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Z Fencing’s “The Best Inspire” Initiative to Boost Youth’s Quest for Olympic Medals at YOG 2010 and Beyond

Nam Hyun Hee, Beijing Olympics 2008 Silver Medalist, kicks-off plan by sharing her personal insights into what it takes to be an Olympic Champion.

Z Fencing, 6th November 2008 -- Singapore’s leading fencing club, as part of its efforts to prepare & inspire our fencers for the first Youth Olympic Games to be staged in Singapore, YOG 2010 and beyond, has invited Ms. Nam for a series of workshops and motivational talks from 6th Nov to 9th Nov. to kick-off its “The Best Inspire” Initiative.

Nam wowed and captured the hearts of audiences from around the world as a petite Asian fencer who managed to defeat many taller opponents from the traditional fencing powerhouses of Europe at the 2008 Beijing Olympic Games. Nam lost against defending Olympic champion and favourite, Valentina Vezzali of Italy, by one point in an exciting duel to the end that was punctuated by fiery pumps of her fist into the air and yelps every time she scored a hit.

“We are truly impressed by Nam’s fighting spirit and determination to take on the European giants in fencing and decided to invite her over to inspire our young hopefuls,” said **Wong Toon King, co-founder and director of Z Fencing**, who was in Beijing at the Olympics with six other coaches of the club to observe and get an update on the latest techniques deployed.

Z Fencing’s latest “The Best Inspire” initiative is a long term plan from 2008 to 2020 spanning the next 3 Olympics and YOGs, with the goal of supporting our nation’s quest

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to produce medals at the Olympic level including the YOG. “Private sector led, we are pioneering a new entrepreneurial model of sports development and excellence in Singapore,” said **Wong Toon King**, who is also a well known serial entrepreneur.

A key part of the plan is based on the observation that increasingly, medalists at the Olympic Games had already started winning top international events in their age group categories by their mid-teens. “This observation had led us to focus our efforts on two age groups, those aged 9 to 12 and 13 to 18 years, said **James Wong, the country’s first internationally certified Master of Arms, former National Coach of Singapore and Director of Technique of Z Fencing.**

In October, the club launched a new Elite training programme targeted at these two age groups. Over 50 fencers, both young girls and boys, have signed up and committed to a high performance training regime at Z’s high performance centre -- involving physical and mental toughness conditioning, thrice weekly training sessions, intense training camps, and international competitions. Several overseas training stints have also been identified in China, Korea, US and Europe.

“These fencers are from our pipeline of several hundred fencers, some of whom started training with us from as young as five years old, and are ready to be groomed to be champions based on the latest high performance sports science techniques used by elite athletes,” continued **James Wong.**

Nam Hyun Hee will be conducting several workshops with Z Fencing to share her techniques and insights with the elite fencers. She will also be giving several motivational talks, which are also open to the public, to inspire future fencing and sports champion hopefuls.

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More Info on Motivational Talk By Olympic Medalist Nam Hyun Hee

Nam's talk on "What it takes to be an Olympic Champion" is open to the public and will be held on Friday, 7th Nov, 8 to 10pm at Z fencing's High Performance Centre, United Square Shopping Centre, Thomson Road. Admission is \$58.85 (including GST) per participant. More information can be found at www.zfencing.com or call 6352 6010.

About Z Fencing - Established since 1993.

Z Fencing, the first fencing club in Singapore, was started by four former national fencing champions and an Olympian with a mission to nurture men and women of honour, grace and chivalry. 15 years on, it's the largest fencing club in Singapore with three fencing studios across the country, including a high performance centre at its United Square location. The club has over 15 professional coaches, sports science & sports management practitioners. Z Fencing has the largest group of fencers training together across all age groups in all three weapon categories (foil, epee and sabre) using a proven 5 level grading system pioneered by the club. Z Fencing has placed many fencers in the national senior, junior and cadet teams. In its next 15 years, it aims to support Singapore's quest for glory at the Olympic level and continue in its mission to develop men & women of character. For more info, please visit www.zfencing.com

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About Nam Hyun Hee

Age: 27(1981), Height: 154cm

A member of Korean National team, and Seoul City Hall team

Ranking : 2nd in the world

Hobby : Watching Movies, Cooking

Life story – Main Highlights

Born and raised in an ordinary family, Nam started fencing in 1995 at age 13 after entering Seong Nam female high school. Petite but spunky Nam has won over many fans with her true grit; pitting and winning against many bigger and more experienced opponents.

She graduated from the Korea National Sport University in 2004.

Although facing an emotionally difficult period from her mom's cancer several years ago, she managed to overcome it and win the Korean Female Individual Competition for 5 consecutive years, the 2006 Asian Games Gold medal, and most recently the Silver medal at the Beijing Olympics 2008.

Her dream is to build a "Nam Hyun Hee's Fencing Club" after achieving her aim of winning the Gold medal in the 2012 London Olympics.

Medals and Awards

- 2008 Silver medal (Individual) in Beijing Olympic
- 2008 Bronze medal (Individual) in World Cup
- 2007 Gold medal (Individual) in Tokyo Japan Grand Prix
- 2007 Excellence award in 12th Coca Cola athlete awards
- 2006 Gold medal (Individual) in Doha Asian Game
- 2006 Gold medal (Individual) in International Fencing Grand Prix
- 2006 Gold medal (Individual) in International Fencing World Cup
- 2005 Gold medal (Team) in World Championships
- 2003 Bronze medal (Individual) in Japan International World Cup
- 2003 Gold medal (Individual) in Daegu Universiad
- 2001 Gold medal (Individual) in Asian Championships

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