

GAFENCU



Publication: Gafencu

Link: http://www.igafencu.com/gm/content_en.php?is=46&cat=9

Date: January 2012

Frequency: Monthly

GAFENCU

HEALTH



Fairway To Heaven

A golf-related fitness regime could optimise both your health and your handicap

Golf, any enthusiast will tell you, is far more than just a passing trend. Considered among the most prestigious of sports—and the game of a true gentleman—golf is now hugely popular throughout Asia. Lush, green golf courses and VIP resorts have spread across the continent in order to cater to the ever-growing number of golf vacations.

While golf's luxury status is assured and its many techniques are well documented, the fitness regime required to improve your swing is considerably less well known. Certain workouts and exercises are also ideal when it comes to building your stamina and strength for the game.

One such training regime, Gyrotonic applications for golf, has been formulated by Dave Rasmussen, a leading PGA Tour instructor with over 30 years of golf-teaching experience. Rasmussen collaborated with Juliu Horvath—the founder of Gyrotonic—to develop a special programme for golfers.

The Gyrotonic method was originally created by Horvath, a swimmer, gymnast and former ballet dancer. The word "Gyrotonic" is derived from "gyro", meaning spiral or circle, and "tonic", which means invigorating or relating to muscle toning.

It consists of exercises based upon the concepts of three-dimensional, multi-directional and spherical movement. The workout uses apparatus specifically designed to increase the spinal range of motion, distributing forces of rotation evenly across the backbone. It essentially involves large, circular movements against various forms of resistance. Every exercise is synchronised with a specific type of breathing pattern, facilitating cardiovascular and aerobic rhythms (delicate or vigorous), according to performance intensity and speed.

In Hong Kong, Iso Fit, a leading Gyrotonic and Pilates studio, offers this specialised training workout. Dawnna Wayburne, director of Iso Fit, and a Gyrotonic master trainer, has worked with Rasmussen and incorporated his unique principles into sessions for those looking for a way to improve their golf game.

Commenting on this specialised training for golfers, Wayburne says: "Gyrotonic training gives golfers the best possible combination of strength and flexibility. It employs multiple systems for every part of the swing.

"These exercises not only help you stretch and strengthen in a golf-specific manner, but

Publication: Gafencu

Link: http://www.igafencu.com/gm/content_en.php?is=46&cat=9

Date: January 2012

Frequency: Monthly

GAFENCU

“Back problems plague all levels of golfers, from novices all the way up to professional players”

they also train you to actually move your body differently and swing the golf club better.”

Discussing the main problems that golfers face, she says: “During golf, you are repeatedly bending over the ball and twisting your body more in one direction than the other. This results in the same muscles being over-used and puts excessive strain on these and related joints.

“The shoulders, neck, hips and feet are all vulnerable, but it is the lumbar spine that is the most vulnerable. As a result, back problems plague all levels of golfers, from novice to professional player. The key is learning to engage your stabilising muscles, creating a strong centre from which you move.”

Many Gyrotonic exercises directly mimic what a golfer needs to do with his arms, wrists, hands and torso during the golf swing. This training system helps golfers to play much more consistently.

It increases and strengthens the hip and shoulder turn, improving the rotation of the arms as well as strengthening the wrists and forearms. It also helps the player to learn proper lower body movement, with correct foot and ankle movement and proper weight shift. Ultimately this helps to increase the flexibility and strength necessary to maintain one's balance and create stability with the ground during the swing.

In spite of its numerous benefits, Gyrotonic training hasn't quite caught on in Hong Kong. Wayburne says: “Among men who have tried and used Gyrotonic training, it

has become very popular. The training usually consists of bi-weekly sessions, all designed to re-enforce the existing strategies of the player.

“Unfortunately, most men in Hong Kong are unaware that this training exists. In fact, besides golf, the Gyrotonic system also helps improve stamina for several other rotational sports, notably dragon boat racing and tennis.”

Highlighting some of the equipment used in the golf-focused sessions, Wayburne says: “Among the key pieces that contribute to an improved golf strategy are the pulley tower, the gyrotoner, the jumping stretching board and the archway.”

The pulley tower boosts the spiral motion that is integral to any good golf swing. It provides much of the power generated during the golf swing, which places tremendous physical demands on the body.

The “arch and curl” series of the pulley tower gives the golfer a sense of how to stay centred and rotate in a balanced setting. The gyrotoner makes the muscles of the torso stronger, helping you to hit the ball farther. It loosens and strengthens the entire spine, while multiple arm articulations help to work out the entire shoulder girdle, allowing for a greater ability to rotate the arms and the torso.

