

●●● GROUP 1: SPORTS

GROUP MEMBERS NAME :

1. IRDINA HANI BINTI ISMAN
2. ATHIRAH AYUNI BINTI M IBRAHIM
3. THIVESH KUMAR A/L JAYA KUMAR
4. A K M SHAFIN ALAM
5. KRISTY YAP JING WEI
6. NUR AIN BINTI MOHD YUSOFF
7. AIZATUL NUR HIDAYAH BINTI JAMADI



CHEAH LIEK HOU

PROFILE

FULL NAME : CHEAH LIEK HOU

DATE OF BIRTH: 8TH MARCH 1988

AGE : 33 YEARS OLD

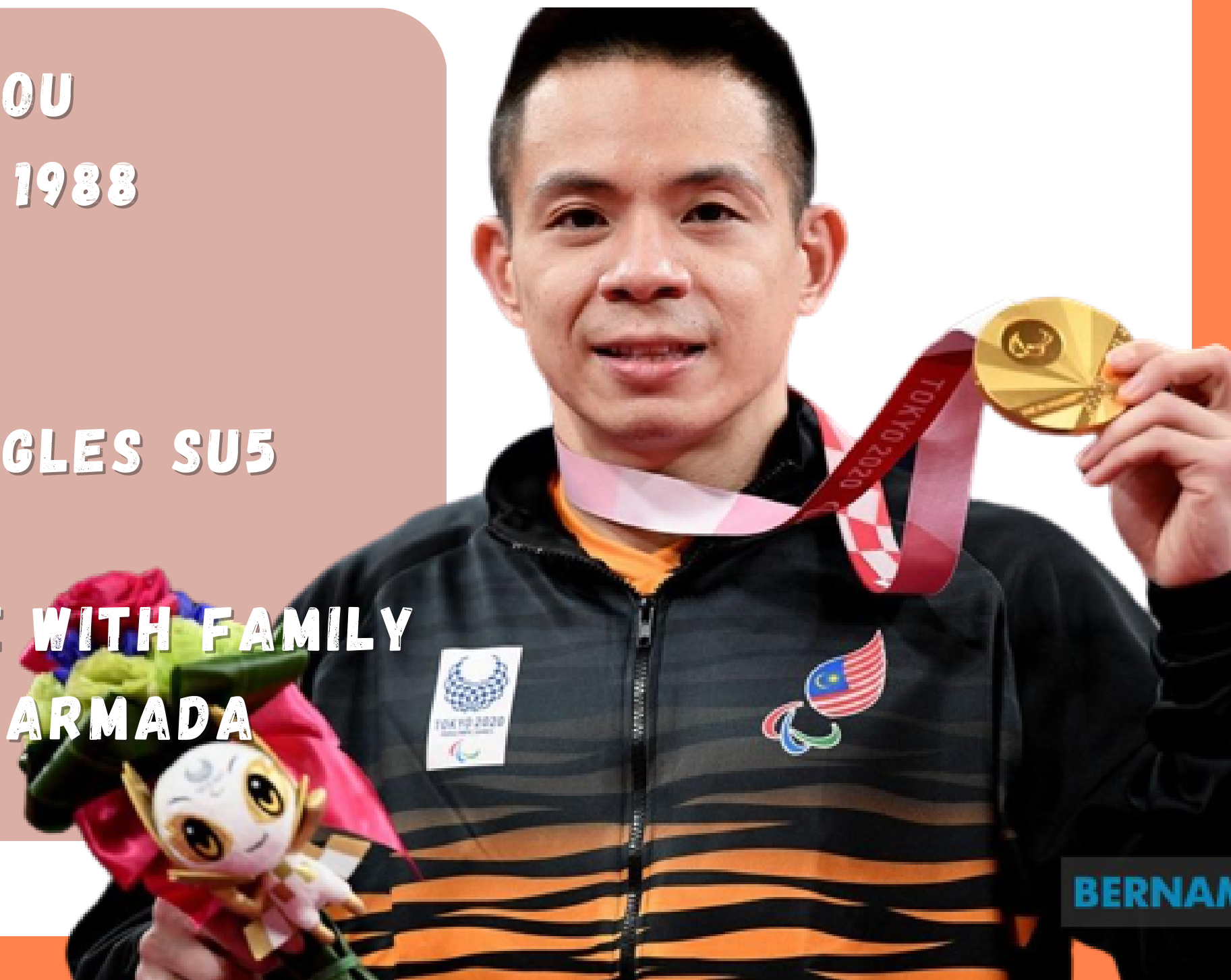
LIVE IN : KUALA LUMPUR

ATHLETE'S CATEGORY : MEN'S SINGLES SU5

RANKING : 1

HOBBIES : FISHING AND SPENDING TIME WITH FAMILY

COACHES : RASHID SIDEK & NOVA ARMADA





- Cheah's right hand has reduced stability and strength due to Erb's palsy, which he was born with.
- At the age of nine, he began playing badminton. Later, when he was 12 years old, he joined the able-bodied badminton team and played against athletes with disabilities.
- His pre-university education was finished at Bukit Jalil Sports School.
- Prior to focusing just on para-badminton after receiving his degree, he participated in both able-bodied and para-badminton events.



THE BEGINNING OF CAREER

ACHIEVEMENTS



Paralympic Games

Paralympic gold medal in men's singles SU5 (physical impairment) category in Tokyo 2020

World Championships

Badminton World Championships bronze medal in men's double
Basel 2019

Asian Para Games

Bronze medal in men's
double
Jakarta 2018

Gold medal in men's single
Indonesia 2018

ASEAN Para Games

Bronze Medal in
men's double
Indonesia 2022

Gold medal in men's single
Kuala Lumpur 2017





CHALLENGES THROUGH HIS CAREER

Cheah Liek Hou has many commitments that he must be facing to be the best.

- **There would be a lot of pressure that he must facing to be a champion.**
- **Everyone want him to get a good result and put high expectation on him.**





