

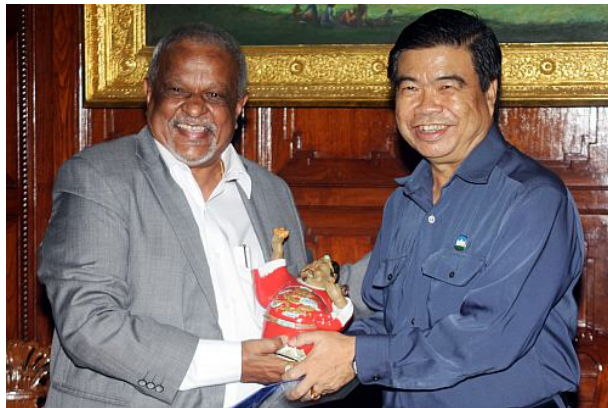
**TO ALL MEMBERS OF SOUTH EAST ASIAN COUNTRIES
AND TO FELLOW ABBF AND WBPF MEMBERS**

**VISIT TO YANGON CITY AND NAYPYITAW CITY,
MYANMAR BY THE WBPF & ABBF SECRETARY GENERAL
PAUL CHUA AND CHRISTINA Y. KAM, EXECUTIVE
DIRECTOR OF ABBF & ASSISTANT SECRETARY GENERAL
OF WBPF**

From 4 – 10 August 2011 I visited Yangon, Myanmar upon the invitation by the Ministry of Sports , Myanmar Olympic Committee and by the Myanmar Bodybuilding Federation together with my Executive Director of ABBF and Assistant Secretary-General Ms. Christina Y. Kam of China Hong Kong.

We had the pleasure of meeting His Excellency U Hla Myint, Mayor of Yangon City & Chairman of Yangon City Development Committee (YCDC) and who is also the Minister of Development Affairs of Yangon Region.

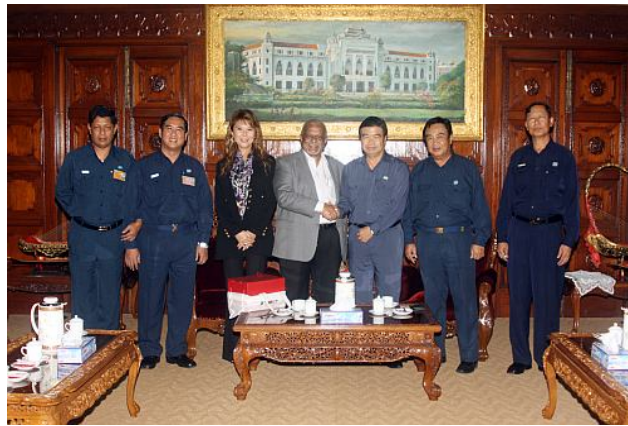
Our meeting was pleasant and fruitful and H.E. U Hla Myint was very accommodative to develop the sport of Bodybuilding and Physique Sports in his country. H.E. is giving full support to the Myanmar Bodybuilding Federation(MBBF) in their goal to promote our sport throughout the country.





H.E. U Hla Myint, Paul Chua and Christina Kam exchanging gifts

H.E. U Hla Myint hosted a nice dinner for us at a Chinese Restaurant on 5th August 2011 together with the President of the MBBF Mr. Hla Myint Swe and General-Secretary U Kyaw Than together with Col. Kyaw Soe (rtd) the Secretary of YCDC and several others from the MBBF and YCDC.



Group photo taken after meeting with the Mayor, standing from left the Treasurer of MBBF, U Khaw Than, General-Secretary - MBBF, Paul Chua, H.E. U Hla Myint, Mayor of Yangon, Hla Myint Swe, President of MBBF and Col. Kyaw Soe (rtd) Secretary of YCDC

We conducted two days seminar (6th and 7th August) on Judging, Technical and Coaching for all officials and bodybuilders. More seminars will be conducted by ABBF and WBPF officials in the future.

Seminars' photos:-

a)



b)



On 7th August 2011 evening, we travelled by car to the newly built city of NayPyiTaw a five hour drive from Yangon City and stayed in a nice Villa. We had a meeting with His Excellency U Tint Hsan, President of the Myanmar

Olympic Committee and Minister of Sports & Minister of Hotels & Tourism on 8th August at his office.

We spoke about the 2013 South East Asian Games an IOC and OCA recognized Games. H.E. U Tint Hsan confirmed that there will be 7 (Seven) bodyweight categories included in the games from 55kg, 60kg, 65kg, 70kg, 75kg, 80kg. and 85kg. We appealed for one more extra category to be included, that is, 90kg. as there are many bodybuilders in South East Asia looking forward to this heavier class. The Minister sportingly told us that he will consider our request.



Meeting with H.E. U Tint Hsan, President of Mynamar Olympic Committee and Minister of Sports & Minister of Hotels & Tourism seated in the centre. Seated from left are: U Khaw Than, General Secretary of MBBF, Hla Myint Swe, President of MBBF, Christina and Paul Chua.

Both sides cordially discussed matters relating to holding of Bodybuilding and Physical Culture Invitational contest before XXV11 SEA Games, sending trainees abroad for international coaching courses, participation in overseas invitational contests and hiring of foreign coaches.

The Myanmar Bodybuilding Federation shall be organizing the 11TH SOUTH ASIAN BODYBUILDING CHAMPIONSHIPS tentatively scheduled to be held from 22 – 28 February 2012 in their country either in Yangon or NayPyiTawi City. This will be treated as a rehearsal for the SEA Games in 2013.



Group picture taken at the Minister's office: Standing from left Hla Myinyt Swe, Christina Y. Kam, His Excellency U Tint Hsan and Paul Chua.