Pilates is another exercise regime favoured by many professional golfers over the last few years. Developed by the trainer and gymnast, Joseph Pilates, the system aims to improve posture and increase flexibility through controlled strengthening and stretching exercises.

The exercises work the abdominal muscles and pelvic floor, helping to create a centre of balance for the body, improving core muscle tone and alignment. Pilates can be performed as floor exercises on a mat using your body weight. Alternative workouts involve the use of a range of specific Pilates equipment.

Ruth Hogg, a certified teacher with the Polestar Pilates organisation, conducts mat-based Pilates classes at Hong Kong's RH+ Studio. Commenting on the popularity of Pilates among men, she says: “An increasing number of men in Hong Kong are taking up Pilates with the specific goal of improving their golf swing. Golf, like Pilates is about ‘core strength’. In both activities, all movements originate from the body's centre, or ‘powerhouse’ as Joseph Pilates calls it.”

Addressing the benefits of Pilates, Hogg says: “Golf is all about precision. A small adjustment of the golfer's shoulder's flexibility can be responsible for a drive from the tee veering onto the rough or going straight onto the green.

“By strengthening the body's key stabilising muscles, Pilates dramatically improves your golf swing and reduces the risk of injuries commonly associated with the sport.”

Besides helping to improve your swing, Pilates also helps you increase your core strength and muscle tone. It achieves this by enhancing functional fitness and increasing joint mobility, as well as improving balance, coordination, and circulation. All this, in turn, helps to improve one's performance technique in sports.

Whether its Gyrotonic or Pilates, a properly implemented exercise programme is sure to help you tee off to perfection, while leaving you with a considerably thinner waistline. ■

www.igafencu.com 167


Publication: Gafencu

Link: http://www.igafencu.com/gm/content_en.php?is=46&cat=9


Date: January 2012


Frequency: Monthly

GAFENCU




INTELLIGENT, HIGH-PERFORMANCE BUSINESS JETS.





Sunseeker
NEW PREDATOR 115




高峰傲
GAFENCU
MEN

ENGLISH | 中文

HOME
CURRENT ISSUE
PAST ISSUES
GAFENCU TV
GAFENCU VIDEOS
BEST OF THE BEST

Gafencu Men > [Current Issue](#) > [Health](#)


ISSUE: January 2012



[VIEW E-MAGAZINE](#)


- COLLECTIBLES
- DESIGN ICON
- ENTERTAINMENT
- ETIQUETTE
- FASHION
- FASHION
- FEATURES
- FEATURE FASHION
- GADGETS
- GAFENCU EYE
- GROOMING
- HEALTH
- HOROSCOPES
- INDULGENCE
- INSPIRATION
- INVESTMENT
- LOOK
- Men U
- MY SPACE
- PEOPLE : POWER
- PEOPLE : GUEST
- PEOPLE : STYLE
- SPORTING CELEBRITIES
- RELATIONSHIPS
- TIME
- TRAVEL
- WARDROBE
- WHAT'S IN
- WHEELS
- WINE

NEW VIDEOS



Jan-2012

Fairway To Heaven
A golf-related fitness regime could optimise both your health and your handicap



Click photo to enlarge

Golf, any enthusiast will tell you, is far more than just a passing trend. Considered among the most prestigious of sports—and the game of a true gentleman—golf is now hugely popular throughout Asia. Lush, green golf courses and VIP resorts have spread across the continent in order to cater to the ever-growing number of golf vacations.

While golf's luxury status is assured and its many techniques are well documented, the fitness regime required to improve your swing is considerably less well known. Certain workouts and exercises are also ideal when it comes to building your stamina and strength for the game.

One such training regime, Gyrotonic applications for golf, has been formulated by Dave Rasmussen, a leading PGA Tour instructor with over 30 years of golf-teaching experience. Rasmussen collaborated with Juliu Horvath—the founder of Gyrotonic—to develop a special programme for golfers.

The Gyrotonic method was originally created by Horvath, a swimmer, gymnast and former ballet dancer. The word "Gyrotonic" is derived from "gyro", meaning spiral or circle, and "tonic", which means invigorating or relating to muscle toning.

It consists of exercises based upon the concepts of three-dimensional, multi-directional and spherical movement. The workout uses apparatus specifically designed to increase the spinal range of motion, distributing forces of rotation evenly across the backbone. It essentially involves large, circular movements against various forms of resistance. Every exercise is synchronised with a specific type of breathing pattern, facilitating cardiovascular and aerobic rhythms (delicate or vigorous), according to performance intensity and speed.

