

HO Cheuk-kiu

Bachelor of Education (Honours) (Physical Education)

I have been a member of the Hong Kong Wushu Team since I was in secondary school. The journey to becoming an athlete has not been easy. Yet, through perseverance, Wushu has taught me how to face setbacks and has guided me in discovering my life goals, ultimately shaping me into who I am today.



2024 has been a rewarding year in my athletic career, marked by the fruit of hard work. Receiving medals in the 1st China-Asean Wushu Championship and the Asian University Wushu Championship have motivated me to continue to pursue excellence in my training and compete at higher level in martial arts. While I still see a lot of room for improvement in my athletic journey, the encouragement and support from my friends, family, EdUHK and my fellow schoolmates is a source of strength driving me on through all the challenges.

Looking ahead, I am committed to honing my teaching skills and leveraging sports to positively impact more individuals. I also aspire to promote Wushu as a way of giving back to my University and everyone who has supported me.