2. As an athlete, he has very busy schedule.

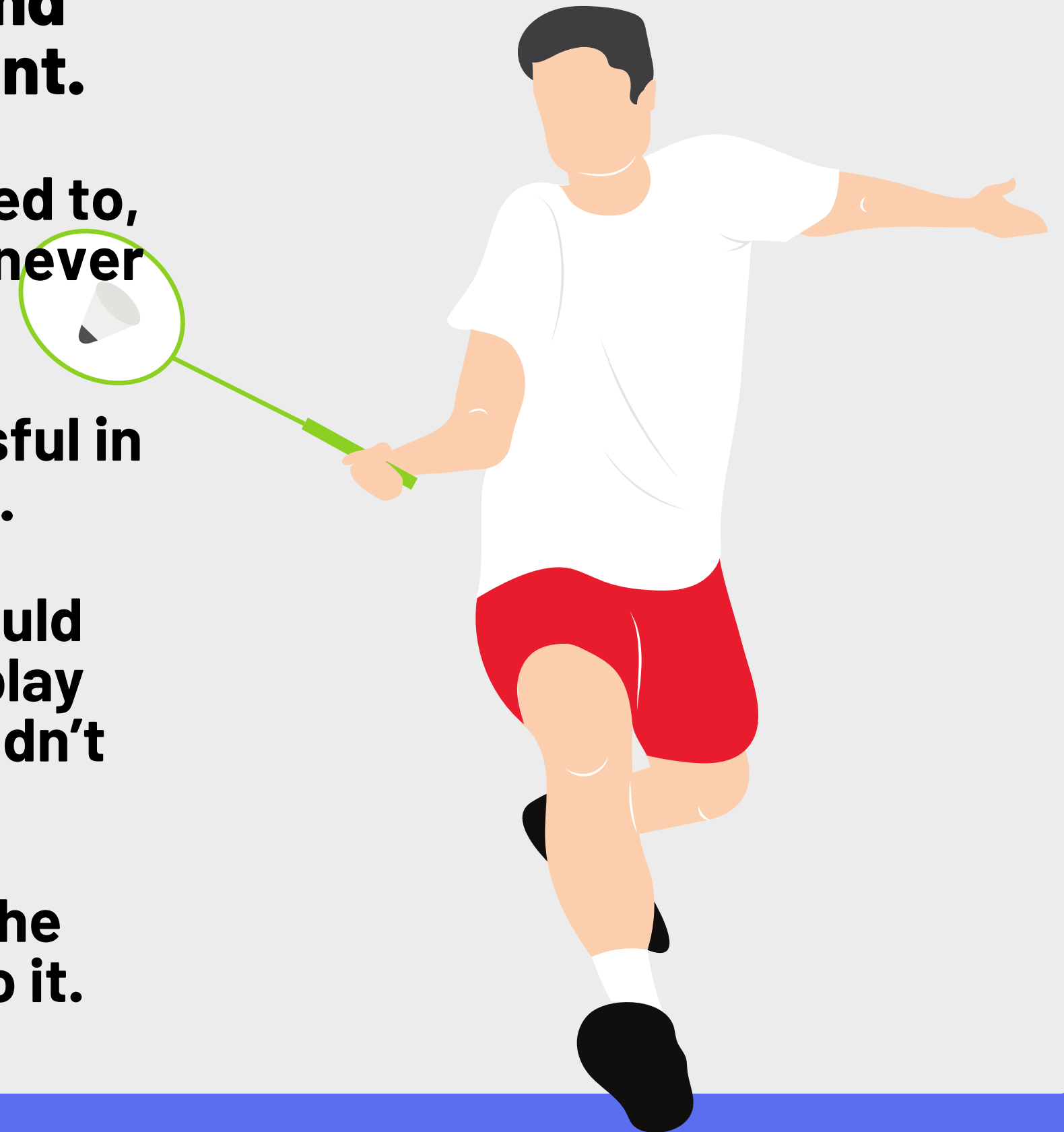
- **He also has a limit time to spend with his family.**
- **Due to his busy training and the pandemic, he has not met his family for long time.**
- **it will be the hard time for him to be apart from his family.**





3. Cheah Liek Hou used to be teased and laughed at about his physical impairment.

- **Looking back at the taunts he was subjected to, the 33-year-old Liek Hou admitted that he never let them affect him.**
- **He just prove that he could still be successful in life despite his physical shortcomings.**
- **There was a group of individuals who would tease and joke about how he wanted to play against able-bodied players when he couldn't even win against the para athletes.**
- **But they never broke his spirit because he wanted to prove to them that he could do it.**



Things that we can learn from CHEAH LIEK HOU



ability to cope with pressure

- do the things that you enjoy (fishing trips, shop at mall)



