid-Autumn Festival Hampers

中秋節禮物籃

EXQUISITE CHOICES TO SHARE JOY OF THE FESTIVAL

The Club's highly sought-after Mid-Autumn Festival Hampers are making a return, serving as the perfect gifts to present to family, friends or business associates to express your sincere sentiments. This year, the Club is offering two thoughtfully curated hampers filled with premium festive goodies. Be sure to order in advance to take advantage of an exclusive early bird discount for the Deluxe Hamper and the Imperial Hamper.

For enquiries, please contact Imperial City on 2829 7980.

精緻之選，分享佳節喜悅

皇朝會深受歡迎的中秋節禮物籃再度登場，是餽贈摯親好友或生意客戶，向他們聊表心意的不二之選。今年，本會呈獻兩款中秋節禮物籃，盛載多款精心挑選的頂級應節佳品。會員預先訂購尊貴禮物籃和御品禮物籃，可享早鳥優惠。

查詢詳情，請致電2829 7980與御苑聯絡。





Reciprocal Clubs' Network

聯繫會所網絡

The Dynasty Club has partnered with 47 premium clubs worldwide, where Members can enjoy reciprocal privileges. If Members wish to visit a reciprocal club while travelling, please contact the Membership Services Department on 2829 7967 to obtain a Letter of Introduction.

皇朝會與世界各地47家會所簽訂聯繫會所互惠協議，讓會員可享用這些會所的設施。會員如欲於出遊時到訪聯繫會所，請致電2829 7967與會籍部聯絡，以獲取介紹信。



1 AUSTRALIA

- Tattersalls Club, Sydney

2 CANADA

- Rideau Club, Ottawa
- Swaneset Bay Resort & Country Club, Pitt Meadows
- Terminal City Club, Vancouver
- The Albany Club, Toronto
- The Bow Valley Club, Calgary
- The Derrick Golf and Winter Club, Edmonton
- The National Club, Toronto
- The Royal Glenora Club, Edmonton
- The Union Club of British Columbia, Victoria
- University Golf Club, Vancouver

3 CHINA

- Embassy Club, Shanghai
- Chang An Club, Beijing
- Chung Shan Hot Spring Golf Club, Zhongshan
- Foshan Golf Club, Foshan
- Palm Island Resort, Hui Zhou
- Shanghai Racquet Club & Apartments, Shanghai
- Shanghai Town & Country Club, Shanghai
- Shenzhen Bay Club, Shenzhen
- The Canton Club, Guangzhou

4 FRANCE

- Saint James Club, Paris

5 INDONESIA

- Mercantile Athletic Club, Jakarta
- The American Club Jakarta

6 JAPAN

- Roppongi Hills Club, Tokyo
- Tokyo American Club, Tokyo
- Yokohama Country & Athletic Club, Yokohama

7 KOREA

- Seoul Club, Seoul

8 MALAYSIA

- Monterez Golf & Country Club, Selangor
- Royal Selangor Club, Kuala Lumpur
- The Legends Golf & Country Resort, Johor

9 SINGAPORE

- ONE'15 Marina Club
- The British Club
- The Legends Fort Canning Park
- Tower Club

10 SPAIN

- Circulo del Liceo, Barcelona

11 TAIWAN

- American Club, Taipei

12 THAILAND

- Pacific City Club, Bangkok
- The Bangkok Club, Bangkok
- The British Club, Bangkok

13 UNITED KINGDOM

- Les Ambassadeurs Club, London
- Royal Over-Seas League, London
- St. James's Hotel and Club, London
- The Royal Northern and University Club, Aberdeen

14 USA

- The Carlton Club, Chicago
- The Penn Club, New York
- The Rainier Club, Seattle
- The University Club of Cincinnati, Ohio



Typhoon & Weather Warnings 颱風及天氣警告

The Club reminds Members regarding its Typhoon Policy as we approach the typhoon season in Hong Kong.

The Club will close once the Hong Kong Observatory has hoisted Typhoon Signal No. 8 and Members must leave the Club's premises within one hour from the time the signal is hoisted. The Club will reopen two hours after Typhoon Signal No.8 has been lowered before 4:00pm. However, if Typhoon Signal No. 8 is lowered after 4:00pm, the Club will remain closed until the following morning.

