

Press Release

SJM is Set to Present The 5th Greater Bay Area Martial Arts Scholar Championship and The 1st Asia Pacific Chinese Wushu Cultural Festival *Along with Wellness Events, Masterclasses, and Health Seminars, Promoting the Development of Macau's "Tourism + Health" Initiative*

(Macau, 12 March 2025) Exclusively title-sponsored by SJM Resorts, S.A. ("SJM"), and co-organised by the Hong Kong Tai Chi Youth Charitable Foundation and the Macao Institute of Traditional Chinese Martial Arts, "The 5th Greater Bay Area Martial Arts Scholar Championship and The 1st Asia Pacific Chinese Wushu Cultural Festival" will be held at the iconic Macau Tower from 15 to 16 March. The event will offer a vibrant blend of traditional martial arts demonstrations, health and wellness activities, and friendly exchanges from across the Greater Bay Area. Over a hundred young athletes from Hong Kong and Macau will exchange martial arts techniques with their peers from nine Greater Bay Area cities, representing an invaluable learning opportunity. Local residents and tourists are warmly invited to join and share in the joy of Tai Chi and martial arts.

Ms. Daisy Ho, Managing Director of SJM and Chairperson of The 5th Greater Bay Area Martial Arts Scholar Championship and The 1st Asia Pacific Chinese Wushu Cultural Festival Committee, said, "Martial arts are a treasured part of China's sporting heritage, deeply rooted in tradition and widely embraced by the public. In line with the principle of 'Fitness for All, Healthy China', SJM is proud to support this health-driven event, fostering valuable exchange across the Greater Bay Area while contributing to the development of Macau's health and wellness industry. Beyond its appeal as a spectator sport and its cultural significance, martial arts also play a key role in integrating "Tourism + Health," attracting international enthusiasts and sports tourists to Macau. By offering them an immersive experience in the city's unique sports tourism landscape, this initiative further enhances Macau's position as a 'World Centre of Tourism and Leisure.'"

Ms. Li Fai, Chairperson of Hong Kong Tai Chi Youth Charitable Foundation, Executive Co-Chairperson of the event's Organising Committee, and former Tai Chi World Champion, said, "We always want to break the stereotype about martial arts –it's not just about contest but a path to health and wellness. Even beginners can learn Tai Chi basics at the event, enjoy physical and mental well-being, and find a sense of comfort in achieving internal and external balance."

Held for the First Time in Macau: Continuing to Promote Health and Wellness

Following the successful inaugural event in 2018, the "Greater Bay Area Martial Arts Scholar Championship" has established itself as a significant platform for promoting national fitness and preserving the tradition of Chinese martial arts within the Greater Bay Area. This year's Macau event will focus on "National Fitness, National Well-being," integrating martial arts into the daily lives of local residents and tourists through complimentary seminars, interactive experiences, and cultural performances.

Themed activities will be extended to the Grand Lisboa Palace Resort Macau, where Tai Chi Health & Wellness and Nan Quan classes will be taught by former World Tai Chi Champion, Li Fai, and President of the Japan Manual Therapy Practitioners Association Federation, Yamanaka Mieko, along with national-level coach (grade 3) Huang Jian Gang. Participants can experience body-mind harmony on the lush lawn of Jardim Secreto. At the same time, Grand Lisboa Palace restaurants, such as Palace Garden, Hua Ting, Chalou, The Book Lounge and La Scala del Palazzo will offer wellness-focused dishes—such as *Fish Maw Braised with Edamame and Pickled Mustard*, *Silky Fowl Soup Double Boiled with Cordyceps Flower and Ginseng*, *Fish Bisque in Shunde Style*, *Pearl Couscous Salad* and *Parmigiana di Melanzane* — promoting internal and external harmony in health cultivation.

Connecting Hong Kong & Macau and Continuing the Legacy of Martial Arts

The event embodies the spirit of Hong Kong-Macau cooperation, bringing together renowned masters from both regions. Li Fai, Chairperson of the Hong Kong Tai Chi Youth Charitable Foundation, and Chan Kung Wai, Founder of the Macao Institute of Traditional Chinese Martial Arts will lead the way. Ms. Ho said, “The event is not just a competition but a collaborative effort between Hong Kong and Macau to promote national fitness and foster youth exchanges within the Greater Bay Area. The event brings together renowned martial arts masters from China and Japan, featuring captivating martial arts demonstrations such as Baduanjin and Tai Chi, attracting visitors from across regions to Macau for this grand occasion.” Ms. Daisy Ho continued, “Co-organised by non-profit organisations from Hong Kong and Macau, this event showcases the unique synergy between the two cities while providing a valuable platform for youth across the Greater Bay Area to connect and grow.”

“Cultural Tourism + Health” Experience: Showcasing the Vibrant Charm of Macau

During the event, the organisers created a “Macau Cultural and Health City Walk” map, guiding participants through Macau’s UNESCO World Heritage Sites, including the Ruins of St. Paul’s and A-Ma Temple. This initiative offers residents and tourists a unique blend of physical activity and cultural immersion, showcasing Macau’s distinctive East-West heritage and creating an immersive “Cultural Tourism + Health” experience.

Complimentary Masterclasses and Seminars: Sign Up Now!

- Masterclasses: Top masters Zhu Tian Cai (China’s 9th Grade Wushu Instructor) and Fu Qing Quan (China’s 8th Grade Wushu Instructor) will guide participants through the essence of Tai Chi. Wing Chun master Kong Chi Keung will further demonstrate practical techniques. This masterclass offers an unparalleled opportunity to learn directly from renowned masters and gain a deeper understanding of traditional Chinese martial arts—both their cultural significance and practical applications.
- Health Seminars: Li Fai, former Tai Chi World Champion, and Yamanaka Mieko, President of the Japan Manual Therapy Practitioners Association Federation, will lead a health seminar exploring the synergy of traditional yin-yang principles and

modern fitness. Participants will learn techniques to alleviate stress and enhance fitness, promoting overall physical and mental well-being.

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