

Taekwondo Athletes Undergo Training As Initial Preparation for MASUM 2015

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TUESDAY, 19 MAY – A total of seven Universiti Malaysia Sabah (UMS) Taekwondo athletes are undergoing early training in preparation for the upcoming Malaysian Universities Sports Tournament (MASUM) in July.

Head of UMS Taekwondo athletes, Raymond Toh Meng Hui said, this early preparation was aimed at improving the quality of skills and self-confidence of the athletes.

“Our athletes undergo early preparation so that they would be prepared mentally and physically before facing their opponents in the MASUM tournament later,” he told

UMS Media.

He said all athletes are now actively undergoing training at UMS Taekwondo Hall that are fully equipped with training facilities.

Raymond added, the training conducted five times a week was to maintain their performance in fitness and to avoid athletes from getting injured.

“Seven athletes who will represent UMS in the tournament are Mohd. Asrul Effendy Hassan, Yeo Kok Siong, Lee Kim Qin, Cheong Pui Siong, Kwong Chen Thong, Goh Chai Loon and UMS Head Taekwondo, Raymond Toh Meng Hui.

“Yeo Kok Siong, Lee Kim Qin and Raymond intend to reclaim the gold medal they won in the team event at MASUM 2013 tournament held at Universiti Teknologi Malaysia (UTM),” he disclosed. – *ZMD (fl)*

Source: Student Affairs Department

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