In addition, when the Observatory issues the following warnings and signals, the Club's outdoor sports facilities will be closed:

- Amber, Red, Black Rainstorm warning; and
- Typhoon Signal No. 3 or above.

The outdoor swimming pool will also be closed when the Thunderstorm Warning is in force.

香港已踏入颱風季節，謹提醒會員留意本會的颱風安全指引。

當香港天文台懸掛8號颱風信號，本會將會關閉，而會員必需於颱風信號懸掛一小時內離開會所。如8號颱風信號於下午四時前解除，本會將於其後兩小時重新開放。如於下午四時後解除8號颱風信號，會所將繼續關閉，直至翌日早上。

當天文台因應天氣情況而發出下列警告及信號時，本會將關閉戶外運動場地設施：

- 黃色、紅色、黑色暴雨警告；及
- 懸掛3號或以上的熱帶氣旋信號。

雷暴警告生效時，室外游泳池亦會關閉。

Unique Anhui Cuisine

獨特安徽菜

SAVOUR THE SUBTLE RICH FLAVOURS

Anhui Cuisine, also known as Hui cuisine, is the hidden gem among China's Eight Great Cuisines. With roots in the ancient Huizhou, this culinary tradition is shaped by the region's diverse geography, culture and dietary custom. Anhui Cuisine use local specialties from Huizhou as the main ingredients, with dishes emphasising on the freshness and salty flavour, as well as the health benefits of the ingredients. The cooking methods used are mainly roasting, stewing, braising and steaming.

This August at Imperial City savour the authentic taste of Anhui Cuisine, dishes include Braised Mandarin Fish; Casserole of Egg Dumplings and Dried Bean Curd; and Steamed Pork in Lotus Leaf.

品嚐細膩濃郁風味

安徽菜，又稱徽菜，是中國八大菜系之一。這傳統菜系起源於古徽州，與該地區多樣化的地理環境、人民環境和飲食習俗密切相關。安徽菜以徽州當地特產為主要原料，風味以鹹鮮為主，並注重食補；烹調方法以燒、燉、燜和蒸為主。

8月，御苑呈獻多款正宗安徽菜式，包括紅燒秋桂魚、一品鍋及荷葉粉蒸肉，定必令您回味無窮。

August 8月

Imperial City 御苑
Reservation 訂座:
2829 7980



Chinese Executive Chef
Lui Kai Yu
中餐行政總廚
雷啟裕師傅





Zhejiang Cuisine 浙江菜

THE FRESH SEASONAL SPECIALTIES

The province of Zhejiang in eastern China is renowned for its flavourful cuisine. Zhejiang Cuisine is also one of the eight culinary traditions in China, which is rich in history. It emphasises on the selection of fresh and seasonal ingredients, and the balance of flavours of different ingredients, resulting in dishes with diverse flavour. There are more than 30 cooking methods in Zhejiang Cuisine, of which stir-fry, deep-fry, stew, steam and roast are commonly used.

This September, Imperial City is presenting a special Zhejiang Cuisine themed menu, featuring some of the most iconic dishes such as Steamed Fish in Vinegar Sauce; Egg White Soup; and Braised Yellow Croaker in Pickled Vegetable Soup.

新鮮時令菜式

位於中國東部的浙江省以其美食聞名於世。浙江菜亦是中國傳統八大菜系之一，歷史源遠流長。浙江菜選料講究，注重食材的新鮮和季節時令，以及不同食材之間味道的配合和平衡，菜式味道多變。浙江菜烹調技法豐富多彩，有逾30種不同的烹調方法，其中以炒、炸、燴、蒸和燒最為常用。

9月，御苑隆重推出特色浙江菜餐譜，經典菜式包括：西湖醋魚、賽蟹羹，以及雪菜大湯黃魚，鮮甜口味令人一試難忘。

September 9月

Imperial City 御苑
Reservation 訂座:
2829 7980



Chinese Executive Chef
Lui Kai Yu
中餐行政總廚
雷啟裕師傅



NOBLE

French Black Mussels 法國青口

August 8月

Noble
Reservation 訂座:
2829 7990

THE TASTE OF FRENCH COASTAL LIVING

French Black Mussels hold a special place in the hearts of seafood lovers, both in France and around the world. Growing in the Atlantic Ocean, the cool and unpolluted waters contribute to their superior quality and distinct taste. The plump and tender meat within the shells offers a briny sweetness that has made them a popular choice among food enthusiasts.

