

## Monthly Return of Equity Issuer on Movements in Securities

For the month ended (dd/mm/yyy	For the month ended (dd/mm/yyyy): 31/12/2018					
To: Hong Kong Exchanges and Clearing Limited						
Name of Issuer Training	nsport International Hold	ings Limited				
	Date Submitted 02/01/2019					
I. Movements in Authorised Share Capital						
1. Ordinary Shares						
(1) Stock code : <u>62</u> De	escription : Ordinary	Shares				
	No. of ordinary shares	Par value (State currency)	Authorised share capital (State currency)			
Balance at close of preceding month	600,000,000 <u>600,000</u>	HK\$1	HK\$600,000,000			
Increase/(decrease)	0		0			
Balance at close of the month	600,000,000	HK\$1	HK\$600,000,000			
(2) Stock code :De	escription :					
	No. of ordinary shares	Par value (State currency)	Authorised share capital (State currency)			
Balance at close of preceding month	h					
Increase/(decrease)						
Balance at close of the month						

#### 2. Preference Shares

Stock code :Descri	iption:		
	No. of preference shares	Par value (State currency)	Authorised share capital (State currency)
Balance at close of preceding month			
Increase/(decrease)		_	
Balance at close of the month			
3. Other Classes of Shares			
Stock code :Descri	iption:		
	No. of other classes of shares	Rar value (State currency)	Authorised share capital (State currency)
Balance at close of preceding month			
Increase/(decrease)		_	
Balance at close of the month			
Total authorised share capital at the ence	d of the month (State	HK\$6	500,000,000

# II. Movements in Issued Share Capital

	No. of ord	inary shares	No of preference shares	No. of other classes of shares
	(1)	(2)	Silates	of silates
Balance at close of preceding month	434,597,327			
Increase/ (decrease) during the month	0			
Balance at close of the month	434,597,327			

## III. Details of Movements in Issued Share Capital

Share Options (under Share Option Schemes of the Issuer)

Share Options (under S	Share Option	Schemes of the Iss	suer)			
Particulars of share					No. of new shares of	No. of new shares of
option scheme					issuer issued during	issuer which may be
including EGM					the month pursuant	issued pursuant thereto
approval date		Movement during	the month		thereto	as at close of the month
(dd/mm/yyyy) and		<u> </u>			•	
class of shares						
issuable	Granted	Exercised	Cancelled	Lapsed		
1. Share Option						
Scheme adopted						
on 26 May 2016						
Ordinary shares	0	0	0	0	0	3,580,000
(Note 1)						3,360,000
<u>2.</u>						
( / / )						
shares						
( <i>Note 1</i> )						
3.						
<del>3.</del>						
( / / )						
shares						
(Note 1)						
		Tota		ary shares)	0	
			(Prefere	nce shares)	N/A	
			((	Other class)	N/A	
Total funds raised duri	ng the month	n from exercise of	•			
options (State currency				HK\$0		
	• •			•		

Warrants to Issue Shares of the Issuer which are to be Listed

Description of warrants (Date of expiry - dd/mm/yyyy)	Currency of N	Nominal value at close of preceding month	Exercised during the month	Nominal value at close of the month	No. of new shares of issuer issued during the month pursuant thereto	No. of new shares of issuer which may be issued pursuant thereto as at close of the month
1.						
( / / ) Stock code (if listed) Class of shares issuable (Note 1)						
Subscription price EGM approval date (if applicable)						
(dd/mm/yyyy)		)				
Stock code (if listed) Class of shares issuable (Note 1)						
Subscription price EGM approval date (if applicable) (dd/mm/yyyy)	( / /		\			
3.						
( / / ) Stock code (if listed) Class of shares issuable (Note 1)						
Subscription price EGM approval date (if applicable) (dd/mm/yyyy)						
4.					\	
( / / )					$\overline{}$	
Stock code (if listed) Class of shares issuable (Note 1)						
EGM approval date (if applicable)	( / /				`	
		Total	(Prefere	nary shares) nce shares) Other class)		

Convertibles (i.e. Convertible into Shares of the Issuer which are to be Listed) Class and description No. of new No. of new shares of shares of issuer issued issuer which may be issued during the month pursuant thereto as at pursuant Currency of Amount at close Converted Amount at thereto close of the amount of preceding during the close of the month outstanding month month month Stock code (if listed) Class of shares issuable (Note 1) Subscription price EGM approval date (if applicable) (dd/mm/yyyy)) Stock code (if listed) Class of shares issuable (Note 1) Subscription price EGM approval date (if applicable) (dd/mm/yyyy) Stock code (if listed) Class of shares issuable (Note 1) Subscription price EGM approval date (if applicable) (dd/mm/yyyy) Stock code (if listed) Class of shares issuable (Note 1) Subscription price EGM approval date (if applicable) ( / / ) (dd/mm/yyyy) Total C. (Ordinary shares) (Preference shares) (Other class)

