

# MAN OF THE MONTH FOR AUGUST 2014

## CHE KUONG HON

IS A VERSATILE SPORTSMAN IN MACAU BECAUSE OF HIS SPORTING CAREER WHICH HE STARTED AT THE TENDER AGE OF 10 AND PLAYED AN IMPORTANT ROLE FOR JUDO AND BODYBUILDING FOR HIS COUNTRY. BORN ON 5<sup>TH</sup> AUGUST IN MACAU AND HAPPILY MARRIED WITH TWO CHILDREN, ONE GIRL AND A BOY.

**PROFESSION:** AN ENTREPRENEUR, PART-TIMER PROFESSOR AND JUDO CHIEF INSTRUCTOR.

**HOBBIES:** SPORTS WHICH INCLUDES JUDO, BODYBUILDING, KARATE AND BOXING.





*Photo taken at #8  
the President of Timor's  
residence*

**He was the founder of Macau Bodybuilding and Fitness Association (MBFA). The association was founded in January 1999 and he served as the Executive Committee during the first few years, after that he left the association for some time.**

**Later the MBFA ceased its activities for few years, and then in 2004, he was invited by the Government to take charge of the MBFA to revive and develop the sport of bodybuilding in Macau. He was elected as the Chairman of the MBFA in 2004 and later in 2010 he was elected as the President of the association.**

**He was appointed as the Vice-President of the Asian Bodybuilding and Physique Sports Federation in early 2013 for his vast knowledge and contributions for the development to bodybuilding and Physique sports in Asia.**

**He took to bodybuilding at the age of 15 yrs and started in Judo when he was 10 years old. He strongly believed that weight training is very important for many sports especially for martial arts like Judo, Karate and Boxing. It helped him to keep fit, trim and strong in combat sports. He trained with weights and became a bodybuilder but not a professional. He got involved for the love of the physique sport of bodybuilding.**



*Q. What do think of Bodybuilding and Physique Sports in Macau?*

A. "Bodybuilding and Physique Sports are quite popular in Macau, a lot of people practice bodybuilding and like to train in gyms".

Che Kuong Hon started Judo when he was 10 years old and was selected in the Macau National Team and took part in many international events and competitions. He is the founder and President of the Macau Judo Association up to the present date. He also serve as the General Treasurer (Executive Member) of Judo Union of Asia (JUA) and Financial Committee member of International Judo Federation (IJF): 1989 - 1998; and Head Sports Director of JUA, Sports Commission Member of IJF: 2002 to present. He is 8<sup>th</sup> Dan holder in Judo.

*Q. What is your favorite food?*

A. "I like all kind of food as long as there is good taste"

Che like to listen to classic music and he has no specific favorite bodybuilder.

*Q. You are the host of the 48<sup>th</sup> Asian Bodybuilding Championships, how do you feel having this continental event in your country this year?*

A. "Having the 48<sup>th</sup> Asian Bodybuilding Championships in Macau, it will help the development of bodybuilding in Macau and to promote bodybuilding in Asia".