always ready and prepared

- train consistently

clearly know your goals

- focus on things that you need

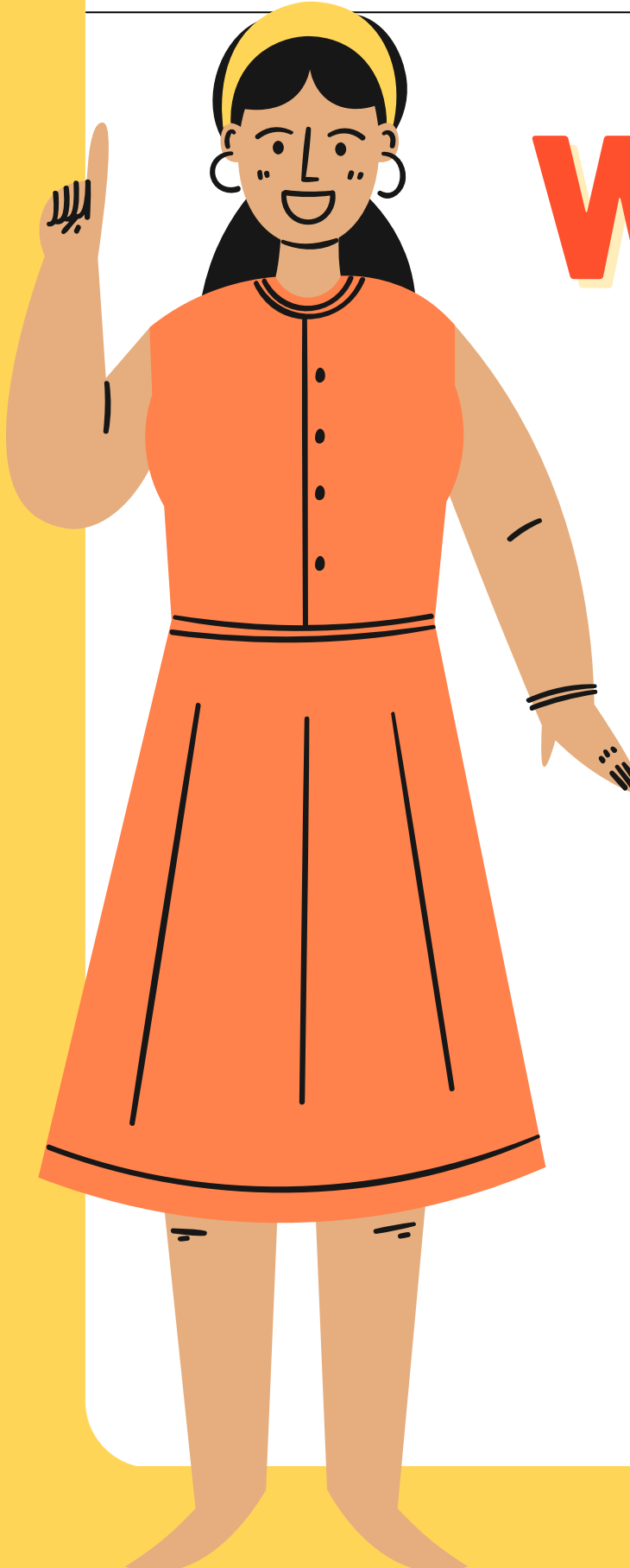
overcome the disability

- understand your own weak points

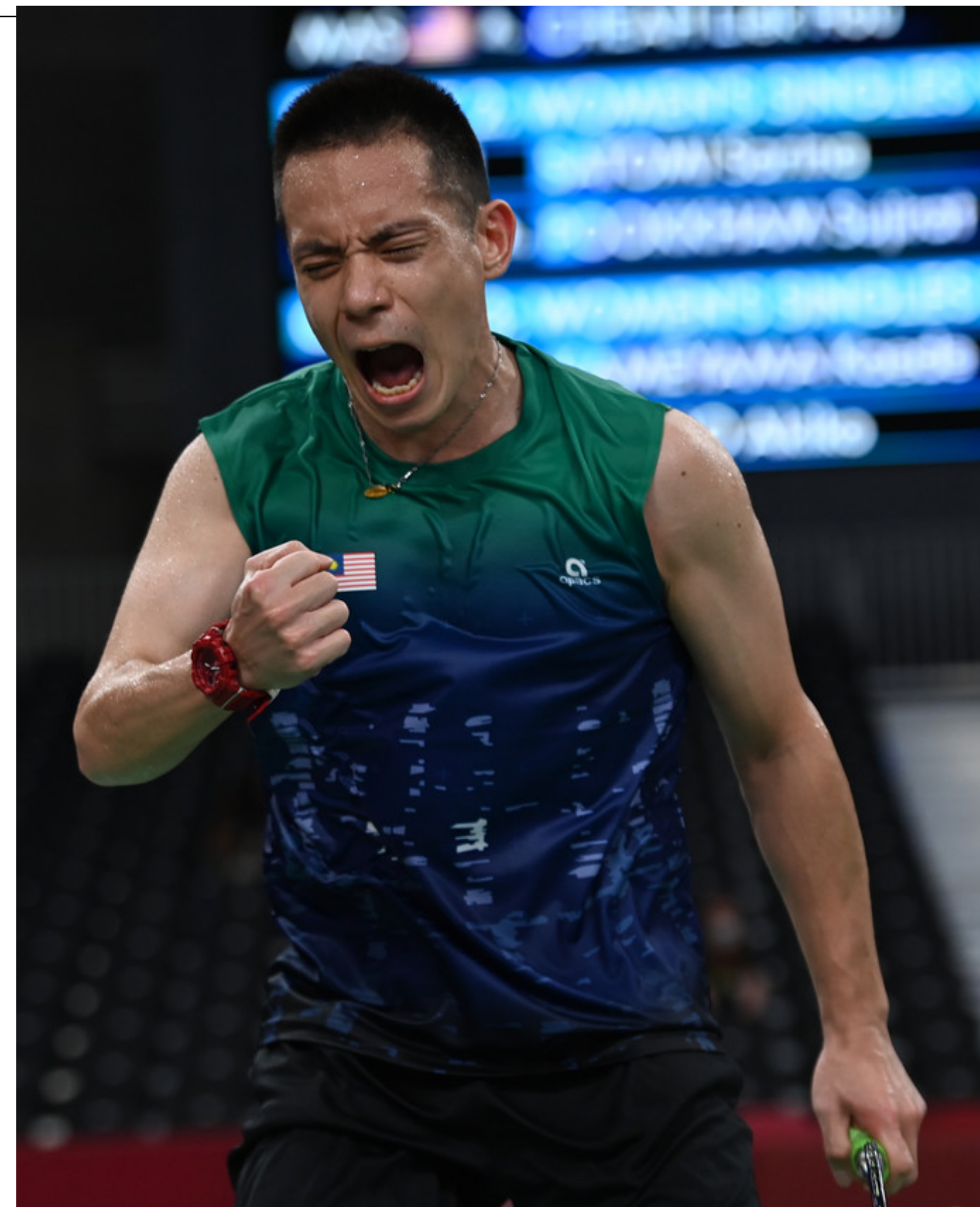


HOW HE ASPIRE YOUTH

- 
- HE INSPIRED THE YOUTH ON HOW TO ACHIEVE OUR GOAL BECAUSE HE SET GOALS AND ACHIEVED DESPITE HIS PHYSICAL IMPAIRMENT**
 - HE ALSO INSPIRED THEM BY HAVING A HIGH LEVEL CONFIDENCE AND PROVED THAT ANYONE CAN ACHIEVE ANYTHING**
 - HE ESPECIALLY INSPIRED AND GAVE CONFIDENCE TO ALL THE YOUTH GENERATION WITH PHYSICAL IMPAIRMENT TO KEEP FIGHTING AND OVERCOME THEIR INSECURITY**
 - HIS HARDWORK AND DEDICATION DEFINITELY MAKE THE YOUTH GENERATION GET INSPIRED AND FOLLOW THEM**

An illustration of a woman with dark hair and a yellow headband, wearing an orange sleeveless dress with a black belt and buttons. She is standing with her right hand raised, pointing upwards. The background is white with a yellow border.

WHAT WE CAN GET FROM CHEAH LIEK HOU'S JOURNEY?





"HARD WORK NEVER BETRAY"

perseverance

patience

hard work

- WE CAN ACHIEVE ANYTHING THAT WE DREAMED OF.
- WE CAN SEE FROM CHEAH LIEK HOU'S JOURNEY HOW HE NEVER GIVES UP DESPITE OF HIS DISABILITY AND PEOPLE'S AROUND HIM JUDGING HIS POTENTIAL, HE STILL SUCCEED TO BE THE FIRST GOLD MEDALIST IN PARALYMPIC CATEGORIES FOR OLYMPIC.