What sets French Black Mussels apart is their versatility when it comes to flavour pairings. Their unique taste complements a variety of ingredients and sauces, such as herbs, spices, and even cream sauces. The combination of fresh mussels and aromatic ingredients creates a dining experience that represents the essence of French coastal living.

Throughout August, Noble is celebrating the French Black Mussel by offering an array of exquisite dishes. Indulge in Creamy Black Mussel Chowder with Dill Herb; Sautéed Black Mussel with White Wine Cream Sauce; Risotto with Black Mussel, Scallop and Asparagus; Black Ink Spaghetti with Mussels and Shrimps in Spicy Tomato Sauce; and Grilled Seabass Fillet with Mussel, Cherry Tomato and Porcini Mushroom Sauce.

法式沿海風味

在法國和世界各地，法國青口一向都深受海鮮愛好者的喜愛。法國青口生長於大西洋，冰涼和無污染的海水造就其卓越的品質和獨特的鮮味。豐滿的口感和細嫩的肉質呈現微鹹帶甜的味道，使其備受饕客追捧。

法國青口與眾不同之處在於其口味搭配方面的多樣性。它們獨特的味道可搭配各種配料和醬汁，如香草、香料，甚至忌廉汁等，口味相得益彰。新鮮青口與芳香食材的完美配搭，帶來仿如置身法國沿海生活的滋味體驗。

8月，Noble 以新鮮法國青口入饌，精心炮製多款滋味菜式，包括周打青口湯配蒔蘿香草、白酒青口忌廉汁、帶子青口露筍意大利飯、墨魚汁意大利麵配青口明蝦辣蕃茄汁，以及煎鱸魚柳配青口、車厘茄和牛肝菌汁。

September 9月

Noble
Reservation 訂座:
2829 7990

Perfect Poultry 完美家禽

FLAVOURS TAKE FLIGHT

The tradition of French poultry dishes has a rich history and been honed and refined over generations. These dishes have gained worldwide fame for their harmonious balance of flavors, textures, and elegant presentation – all hallmarks of French gastronomic artistry. The use of diverse poultry, such as duck, chicken, and pigeon, provides chefs with a canvas to deliver a range of flavour pairings.

This September Noble is serving up a series of classic French poultry dishes, featuring Healthy Avocado Chicken Salad with Honey Yogurt Dressing; Pigeon Consommé with Scallop Ravioli; Pan-fried Pigeon with Bok Choi; Rosti Potatoes and a Black Truffle Sauce; Slow Cooked Chicken Breast with Truffle Mash, Asparagus and Bacon; and Grilled Duck Breast with Roasted New Potatoes, Endive and Orange Sauce.

品味昇華滋味

法式家禽菜餚的傳統歷史源遠流長，幾代人以來不斷改進和完善。這些菜餚因其味道、口感和精緻的擺盤而享譽世界，並表現著法國食品藝術。廚師透過使用如鴨、雞和乳鴿等不同的家禽，來呈現各種不同味道的搭配。

9月，Noble 將呈獻一系列經典法式家禽菜餚，菜式包括：牛油果雞肉沙律配蜂蜜酸奶醬、帶子雲吞配白鴿清湯、香煎乳鴿配白菜、瑞士薯餅和黑松露醬、慢煮雞胸配黑松露薯蓉、露筍和培根，以及扒鴨胸配燒新薯、菊苣和橙汁。



NOBLE

August 8月

Dynasty Café
Reservation 訂座:
2829 7930

Tastefully Thai 「泰」滋味

EXPERIENCE THE EXCITING TASTE
SENSATIONS

刺激味覺體驗



Dynasty Café Executive Chef
Ken Chung
咖啡室行政總廚
鍾偉建師傅

Thai cuisine is one of the most popular cuisines in the world, and has long been a Hong Kong favorite. Drawing from a rich local culinary heritage, and taking inspiration from China, India, and Malaysia, Thai cuisine has developed its own unique flavours. It emphasizes on dishes that incorporate strong aromatic components and are characterised as having a spicy edge.