For Main Board and GEM listed issuers
Any other Agreements or Arrangements to Issue Shares of the Issuer which are to be Listed, including Options (other than under Share Option Schemes)

than under share Option Schemes)	1 x c 1 c	
Full particulars including EGM approval date (dd/mm/yyyy), if applicable, and class of shares issuable:	No. of new shares of issuer issued during the month pursuant thereto	No. of new shares of issuer which may be issued pursuant thereto as at close of the month
1		
shares (Note 1)		
2		
shares (Note 1)		
3.		
( / / ) shares (Note 1)		
Total D. (Ordinary shares)		
(Preference shares) (Other class)		
(Other class)		

Oth	ner Movements in Iss	ued Share Capital					
	Type of Issue					No. of new shares of issuer issued during the month pursuant thereto	No. of new shares of issuer which may be issued pursuant thereto as at close of the month
			Class of shares issuable				
		\	(Note 1)				
1.	Rights issue	Apprice : State currency	Issue and allotment date : (dd/mm/yyyy)	( / /	)		
			EGM approval date: (dd/mm/yyyy)	( / /	)		
			Class of shares issuable ( <i>Note 1</i> )		_		
2.	Open offer	At price : State currency	Issue and allotment date : (dd/mm/yyyy)	( / /	)		
			EGM approval date: (dd/mm/yyyy)	( / /	)		
			Class of shares is quable				
			(Note 1)				
3.	Placing	At price : State currency	Issue and allotment date : (dd/mm/yyyy)	( / /	)		
			EGM approval date: (dd/mm/yyyy)	( ) /	)		
				\			
$\vdash$							
			Class of shares issuable (Note 1)		_		
4.	Bonus issue		Issue and allotment date : (dd/mm/yyyy)	( / /	)		
			EGM approval date: (dd/mm/yyyy)	( / /	)		

For Main Board and GEM listed issuers

	Type of Issue			•		is	No. of new shares of ssuer issued during the month pursuant thereto	No. of new shares of issuer which may be issued pursuant thereto as at close of the month
				Class of shares issuable (Note 1)				
5.	Scrip dividend	At price:	HK\$	Issue and allotment date: (dd/mm/yyyy)	( / /	)		
				EGM approval date: (dd/mm/yyyy)	( / /	)		
				Class of shares repurchased (Note 1)		_		
6.	Repurchase of shares			Cancellation date : (dd/mm/yyyy)	( / /	)		
				EGM approval date: (dd/mm/yyyy)	( / /	)		
				Class of shares redeemed (Note 1)		_		
7.	Redemption of shares			Redemption date : (dd/mm/yyyy)	( / /	)		
				EGM approval date: (dd/mm/yyyy)		)		
					\			
				Class of shares issuable (Note 1)				
8.	Consideration issue		tate urrency ———	Issue and allotment date: (dd/mm/yyyy)	( / /	)		
			-	EGM approval date: (dd/mm/yyyy)	( / /	)	`	

			For Main I	Board	and GEM lis	
	Type of Issue			j	No. of new shares of issuer issued during the month pursuant thereto	No. of new shares of issuer which may be issued pursuant thereto as at close of the month
	- 71					
		Class of shares issuable (Note 1)	:	_		
9.	Capital reorganisation	Issue and allotment date : (dd/mm/yyyy)	( / /	)		
		EGM approval date: (dd/mm/yyyy)	( / /	)		
						_
		Class of shares issuable (Note 1)	;	_		
10.	Other (Please specify) At price: State currency	Issue and allotment date : (dd/mm/yyyy)	( / /	)		
		EGM approval date: (dd/mm/yyyy)	( / /	)		
			20.11	-	3.7/A	
			Ordinary sl reference sl			
		/1 1	(Other			
To	otal increase / (decrease) in ordinary shares during th	ne month (i.e. Total of A to	E):	(1	)	0
				(2	.)	N/A
То	otal increase / (decrease) in preference shares during	the month (i.e. Total of A	to E):			N/A
Total increase / (decrease) in other classes of shares during the month (i.e. Total of A to E):						N/A

(These figures should be the same as the relevant figures under II above ("Movements in Issued Share Capital").)

Remarks (if any	):					
			_			
Submitted by:	Lana Woo_					
Title:	Company Secretary_					
	(Director, Secretary or other duly authorised officer)					

### Notes:

- 1. State the class of shares (e.g. ordinary, preference or other).
- 2. If there is insufficient space, please append the prescribed continuation sheet.