

## 第八屆香港傑出義工獎得獎者

### The 8th Hong Kong Volunteer Award Winner



李安東先生

Mr LI On Tung Anthony

提名人 : 葉湛溪先生  
Nominator : Mr YIP Cham Kai

李安東先生現職資訊科技統籌主任，亦是一名跆拳道師範，曾多次獲優秀教練的殊榮。李先生參與義務工作 20 年，於十多年前在一次宗教聚會上，受到教友表演手語歌的啟發，萌生發揮所長的想法 — 教導傷健人士在輪椅上打跆拳道。

以往香港沒有一個組織有系統地訓練殘疾人士練習武術，殘疾人士的武術亦不被傳統武術界認可。為此，李先生矢志將傷健平權和武術二合為一，於 2004 年成立了「香港輪椅武術總會」，讓殘疾人士也有機會參與武術訓練。李先生更親自培訓他們成為教練，讓他們開班授徒，薪火相傳，積極在社區推廣關愛共融。

李先生秉持跆拳道中「百折不屈」的精神，更透過跆拳道將這份信念傳揚開去，讓殘疾人士克服身體上的障礙，提高他們的自我價值。李先生有一句格言：「跆拳道並非志在踢得多高、打得多大力，而是磨練練武者的意志和內在精神。」他常以此鼓勵學員勇於嘗試，透過武術讓健全人士和殘疾人士都可以生命影響生命，傳揚殘而不廢、傷健共融的訊息。

Mr Li On Tung Anthony, information technology coordinator, is a Taekwondo instructor and has won many awards as an outstanding coach. Mr Li has been engaged in volunteer service for 20 years. At a sign language song performance by his church friend some 10 years ago, ideas came to his mind that he could perhaps put his expertise to the best use, i.e. to teach Taekwondo to the physically disabled in wheelchairs.

In the past, there was no organization providing martial arts training to persons with disability in a systematic manner. Furthermore, martial arts practised by the disabled were not recognized by the traditional martial arts community. With this in mind, Mr Li determined to combine the rights of the disabled and martial arts. In 2004, he set up the “Hong Kong Wheelchair Martial Arts Association” so that disabled persons would also have the opportunity to receive martial arts training.

Mr Li would personally train them to become coaches, allowing them to start their own training classes and thereby passing the torch to actively promote care and harmony in the community.

Mr Li upholds the spirit of “Unyielding” in Taekwondo and spreads this belief through Taekwondo. This would encourage the disabled to overcome their physical barriers and improve their self-worthiness. Mr Li keeps a motto: “The essence of Taekwondo does not lie in kicking how high or hitting how hard, but in honing the determination and the inner spirit of the practitioners.” He often used this motto to encourage learners not to be afraid of trying. Thus, by means of martial arts, both the able-bodied and the disabled can influence life through life and pass on the message that disability does not mean useless and there can be harmony between the able-bodied and the disabled.