In August, Dynasty Café showcases the diverse range of Thai food with Shark's Fin Soup with Crab Meat in Clay Pot served with Steamed Rice; Pattaya Style Roasted Chicken with Steamed Rice; and Thai Rice Noodles with Pork Jowl in Spicy Soup.

泰國菜是世界上最受歡迎的料理之一，並一直以來深受香港人喜愛。泰國菜起源於當地豐富的烹飪傳統，並從中國、印度和馬來西亞等不同國家的料理中汲取靈感，從而形成其獨特的風味。泰國料理善於搭配各種香料和調味料，口味偏重和辛辣。

8月，咖啡室將推出多款泰式美食，菜式包括：泰式砂鍋蟹肉翅、芭堤雅燒雞，以及泰式香茅豬頸肉湯金邊粉，定必令您食指大動。





September 9月

Dynasty Café
Reservation 訂座:
2829 7930

Delicious Baked Rice 滋味焗飯

TASTE OF THE HONG KONG CLASSIC

經典香港滋味



Dynasty Café Executive Chef
Ken Chung
咖啡室行政總廚
鍾偉建師傅

Baked Rice is one of the most beloved dishes in Hong Kong. Perfectly cooked rice, topped with a layer of savoury ingredients such as pork chop, seafood or vegetables, are combined with a creamy and rich sauce. The dish is then baked in the oven until the sauce becomes bubbly, and the top layer acquires an irresistibly golden crust. This cooking technique allows the rice to absorb the flavours of the accompanying ingredients and the delectable sauce, resulting in a truly flavourful culinary masterpiece.

Throughout September, Dynasty Café is offering a selection of baked rice specialties such as Baked Rice with Grouper Fillet and Carbonara; Tom Yum Flavour Baked Rice with Chicken and Cream Sauce; and Baked Rice with Wagyu Ox Tongue in Port Wine Sauce.

焗飯是香港最受歡迎的菜式之一。在煮熟的米飯上鋪上一層咸味的食材如豬扒、海鮮或蔬菜，並淋上香濃的醬汁，隨後放入焗爐焗至醬汁起泡及頂部呈金黃色。以焗的方法烹調，讓米飯完全吸收食材和醬汁的精華，飯香四溢，讓人垂涎三尺。

咖啡室於9月推出一系列滋味焗飯，包括卡邦尼焗石斑魚柳飯、冬陰功忌廉汁焗雞扒飯，以及砵酒焗和牛腩飯，讓您品嚐啖飯香。

The Dynasty Club Summer Package

皇朝會夏日套餐

HAPPY SUMMER GATHERING

Members can now take advantage of the The Dynasty Club Summer Package to enjoy summer to the fullest with friends and family. The Summer Package features a choice of three gourmet menus to cater to everyone's taste.

To ensure your guests stay refreshed throughout the gathering, the Summer Package includes complimentary Chinese tea and condiments, along with three hours unlimited supply of soft drinks, orange juice, and house beer. Adding a touch of sophistication to your gathering, each banquet table will be elegantly adorned with a premium flower arrangement, creating a beautiful atmosphere for your celebration. Members will also receive a complimentary three-hour parking voucher per table, making your experience even more enjoyable and hassle-free.

Don't miss out on this incredible opportunity to create lasting memories with family and friends. For enquiries and reservations, please contact Catering Department on 2829 7931/7937.

夏日歡聚

本會精心準備的皇朝會夏日套餐，讓會員攜同摯愛家人和親友，盡情享受夏日好時光。皇朝會夏日套餐備有三款精緻菜譜可供選擇，以滿足會員不同的口味。

夏日套餐包括免費茗茶及小食，以及席間三小時無限量供應汽水、橙汁及指定啤酒，讓賓客於整個聚會期間保持清新舒爽。為使這場聚會更添精緻及營造典雅氛圍，每席將配有優雅鮮花擺設，帶來滿室芳香。會員更將獲得提供每席三小時免費泊車券，讓體驗更輕鬆愉快。

快把握這難得的機會，與親朋好友度過歡樂時光，留下難忘回憶。如欲預訂或查詢，請致電2829 7931/7937與宴會部聯絡。





Get rid of weak back muscles! 擺脫背肌無力的現象！

Knowing how to strengthen the back muscles through training is essential for protecting the spine, one of the most important parts of the body, and avoiding common problems such as lower back pain. Choosing suitable back muscle training exercises and incorporating them into your daily training plan can help in building stronger and more powerful back muscles.