In Hong Kong, Iso Fit, a leading Gyrotonic and Pilates studio, offers this specialised training workout. Dawnna Wayburne, director of Iso Fit, and a Gyrotonic master trainer, has worked with Rasmussen and incorporated his unique principles into sessions for those looking for a way to improve their golf game.

Commenting on this specialised training for golfers, Wayburne says: "Gyrotonic training gives golfers the best possible combination of strength and flexibility. It employs multiple systems for every part of the swing.

"These exercises not only help you stretch and strengthen in a golf-specific manner, but they also train you to actually move your body differently and swing the golf club better."

TASSELS

The MACALLAN

Breguet
Depuis 1775

寰宇影音中心
UNIVERSAL AUDIO & VIDEO CENTRE

The MACALLAN
64
YEARS OLD

LUXURIOUS BATHING
CZECH & SPEAKE
Jermya Street London
www.czechandspeake.com

ST REGIS
BEIJING

Publication: Gafencu

Link: http://www.igafencu.com/gm/content_en.php?is=46&cat=9

Date: January 2012

Frequency: Monthly

GAFENCU

Prints And The Revolution :

The digital dawn seemed to mark the end for China Hong Kong Photo Products, previously the biggest supplier of film to the Chinese mainland, until chairman Dennis Sun set about reinventing the business.



Classy Lady : Joanna Hotung, the founder of Kids' Gallery, celebrated the 15th anniversary of her business by launching a new school in Delhi. What could be next, then, for this educational entrepreneur?



Tagory Details : In 1997, Sundaram Tagore opened Hong Kong's first international art gallery. Since then it has been often imitated, but never bettered.

Discussing the main problems that golfers face, she says: "During golf, you are repeatedly bending over the ball and twisting your body more in one direction than the other. This results in the same muscles being over-used and puts excessive strain on these and related joints."

"The shoulders, neck, hips and feet are all vulnerable, but it is the lumbar spine that is the most vulnerable. As a result, back problems plague all levels of golfers, from novice to professional player. The key is learning to engage your stabilising muscles, creating a strong centre from which you move."

Many Gyrotonic exercises directly mimic what a golfer needs to do with his arms, wrists, hands and torso during the golf swing. This training system helps golfers to play much more consistently.

It increases and strengthens the hip and shoulder turn, improving the rotation of the arms as well as strengthening the wrists and forearms. It also helps the player to learn proper lower body movement, with correct foot and ankle movement and proper weight shift. Ultimately this helps to increase the flexibility and strength necessary to maintain one's balance and create stability with the ground during the swing.

In spite of its numerous benefits, Gyrotonic training hasn't quite caught on in Hong Kong. Wayburne says: "Among men who have tried and used Gyrotonic training, it has become very popular. The training usually consists of bi-weekly sessions, all designed to re-enforce the existing strategies of the player."

"Unfortunately, most men in Hong Kong are unaware that this training exists. In fact, besides golf, the Gyrotonic system also helps improve stamina for several other rotational sports, notably dragon boat racing and tennis."

Highlighting some of the equipment used in the golf-focused sessions, Wayburne says: "Among the key pieces that contribute to an improved golf strategy are the pulley tower, the gyrotoner, the jumping stretching board and the archway."

The pulley tower boosts the spiral motion that is integral for any good golf swing. It provides much of the power generated during the golf swing, which places tremendous physical demands on the body.

The "arch and curl" series of the pulley tower gives the golfer a sense of how to stay centred and rotate in a balanced setting. The gyrotoner makes the muscles of the torso stronger, helping you to hit the ball farther. It loosens and strengthens the entire spine, while multiple arm articulations help to work out the entire shoulder girdle, allowing for a greater ability to rotate the arms and the torso.

Pilates is another exercise regime favoured by many professional golfers over the last few years. Developed by the trainer and gymnast, Joseph Pilates, the system aims to improve posture and increase flexibility through controlled strengthening and stretching exercises.

The exercises work the abdominal muscles and pelvic floor, helping to create a centre of balance for the body, improving core muscle tone and alignment. Pilates can be performed as floor exercises on a mat using your body weight. Alternative workouts involve the use of a range of specific Pilates equipment.

Ruth Hogg, a certified teacher with the Polestar Pilates organisation, conducts mat-based Pilates classes at Hong Kong's RH+ Studio. Commenting on the popularity of Pilates among men, she says: "An increasing number of men in Hong Kong are taking up Pilates with the specific goal of improving their golf swing. Golf, like Pilates is about 'core strength'. In both activities, all movements originate from the body's centre, or 'powerhouse' as Joseph Pilates calls it."

