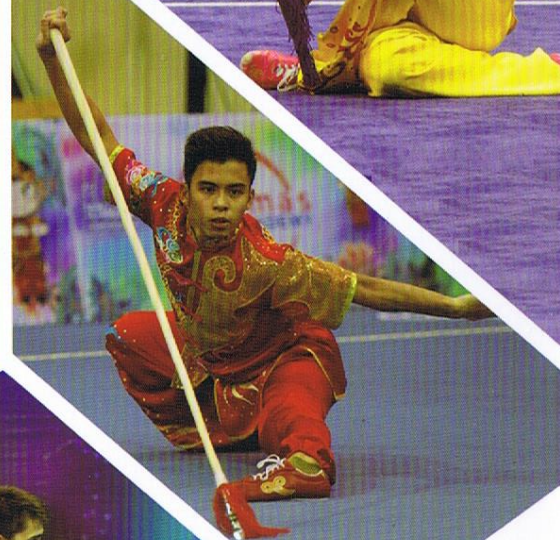
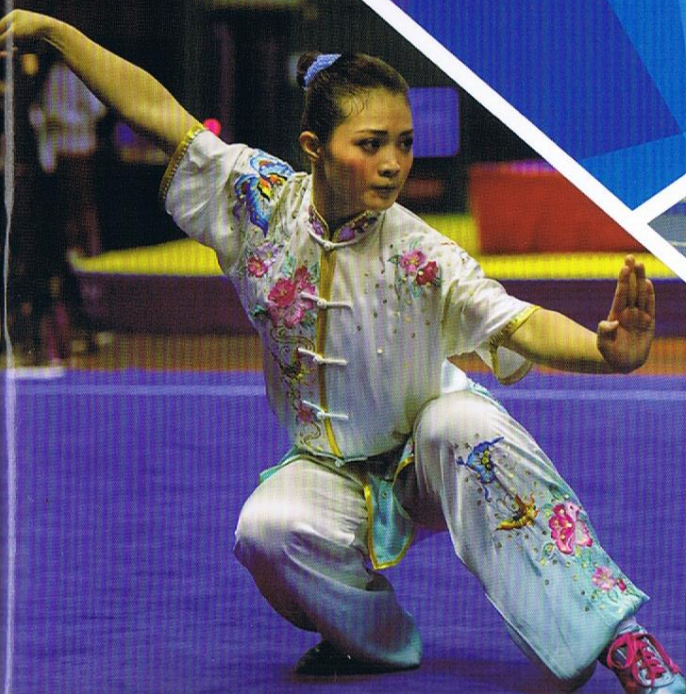


WHAT IS WUSHU



INTERNATIONAL
WUSHU FEDERATION

IWUF MEMBER NATIONS & REGIONS

America
 Argentina
 Barbados
 Bermuda
 Bolivia
 Brazil
 Canada
 Chile
 Colombia
 Costa Rica
 Cuba
 Dominican Republic
 Ecuador
 Guyana
 Jamaica
 Mexico
 Paraguay
 Peru
 Puerto Rico
 Saint Lucia
 Trinidad and Tobago
 Uruguay
 United States of America
 Venezuela

Africa
 Algeria
 Benin
 Botswana
 Congo
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 Cameroon
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 Comoros
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 Ethiopia
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 Mauritania
 Nigeria
 Rwanda
 Senegal
 Seychelles
 Sierra Leone
 Somalia
 South Africa
 Sudan
 Tanzania
 Togo
 Tunisia
 Uganda
 Zambia
 Zimbabwe

Europe
 Andorra
 Armenia
 Austria
 Azerbaijan
 Belgium
 Bosnia and Herzegovina
 Belarus
 Bulgaria
 Croatia
 Cyprus
 Czech Republic
 Spain
 Estonia
 Finland
 France
 Great Britain
 Georgia
 Germany
 Greece
 Hungary
 Ireland
 Iceland
 Israel
 Italy
 Latvia

Lithuania
 Luxembourg
 Moldova
 Malta
 Montenegro
 Monaco
 Netherlands
 Norway
 Poland
 Portugal
 Romania
 Russia
 Serbia
 Slovenia
 San Marino
 Switzerland
 Slovakia
 Sweden
 Turkey
 Ukraine