Understanding the Three Muscle Groups of the Back

To effectively train the back muscles, you must first understand the three muscle groups of the back:

懂得透過背肌訓練來增強背部肌群，有助保護人體最重要的脊椎，並遠離腰背痠痛等常見問題。所以選擇適合的背肌訓練動作，並將其納入日常訓練計劃中，將有助打造出更強壯有力的背部肌群。

了解背部的三個肌群

要更有效的訓練背肌，您必須先了解背部的三個肌肉群。

- 1 Latissimus Dorsi:** These muscles are located on both sides of the back and are responsible for pulling the arms up and down. The wide end of each triangular muscle attaches to the spine and pelvis, while the narrower end extends below the shoulder to the humerus bone. The latissimus dorsi helps extend, retract, and rotate the arm.



- 1 背闊肌：**位於背部兩側，是將手臂向上和後拉的背部肌肉。這兩塊三角肌各有一闊端附著於脊椎和骨盆帶上，較窄的一端則在肩下延伸到肱骨。背闊肌的功能是幫助延伸、收回和旋轉手臂。

- 2 Erector Spinae:** Composed of the iliocostalis, longissimus, and spinalis muscles, these muscles extend from the neck to the buttocks, with the parts in the waist and chest covered by the thoracolumbar fascia and those in the neck covered by the nuchal ligament. The erector spinae muscles primarily participate in bending, extending, and rotating the upper body.



- 2 豎脊肌：**由髂肋肌、最長肌與脊柱胸肌這三組肌肉組成，從頸部延伸至臀部，在腰部和胸部的部分由胸腰筋膜所覆蓋，在頸部的部分則由項韌帶所覆蓋。豎脊肌主要是參與上身的屈伸及旋轉動作。

- 3 Rhomboid Muscles:** These can be divided into the major and minor rhomboid muscles and are located between the shoulder blades. The rhomboid muscles are mainly responsible for fixing and rotating the scapula and lifting it.



- 3 菱形肌：**可分為大菱形肌與小菱形肌這兩塊肌肉，位於肩胛骨之間。菱形肌主要負責固定、拉動肩胛骨的旋轉和抬高。

Back muscles are involved in almost all daily movements, so they must have enough muscle strength to efficiently perform all activities. In addition, strengthening the back muscles is crucial for reducing the risk of pain and injury. When the back muscles are easily fatigued, poor posture and lower back pain can result. Moreover, when the back muscles are weak, the body relies on tendons and ligaments that connect the bones to provide support and maintain stability, resulting in lower back pain and functional disabilities. Therefore, having stronger back muscles can help improve the overall performance in daily life, training, or sports.

Back Muscles Training Exercise Arrangement

The number of sets and repetitions in training exercises are helpful in achieving target states. Choosing different exercises for mixed training and performing back muscle training from different angles are highly recommended. Basically, back muscle training can be divided into compound exercises and isolation exercises. The nine training exercises below will increase the stimulation of back muscles.

背部肌群幾乎參與所有日常生活的動作，因此它們必須要擁有足夠的肌肉強度，才能更有效率地應付所有的生活動作。此外，加強背部肌群的肌肉強度對於降低疼痛和受傷的風險亦至關重要。當背部肌肉容易疲勞時，將會導致身體姿勢不良及腰背痠痛等問題。而且，當背部肌肉較弱時，身體將依靠連接骨骼的肌腱和韌帶來提供支撐和穩定性，這會導致下背痠痛和功能性的障礙。因此，擁有更強壯的背部肌肉可有助提高日常生活、訓練或各項運動中的整體表現。

背部肌肉訓練動作安排

訓練的組數與重複次數均有助達成目標狀態，選擇不同的動作來進行混合訓練，並從不同的角度來進行背肌訓練將會是最佳的建議。基本上，背肌的訓練可簡單分為「複合式動作」及「孤立式動作」這兩類。以下的9個訓練動作，可讓背肌刺激度獲得提升。

Compound exercises for the back include:

背部複合式動作包括：

Compound Exercises

Compound exercises activate multiple muscle groups in the same movement and use heavier weights in training exercises, which is beneficial for building overall muscle mass and strength. Compound exercises are also the closest to the movement patterns required in daily life.