"DONT LET YOUR WEAKNESS HINDER YOU"

- **Cheah Liek Hou never let his disability become things that can hinder him from continuing playing badminton.**
- **We can take this good moral value from him and believe in ourselves that we are much better than what we think.**

**So don't be afraid, with the youth power in our hands,
we should believe that we can achieve our dream and
make the impossible become possible.**

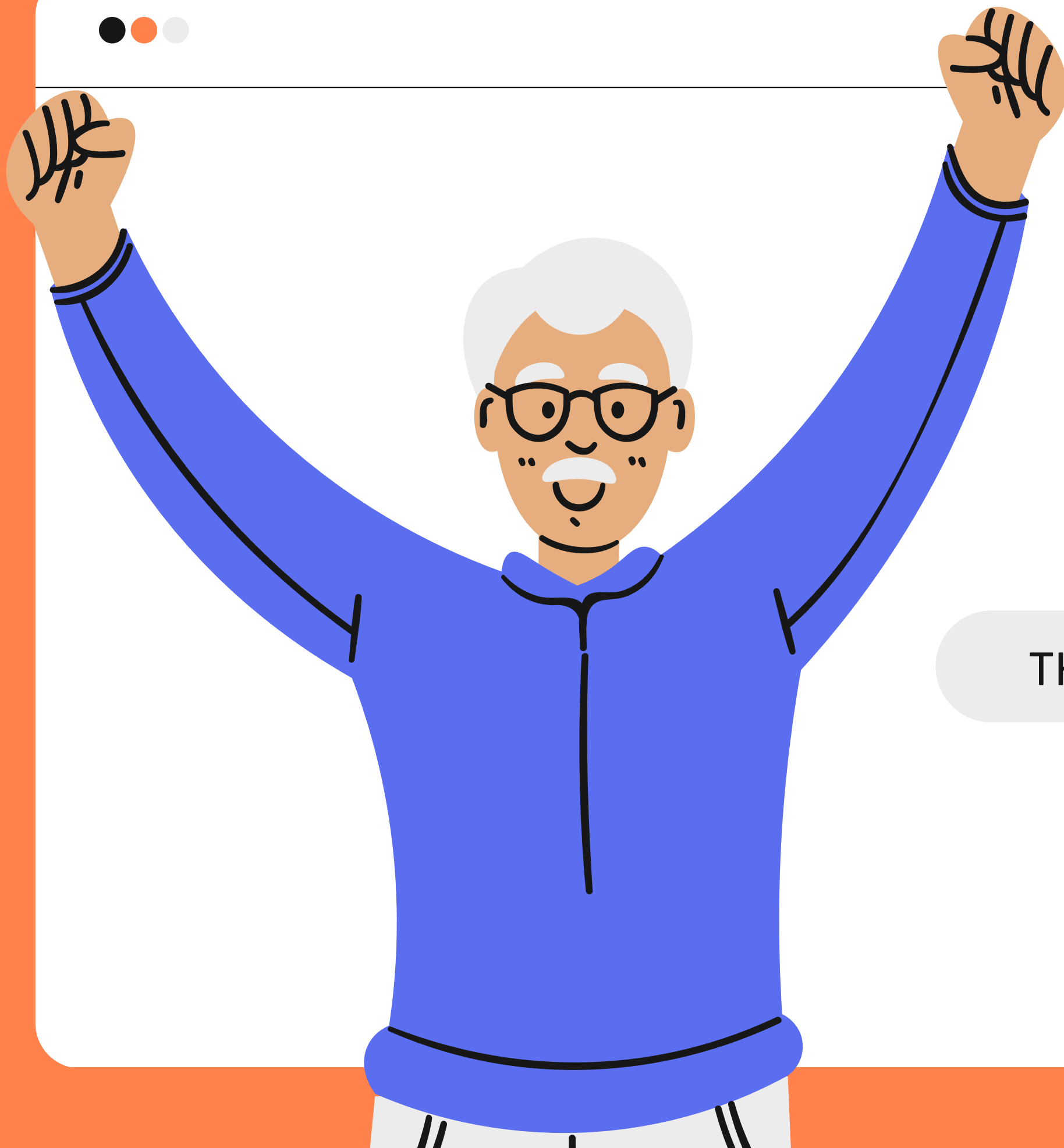




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Thank you!

THAT IS THE END OF OUR PRESENTATION