Addressing the benefits of Pilates, Hogg says: "Golf is all about precision. A small adjustment of the golfer's shoulder's flexibility can be responsible for a drive from the tee veering onto the rough or going straight onto the green."

"By strengthening the body's key stabilising muscles, Pilates dramatically improves your golf swing and reduces the risk of injuries commonly associated with the sport."

Besides helping to improve your swing, Pilates also helps you increase your core strength and muscle tone. It achieves this by enhancing functional fitness and increasing joint mobility, as well as improving balance, coordination, and circulation. All this, in turn, helps to improve one's performance technique in sports.

Whether its Gyrotonic or Pilates, a properly implemented exercise programme is sure to help you tee off to perfection, while leaving you with a considerably thinner waistline.

Publication: Gafencu

Link: http://www.igafencu.com/gm/content_en.php?is=46&cat=9

Date: January 2012

Frequency: Monthly

GAFENCU



ENGLISH | 中文

首頁	本期內容	以往期數	高峰電視節目	高峰視頻	極品奢萃
----	------	------	--------	------	------

高峰傲 > 本期內容 > 健康

2012年1月



在線閱讀《高峰傲》

- 典藏 COLLECTIBLES
- 設計 DESIGN ICON
- 消遣 ENTERTAINMENT
- 禮儀 ETIQUETTE
- 時尚 FASHION
- 特輯 FEATURES
- 時尚特輯 FEATURE FASHION
- 聽玩 GADGETS
- 視界 GAFENCU EYE
- 煥容 GROOMING

- 健康 HEALTH
- 生肖物語 HOROSCOPES
- 享樂 INDULGENCE
- 名言 INSPIRATION
- 投資 INVESTMENT
- 焦點 LOOK
- 盛事 Men U
- 型家 MY SPACE
- 高峰士 POWER
- 高峰客 GUEST
- 風尚 STYLE
- 名將錄 SPORTING C
- 世情 RELATIONSHIPS
- 名表 TIME
- 悠游 TRAVEL
- 衣道 WARDROBE
- 熱話 WHAT'S IN
- 名駕 WHEELS
- 佳釀 WINE

最新視頻



Jan-2012

運動療法

高爾夫療法，亦剛亦柔的科學訓練療法。



按圖放大

任何一位高爾夫球狂熱者都會語氣堅定地對你說，“高爾夫運動永遠都不會過時！”被世人譽為是“貴族運動”的項目早已化身為翩翩紳士的代名詞，近來也開始風靡整個亞洲地區。在現如今的各個國家，你都能找到不少鬱鬱蔥蔥的高爾夫球場和與之配套的VIP度假區，為的就是能夠迎合越來越多高爾夫度假人士的健身與娛樂需求。儘管高爾夫運動的高端氣質與優雅技巧早就無庸贅言，但大多數人或許有所不知，在健身方面，與之類似的擺體動作其實好處多多，而某些健身練習與動作技巧，對於提高現代人的自身耐力與體力也是尤為重要。

PGA巡迴賽官方教練、擁有30多年高球指導經驗的著名前高爾夫球選手Dave Rasmussen，就聯合運動學專業人士Juliu Horvath，共同研製出了一套名為Gyrotonic的科學訓練系統，用於為職業高球選手的日常訓練提供特別支持。事實上，所謂的Gyrotonic運動法又稱“螺旋塑體”，其創始人是一位名叫Horvath的游泳健將、體操運動員及芭蕾舞者。“Gyro”的意思是“陀螺”，“tonic”則是指精力充沛、肌肉強健。這一運動訓練法是基於一套三維多向球形運動軌跡。參與者會通過一套特別打造的健身器材來提高自身的臂往活動度，從而將這種旋轉力均勻分散至臂往周邊。每一節練習法都需同步配合一套特殊的呼吸模式，以根據動作的強度與速度來促進心血管系統循環及有氧節奏（或較緩或劇烈）。

香港Iso Fit螺旋塑體及普拉提健身中心是港島地區為數不多的此類健身場所之一。該中心總監、螺旋塑體專業教練Dawnna Wayburne經過與Rasmussen的深入溝通與合作，終於研製出一套可有效幫助高爾夫球愛好者提高運動水平的專業訓練系統。在談到這套特殊的訓練課程時，Wayburne說道：“螺旋塑體訓練能夠為高爾夫球選手帶來最為理想的運動強度與承載性，這種採用了多種系統的擺體運動能夠鍛煉到人體身體的每一個角落。這套練習法不但能夠幫助你拉伸並強化高爾夫球運動的特定活動方式，同時還能整體運動你的身體，從而令你更好地在場上揮舞球桿。”