Deadlifts
硬舉



Rows
划船



Squats
深蹲



Pull-ups
引體向上



Push-ups
伏地挺身

Isolation exercises for the back include:

背部孤立式動作包括：

Isolation Exercises

Isolation training mainly focuses on single muscle groups, emphasizing muscle detail carving and providing the least amount of stimulus to the back muscles. It allows the trainee to strengthen personal weaknesses, thereby enhancing training effects and bringing balance to the back muscle group.

孤立式動作

孤立式訓練主要是針對單一肌群，注重肌肉細節調刻，動作對背部肌肉提供最少的刺激。它能让訓練者針對個人弱項進行增強，從而提升訓練成效，並為背部肌群帶來平衡。



Face pulls
臉拉



Reverse flies
反向飛鳥



Cable straight arm pulldown
直臂下拉



Dumbbell one-arm row
啞鈴單臂划船

Strengthen our Back Muscles Workshop with Fiji Wu

由吳凱樂教練教授的
加強背部肌肉工作坊



12 Aug (Sat) or 16 Sep (Sat)

3pm – 4pm

8/F Aerobics Studio

16 years old or above

M \$270 G \$300

Enrolment deadline:

5 Aug (Sat)

Advanced booking is required

8月12日(星期六) 或 9月16日(星期六)

下午3時至下午4時

8樓跳舞室

16歲或以上

會員 \$270 賓客 \$300

截止報名日期: 8月5日(星期六)

敬請預約

Football

足球

Ancient football originated around the same time in China, during the Warring States period with Cuju, and in ancient Greek football. In early 2004, the International Football Association confirmed that ancient China's Cuju was the earliest prototype of football. Peter Velappan, the secretary-general of the Asian Football Confederation, presented the Origin Cup and certificate. Modern football is considered to have originated in mid-19th century England.

Football primarily refers to English football, officially called association football. It is a popular team ball sport worldwide and the most popular, widely accepted and widespread of all sports. Thus, it is known as "The World Game."

Football training is beneficial for training children's hand-eye coordination and body balance. Through group learning, it can also help develop their team spirit.

For adults, playing football can benefit brain and cardiovascular activity. Regular exercise not only help in controlling weight, lowering blood pressure and improving cholesterol problems, it can also boost the mood, reduce anxiety, and enhance sleep quality.

古代足球起源於中國戰國時代的蹴鞠，以及同時代的古希臘足球。於2004年初，經國際足球協會的確認，古代中國的蹴鞠是足球運動的最早雛形。亞洲足球協會秘書長維拉潘頒發了起源紀念盃和證書。而現代足球被認為起源於19世紀中期的英國。

足球主要專指英式足球，官方名為協會足球，是一種世界流行的團體球類運動，也是所有體育運動中最受歡迎、接受度最高、普及面最廣的一種，並被譽為「世界遊戲」。

足球訓練有助訓練小朋友的手眼協調，以及身體平衡。而透過群體學習更可令小朋友學會與他人互相配合，發揮團隊精神。

踢足球對成年人來說，有益於大腦及心血管活動。定期進行體育活動可幫助控制體重、降低血壓和改善膽固醇問題，還可以改善情緒、減少焦慮，並提升睡眠質素。



#BE
PHENO
MENAL

Summer Football Classes at Ronaldo Academy Hong Kong

由香港朗拿度足球學院舉辦的夏日足球班

Ronaldo Academy was created by the legendary Brazilian footballer Ronaldo. It is the world's premier network of football schools. The football training provided is specifically designed to create a fun atmosphere through creative play-based effective football learning.

Join the summer football classes at the Ronaldo Academy Hong Kong to kickstart a lifelong passion for football.

