

# Speech by DSJ at International Karate Training Camp 2025 (English only)

Following is the speech by the Deputy Secretary for Justice, Dr Cheung Kwok-kwan, at the International Karate Training Camp 2025 today (March 9):

â€‹Good morning everyone, Sensei and fellow athletes!

I can't tell you how excited I am to be here today. As someone who has spent some good years in a karate dogi myself, this feels like coming home. Even now, I can still remember the countless times practicing basic techniques until they became second nature.

Looking around, I see over 50 amazing athletes and seven brilliant coaches from across the globe. The Karatedo Federation of Hong Kong has really outdone themselves in bringing together such an incredible group here today.

Outside of the office as the Deputy Secretary for Justice, I am also an avid sports lover. And karate has always held a special place in my heart. The principles I've learned on the dojo floor – respect, perseverance, and self-control – have been some of the values I carry in everyday life. It's not just about the punches and kicks. It's about that incredible journey we all go through. The discipline of karate teaches us to face challenges with courage, to treat others with respect, and to constantly strive for improvement in everything we do.

To our international friends: welcome to Hong Kong! And to everyone here: get ready for an amazing training camp. I know you'll walk away from this not just as better martial artists, but as better people. Because karate trains both the body and the spirit. So train hard, make friends, and most importantly, have fun!

Thank you all! Oss!