在談到高球選手遇到的最大問題時，Wayburne解釋說道：“打球過程中，你需要不斷揮擊打小球，同時身體也會朝不同方向不停拉伸。這也就導致了機體某塊肌肉會出現運動過度，從而殃及周邊關節。你的肩膀、頸部、臀部以及腳部，事實上都非常脆弱，但相比之下，腰椎區域則是最高脆弱的一處區域。因此，一旦背部出現問題，無論打球水平再高，你都有可能出現擊球失誤。關鍵問題在於，你需要如何學會讓肌肉保持穩定，以令自己的表現更加穩定出眾。”

許多訓練者剛一上來往往都會直接模擬高爾夫選手在揮桿擊球時臀部、腕部、手部及腳部的運動方式，而訓練系統也的確能夠幫助高球選手發揮得更加穩定。它能夠提升並強化臀部及腳部的旋轉力度，提高臀部旋轉力，同時還可強化手腕及前臂的運動能力。此外，該套訓練系統還可幫助選手學習到如何正確進行下盤動作，比如說腳部、踝關節運動，以及適當的體重分散轉移等等。最終訓練者將會發現，以後在進行高爾夫運動時，他們的身體會變得更加靈活有力，在平衡感與穩定性方面也是尤為顯著。

儘管好處不少，但港島人士對於螺旋塑體訓練卻仍是相對並不熟悉，對此Wayburne表示道：“但凡是接受並採用過這套訓練系統的廣大男性，無一例外都會覺得效果非凡。這套訓練的周期通常為兩週，所有課程也都是完全針對職業高爾夫球員的日常所需特別量身打造的。遺憾的是，大多數男士並未意識到這套科學系統的存在。事實上，除了高爾夫外，螺旋塑體訓練也可大幅提高其它同類運動項目的耐力水平，比如說划龍舟及打網球等等。”

Publication: Gafencu
Link: http://www.igafencu.com/gm/content_en.php?is=46&cat=9
Date: January 2012
Frequency: Monthly

GAFENCU



而在談到相關的配套運動設施時，Wayburne說道：“主要的運動設施都包括有滾輪塔器械、Gyrotoner、拉伸板以及弧形拱橋等。”滾輪塔器械是為了幫助訓練者提高螺旋運動，這對於高爾夫球中的揮桿動作也有著極大好處。它能夠讓選手在揮桿時將所有力量統統集中到一處，同時也為自身機體條件提出了很大要求。這套動作中的‘弓曲與捲曲’運動，能夠幫助選手更好地了解如何令身體保持穩定與旋轉平衡，而Gyrotoner則可以令軀幹肌肉更加強壯，從而將球擊得更遠。與此同時，它還能鬆弛並強化整個脊柱，臀部運動技巧則可有效鍛煉到肩胛帶，使你的軀幹與雙臂能夠擁有更大的旋轉能力。

而另一個熱門運動——普拉提訓練系統，在過去數年間也一直受到了不少職業高球選手的一致追捧。這套由德國教練員兼體操運動員Joseph Pilates研發創立的健身系統旨在通過強化與伸展訓練，幫助訓練者改善體態並提高機體靈活性。普拉提運動能夠強化腹肌和骨盆底，幫助人們達到身體平衡，提高肌肉張力。只要有一片安靜的空間和一塊柔軟的地毯，你就可以在家中進行練習，此外還可轉助於一些特殊普拉提器械的幫助來進行普拉提鍛煉。

Polestar普拉提協會職業培訓師Ruth Hogg專門在香港RH+ Studio普拉提中心進行地毯普拉提課程的培訓工作，在談到男性普拉提運動的流程度時，她向我們介紹說道：“時下不少香港男士都出於不同目的，選擇一系列的專業普拉提課程，比如說提高自己的高爾夫水平等。高爾夫運動其實與普拉提極為類似，都屬於所謂的‘中樞肌肉力量’練習。在鍛煉過程中，所有的動作力量都來源於機體的‘中樞肌肉中心’，即Joseph Pilates先生口中的‘機體發電站’。”

在談到普拉提的好處時，Hogg這樣說道：“精確度對於高爾夫運動來說顯然是最為重要的，只需進行微小的調整，高球選手的肩膀靈活性便可大幅得以提升，同時也決定了你這桿會打在小球上，還是會只擊起一片草皮。通過對機體的穩定性肌肉進行強化練習，普拉提運動便可幫助人們提高擊球精度，減少意外傷害，更好地進行這一紳士運動。”

Publication: Gafencu

Link: http://www.igafencu.com/gm/content_en.php?is=46&cat=9

Date: January 2012

Frequency: Monthly