朗拿度足球學院是由巴西足球傳奇前鋒朗拿度所創建，是全球首屈一指的足球學院。學院提供的足球訓練以有趣的遊戲方式來授課，並針對各個年齡層的學生設立有效的足球課程。

立即報名參加由香港朗拿度足球學院舉辦的夏日足球班，激發對足球的熱情。

Lesson 1: Brazilian Football Foundational Core

- Defensive strength
- Midfield balance
- Brazilian flexibility
- Striker speed
- Carioca agility

Lesson 2: Ronaldo's Technique

- Super glue ball control
- Carioca dribbling
- Precision passing
- Destroyer goal kicking

Lesson 3: Smart Strategy

- Power defense
- Brilliant midfield
- Killer attack
- Majestic goal keeping

Lesson 4: Winning Matchplay

- Excellent teamwork
- Smooth coordination
- Quick decision making
- Beautiful game sportsmanship

5, 12, 19, 26 Aug (Sat)

9am - 10am

8/F Multi-purpose
Squash Court

4 years old or above

M \$2,000/4 lessons*

G \$2,400/4 lessons*

Enrolment deadline:

1 Aug (Tue)

Advanced booking is required

*Once the registration is confirmed,
the fee will not be refunded.

*Each participant will be provided with
Ronaldo Academy uniform
(jersey & shorts).

*Lessons will be conducted in English.

8月5、12、19及26日（每逢星期六）

上午9時至上午10時

8樓多用途壁球場

4歲或以上

會員 \$2,000 / 四堂*

賓客 \$2,400 / 四堂*

截止報名日期：

8月1日（星期二）

敬請預約

*報名一經確認，費用將不可退還。

*每名參加者將獲得R9足球隊制服
（一件球衣及一條短褲）。

*課堂將以英文授課。



Summer Calligraphy Classes 夏日書法班

Ignite your children's artistic passion with our upcoming summer calligraphy classes. Over four lessons, our professional instructors will teach the participants the foundational skills of calligraphy, guiding them to craft words. They will then learn to draw flowers and create their own artwork. These classes offer a fantastic opportunity for Junior Members to nurture their talents, unleash their creativity, and develop an appreciation for the art of calligraphy through a fun-filled learning experience.

報名參加本會即將舉辦的夏日書法班，激發孩子對藝術的熱情。在四節課堂中，專業導師將先教授學員書法的基本技巧，指導他們書寫藝術字體。隨後，他們將學習繪畫花朵，並創作出獨一無二的藝術作品。夏日書法班讓小會員透過有趣的學習體驗，培養他們的才能，讓他們發揮無限創意，並學會欣賞書法藝術。

8 Aug (Tue) – Lesson 1: Basic Skill of Calligraphy
11 Aug (Fri) – Lesson 2: Blessing Words Writing
15 Aug (Tue) – Lesson 3: Flower Drawing with Calligraphy
18 Aug (Fri) – Lesson 4: Art Work with Calligraphy

10am – 11am
8/F Crown Room
6-12 years old

M \$1,800 /4 lessons* G \$2,000 /4 lessons*

Enrolment deadline: 4 Aug (Fri)

Advanced booking is required

*Once the registration is confirmed, the fee will not be refunded.

8月8日(星期二) – 第一堂：書法基本技巧
8月11日(星期五) – 第二堂：書寫祝福語
8月15日(星期二) – 第三堂：繪畫花朵與書法
8月18日(星期五) – 第四堂：藝術作品與書法

上午10時至上午11時
8樓皇冠房
6至12歲

會員\$1,800/四堂* 賓客\$2,000/四堂*

截止報名日期：8月4日(星期五)

敬請預約

*報名一經確認，費用將不可退還。

Calligraphy with Cartoon Workshop

卡通書法工作坊

During the workshop on 20 May, Members unleashed their creativity and created unique greeting cards and message tags as they learnt to incorporate modern calligraphy into cartoon patterns.

在5月20日舉辦的卡通書法工作坊，會員學會將現代書法融入卡通圖案，並發揮無限創意，製作出獨一無二的賀卡及心意掛牌。



Mother's Day

溫馨母親節

It was a beautiful sight all around the Club as Members and their mothers celebrated Mother's Day together on 14 May. Mums were showered with affection and love by their family while savoring the "All-You-Can-Eat" Menu at Noble.

