

PolyU Kung Fu Festival: Traditional Chinese Archery Class

理大武林大會：中華傳統射藝班

Instructors

Mr Stephen Selby

Traditional Chinese Archery Expert
and Instructor

Mr Lam Hing-kit

Traditional Chinese Archery Instructor

教練

謝肅方先生

中華傳統射藝學者及教練

林慶杰先生

中華傳統射藝教練

30 & 31 March 2019
(Saturday & Sunday – 2 sessions)
10 am – 4 pm
Fong Shu Chuen Hall

Chi+Eng

Archery is one of the Six Arts of ancient China. Apart from physical fitness and skills, the art emphasizes the character and emotional state of the archer. Archery scholar Mr Stephen Selby and Mr Lam Hing-kit will introduce the history and cultural significance of traditional Chinese archery, and instruct the participants in basic archery techniques.

Mr Stephen Selby is a well-known archery scholar and instructor. He is also a leading expert on intellectual property, sinologist, and adjunct professor at PolyU. He has published two publications on archery: *Chinese Archery and Archery Traditions of Asia*.

Mr Lam Hing-kit is a seasoned and qualified Chinese archery instructor and referee.

射藝列於儒家六藝，孔子認為士君子習射藝，除講求體力和技巧，亦當重品德及心境。導師謝肅方先生及林慶杰先生除會講解中華傳統射藝的歷史和文化意義，亦會親自挽弓，傳授學員射藝的入門技法。

謝肅方先生是本港著名射藝學者和教練，曾出版兩本射藝專著：《射書十四卷》和《百步穿楊》。謝先生亦是知識產權權威、理大客座教授。

林慶杰先生是資深中華射藝教練，2017年參加上海對外經貿大學舉辦的全國大學傳統弓教練及裁判班，考獲教練及裁判資格。

