Producer: Li Ho Sang Howard

music Overture: establish 8 sec, then End

**Hello and welcome to the sports report**

**Hong Kong youngsters more comfortable with computer games might not want to go for a summer outing, but a trampoline park, called Ryze, in Quarry Bay, the FIRST 8000-square-foot extreme sports park in Hong Kong, has been proving a big hit since July 2014. The indoor facility was set up by two American businessmen who owns 14 trampoline parks in their home country; the Quarry Bay park is their first venture outside the US. Earlier today, I visited the trampoline park and managed to interview a staff member called Anna and a client called Alex, a student at Polytechnic University studying Electrical and Electronic engineering, who shared with us their experiences in the park.**

music transition: establish 1 sec, then end

**Anna: My name is Anna. Before working here, I was part-time instructor at the Junior’s workshop. So BASICALLY, I was teaching kids about engineering and mechanical concepts through Lego.**

**Howard: How long have you known about air sports here?**

**Anna: I knew about it since it was opened in 2014 because I kind of like trampoline initially and after that I joined this place for a year and a half.**

**Howard: Could you briefly describe the facilities in the centre?**

**Anna: Here we mainly have trampoline over people to jump and other than that we have an obstacle course as well as a trapeze, slackline.**

**Howard: What do you mainly do here?**

**Anna: SO, our main job over here is to ensure safety, so if we are working inside the park as a jump floor staff or crew, our main role in each station is to ensure that the kids or the people follow the rules that we have in the park so that we can prevent as many injuries as possible.**

**Howard: what are the things you enjoyed here?**

**Anna: What I enjoyed here the most here is the people, firstly the staff because they are very outgoing, very friendly, secondly is the customers. Because as you said there aren’t many these types of sports in Hong Kong, so a lot of customers especially initially is their first time to try what trampolines are and you can see the enjoyment, excitement, especially when they are trying to learn different things and then they come back to try again and bring their friends, so it is very exciting to see even kids as young as two years old, practise and play on the trampoline.**

ambience sounds of people jumping up and down on the trampolines

**Ryze is certainly a place for you to immerse yourself into the western culture, and to stretch your body at the same time. With bounce boards, soft-foam pits and 40 trampolines on site, we can see a bunch of giggling guests leaping together on the interconnected trampolines.**

ambience people enjoy jumping

**Right here is a specialized soft-foam bounce board where guests continuously bounce their back into the trampoline while shooting their feet up and running on the wall. It requires a great deal of practices to make sure the chest is at the same height as the legs instead of being pulled up. Of course, learning the basics cannot be done without the advice from some experienced people.**

ambience people giving advice on bouncing

What about getting your hands on some Ninja Warrior facilities. Ninja Warrior, originated in Tokyo in 1997, is a popular tournament where participants take on many notoriously tough obstacles. The Ninja obstacle courses at Ryze aren’t held regularly but the facilities are opened to the public during office hours. The people are having a great time playing with the facilities, some of them attempt to climb up the ropes while some maintain their balance to swing from one place to another. Safety comes first, but accidents occasionally happened.

ambience people accidentally slipped

A massive soft mat sits on the side of the trampoline park.

ambience crowds chatting

Alex is one of the clients coming to Ryze every Tuesday and Friday to practice aerial tricks.

Howard: How do you find out the existence of extreme air sports in Hong Kong?

Alex says he loved dancing when he was in secondary school and found people performing aerial tricks on Youtube appealing, so he went to trick station in Tsuen Wan where these skills could be learned. Since the opening of Ryze in 2014, it offered him another place to practice.

Howard: What challenges do you like most and least？

Alex says there isn’t a specific challenge that he dislikes. Every challenge has its own difficulty, what matters more is how can he overcome the difficulties. He also says he practises aerial tricks with a group of people and it isn’t about how smart and talented are they to learn the tricks, it’s about sharing experiences and communicating with one another. Although some tricks are dangerous, they are worth to try.

Howard: How many people will join you？

Alex says a maximum of six to seven people join him playing aerial tricks at Ryze but the number isn’t fixed. Every time when he introduces the sports to his friends, some of them will stay on if they are interested while others will leave.

ambience sounds of people banging on the soft mat while performing aerial tricks

He, and a few others, take turns to perform aerial tricks ranging from flipping, somersault, butterfly twist, to sideswipe. They didn’t show any sense of boredom and disrespect, but to keep on practicing, listening to others opinion and sharing past experiences with one another.

ambience western music: establish 5 sec, then fade away

This is our report on the trampoline park in Quarry Bay and

Music exit music: Establish 9 sec, then end

more on that online of course. Thanks for joining us and see you again soon. Goodbye