5月14日，本會處處洋溢溫馨場面，會員和母親們一同歡度母親節。一家人在Noble 品嚐豐盛佳餚，共享天倫之樂，並向媽媽送上無限愛意。



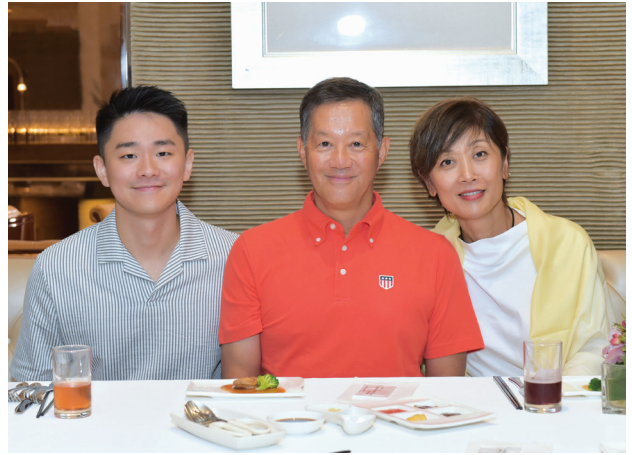


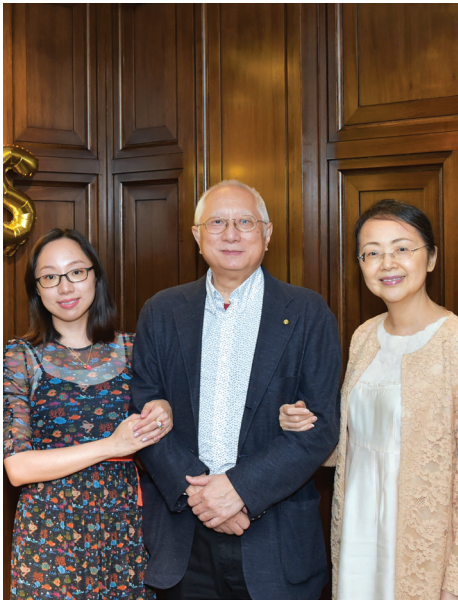
Father's Day Celebration

慶祝父親節

On 18 June, dads are treated by their family to a well-deserved celebration at Noble where they savoured "All-You-Can-Eat" Menu and spent quality time with the loved ones. A happy Father's Day to all our amazing dads.

於6月18日父親節，會員攜同爸爸蒞臨Noble 享用盛宴，樂聚天倫，一家樂也融融。祝願各位爸爸父親節快樂！





Kickboxing Workshop with Cori Chiu

由趙凱茵教練教授的踢拳工作坊

Members had a thorough work-out during the Kickboxing Workshop on 17 June. Under the guidance of fitness instructor Cori Chiu, Members learnt to train their overall muscle endurance and improve their flexibility through a series of movement of kickboxing.

在6月17日舉辦的踢拳工作坊，會員進行了全面的鍛煉。在趙凱茵教練的指導下，會員學會透過一系列踢拳動作，以訓練全身肌肉耐力及改善靈活性。



Aug

12 (Sat 六)

Strengthen our Back Muscles
Workshop with Fiji Wu
由吳凱樂教練教授的加強背部肌肉工作坊
8/F Aerobics Studio
8樓跳舞室



5, 12, 19, 26 (Sat 六)

Summer Football Classes at Ronaldo
Academy Hong Kong
由香港朗拿度足球學院舉辦的夏日足球班
8/F Multi-purpose Squash Court
8樓多用途壁球場



8, 11, 15, 18 (Tue 二)
(Fri 五)

Summer Calligraphy Classes
夏日書法班
8/F Crown Room
8樓皇冠房



1 – 31

Unique Anhui Cuisine
獨特安徽菜
Imperial City 御苑



1 – 31

French Black Mussels
法國青口
Noble



1 – 31

Tastefully Thai
「泰」滋味
Dynasty Café 咖啡室



Sep

16 (Sat 六)

Strengthen our Back Muscles
Workshop with Fiji Wu
由吳凱樂教練教授的加強背部肌肉工作坊
8/F Aerobics Studio
8樓跳舞室



29 (Fri 五)

A Mid-Autumn Festival Feast
中秋盛宴
Noble



1 – 30

Zhejiang Cuisine
浙江菜
Imperial City 御苑



1 – 30

Perfect Poultry
完美家禽
Noble



1 – 30

Delicious Baked Rice
滋味焗飯
Dynasty Café 咖啡室





Poliform