Oceania
 Australia
 Fiji Islands
 New Caledonia
 New Zealand

Asia
 Afghanistan
 Bangladesh
 Brunei
 Cambodia
 China
 Hong Kong, China
 Indonesia
 India
 Iran
 Iraq
 Jordan
 Japan
 Kazakhstan
 Kyrgyzstan
 South Korea
 Kuwait
 Laos
 Lebanon
 Macau, China
 Malaysia
 Maldives
 Mongolia
 Myanmar
 Nepal
 Pakistan
 Philippines
 Palestine
 Democratic People's Republic of Korea
 Singapore
 Sri Lanka
 Syria
 Thailand
 Tajikistan
 Turkmenistan
 Chinese Taipei
 Uzbekistan
 Vietnam
 Yemen

ABOUT IWUF

Established in 1990, the International Wushu Federation (IWUF) currently consists of 146 national/territorial members in 5 continents. Recognized by the International Olympic Committee (IOC), the IWUF is the international federation (IF) which governs the sport of wushu worldwide. The IWUF is also a member of both ARISF and SportAccord.

The IWUF is devoted to promote and encourage the development and practice of wushu in all its manifestations throughout the world.



IWUF TIMELINE



1990
IWUF founded on October 3rd during the Asian Games.

1994
Accepted as a member of the GAISF (known today as SportAccord) during its 28th congress.

1991
The 1st World Wushu Championships are held in Beijing, China.

2002
IOC officially recognizes the IWUF during its 113th session held in Salt Lake City, Utah, United States of America.

2002
The 1st Sanda World Cup is held in Shanghai, China.

2003
IWUF signed with WADA the World Anti - doping Code in 2003 (after IOC recognition).

2004
The 1st World Traditional Wushu Festival, a sport for all event, is held in Zhengzhou - Henan, China.

2008
The Beijing 2008 Wushu Tournament is held in conjunction of 2008 Summer Olympics.

2012
IWUF headquarters are established in Lausanne, Switzerland.

2011
Wushu shortlisted for inclusion in the 2020 Summer Olympic Games.

2014
The Nanjing 2014 Youth Wushu Tournament is held in conjunction of 2014 Youth Olympics.

2015
IWUF signs cooperation convention with FISU.

2014
The 1st World Taijiquan Championships are held in Sichuan, China.

2016
The 1st Taolu World Cup is held in Fuzhou, China.

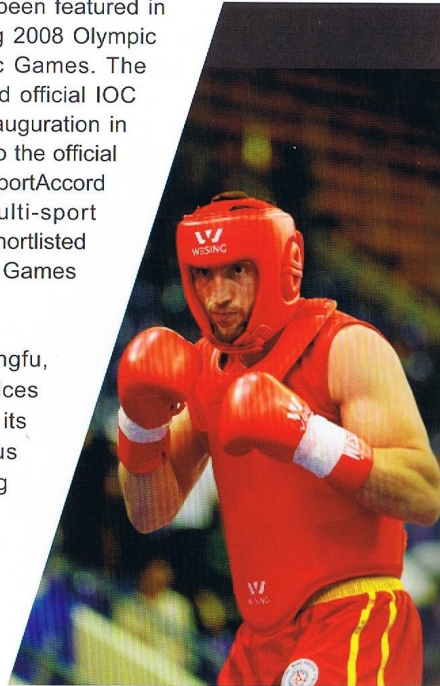
2006
The 1st World Junior Wushu Championships are held in Kuala Lumpur, Malaysia.



INTRODUCTION OF WUSHU

Wushu is an aspiring Olympic sport, and has been featured in the official Culture Program of both the Beijing 2008 Olympic Games and the Nanjing 2014 Youth Olympic Games. The International Wushu Federation (IWUF) gained official IOC recognition in 2002. Since the Federation's inauguration in 1990 wushu has successfully been included into the official programs of the Asian Games, World Games, SportAccord Combat Games and other international multi-sport Games. Wushu was also one of eight sports shortlisted for the Tokyo 2020 Olympics in both Summer Games and as an Additional Sport.

Wushu, which is popularly referred to as kungfu, is the collective term for the martial art practices that originated and developed in China. Over its long history, wushu developed into numerous distinct styles and systems, each incorporating their own techniques, tactics, principles and methods, as well as the use of a wide variety of traditional weapons. Today, the sport of wushu is practiced by millions worldwide, and the IWUF has 146 members across five continents.



Wushu competition is divided into two disciplines, taolu (forms) and sanda (full-contact fighting,) for both men and women. There are 15 taolu events that offer bare-hand, weapons and duel events; sanda includes 11 weight categories for men and 7 for women.



TAOLU

Taolu refers to the set routine (form) of wushu. Taolu routines comprise of a continuously connected set of pre-determined techniques, choreographed to incorporate stylistic principles of attack and defense. These include hand techniques, leg techniques, jumps, sweeps, stances & footwork, seizing, throwing & wrestling, balances etc. Competition Taolu includes individual routines and group routines, as well as partner/duel routines (with 2 or more practitioners involved), and includes bare-handed routines and those performed with weapons.

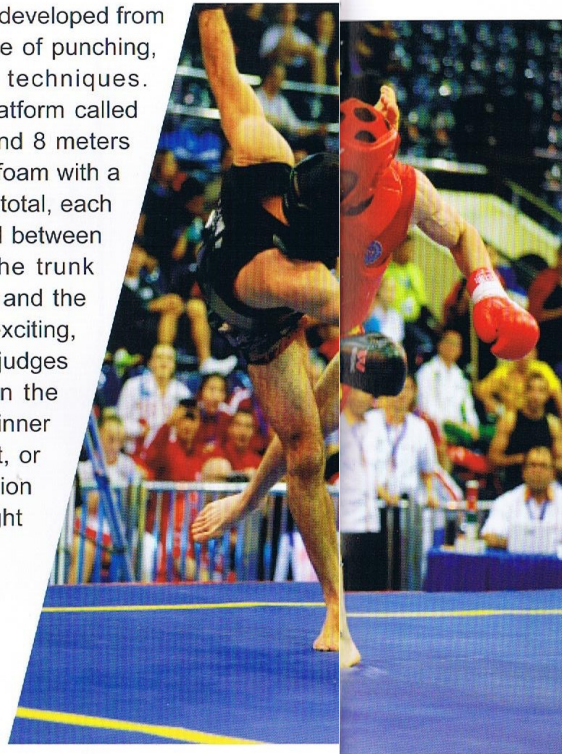
Main Taolu Competition Events:

- Changquan (Long Fist)
- Nanquan (Southern Fist)
- Taijiquan (Tai Chi Fist)
- Taijijian (Tai Chi Straight Sword)
- Daoshu (Broadsword)
- Jianshu (Straight Sword)
- Gunshu (Staff)
- Qiangshu (Spear)
- Nandao (Southern Broadsword)
- Nangun (Southern Staff)
- Duilian (Choreographed Sparring/Duel)
- Baguazhang (Eight Trigrams Palm)
- Shuangjian (Double Straight Swords)
- Dadao (A type of Halberd)
- Xingyiquan (Shape & Intent Fist)



SANDA

Sanda is a modern unarmed combat sport which developed from traditional wushu styles, and primarily makes use of punching, kicking, throwing, wrestling and defensive techniques. Competition bouts take place on an elevated platform called leitai which is 80cm in height, 8 meters wide, and 8 meters long, comprised a frame covered in high-density foam with a canvas cover. Competition bouts are 3 rounds in total, each lasting two minutes with a one-minute rest period between rounds. Valid striking areas are: the head, the trunk (including the chest, abdomen, waist and back) and the legs. The full-contact bouts are free flowing and exciting, and athletes are awarded points by the sideline judges for successfully executed techniques based on the scoring criteria. An athlete will be declared the winner if he or she wins 2 out of the 3 rounds of a bout, or if their opponent is knocked out. Sanda competition includes 11 weight categories for men and 7 weight categories for women.



IWUF COMPETITIONS

IWUF Official Competitions

The IWUF's group of official world championships, held biennially, include: The World Wushu Championships, the World Junior Wushu Championships, World Kungfu Championships, Sanda World Cup, World Taijiquan Championships, and Taolu World Cup.

Wushu is currently included as a competition or exhibition sport in the Asian Games, World Combat Games, Lusophony Games, Islamic Solidarity Games, and Universiade.



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