



IWUF

INTERNATIONAL WUSHU FEDERATION

INTERNATIONAL WUSHU COACHES TRAINING COURSE HANDBOOK

📍 CATANIA, ITALY

📅 5-10 SEPTEMBER 2019



IWUF International Wushu Coaches Training Course

2019

The IWUF International Wushu Federation will host a coaches training course in Catania, Italy. All IWUF members are permitted to register participants for this course in line with the below stipulations. This training course will be hosted by the IWUF and organized by the Federazione Italiana Wushu Kung Fu (FIWuK).

DETAILS

1. DATE & PLACE

- I. Date: September 5th to September 10th, 2019.
- II. Place: Hotel Esperia Palace, Zafferana Etnea, Metropolitan City of Catania, Italy.

2. PARTICIPATION ELIGIBILITY

- I. All official and provisional IWUF member federations/associations are qualified to register participants for the training course. Only those participants registered by their national/regional wushu federation will be accepted to participate in the course.

3. ENTRIES

I. Requirements

- a) All entries must be submitted through the IWUF online registration system.
- b) All sections of the online entry must be completed in full, including the uploading of the various required documents.
- c) Each member federation/association is required to print a copy of the submitted entry and present it upon arrival and registration in Catania.

II. Registration Deadline

- a) The deadline for the final entry to be completed through the online system is 24:00 (Central European Summer Time) on **July 28th, 2019**.

III. IWUF Online Registration System

URL: <http://iwuf.justtool.com/>

Email: wushu@justtool.com

Tel: +86-757 83991970

Fax: +86-757 83991970

IV. Late Entries

- a) Late entries are subject to the approval of the IWUF and, if accepted, are subject to a late-entry fee of US\$100 per participant.

4. ACCOMMODATION

I. Accommodation Reservation

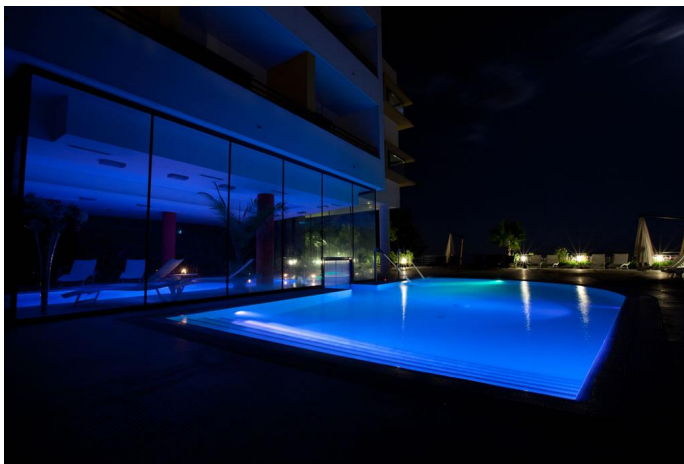
- a) All Teams are required to lodge at the designated hotel as arranged by the Organizing Committee.

- b) The Organizing Committee will arrange accommodation and local transportation for all participants from September 5-10, 2019. Participants who would like to arrive earlier or depart later than the required dates should provide the dates for the intended duration of stay during the final registration process. Participants must ensure to book accommodations accordingly, with daily rates applying for extended stays and taking the hotel check-in time of 15:00 into consideration.

II. Hotel Information

Hotel Esperia Palace (☆☆☆☆☆)

<http://www.esperiapalace.com>



The Esperia Palace is a modern 5-star superior hotel, with everything designed to offer maximum quality and comfort to those traveling for business or leisure.

Suspended between the beautiful Mount Etna and the Ionian Sea, the hotel is set in a park of two hectares in Mediterranean style in

Zafferana Etnea, also called the “Honey City.” It features an environment of sophisticated design, with innovative concepts of hospitality and high-profile features and personalized attention given to each individual guest. Hotel rooms are all equipped with a balcony where you can enjoy a magnificent view.

5. TRANSPORTATION

- I. Transportation for arrival and departure at Catania-Vincenzo Bellini Airport (Aeroporto di Catania-Fontanarossa) will be arranged for all participants on September 5th and September 10th, 2019, respectively.

Airport	Code	Website
Catania-Vincenzo Bellini Airport (Aeroporto di Catania-Fontanarossa)	IATA: CTA ICAO: LICC	http://www.aeroporto.catania.it/

6. ARRIVAL & REGISTRATION

- I. All participants are required to arrive at the designated registration hotel and register with the Organizing Committee no later than 24:00 (*Central European Summer Time*) on **September 5th, 2019**. Participants who do not arrive and register by the deadline may be denied participation in the course or, if accepted, may be charged the daily rate from the above stipulated deadline, irrespective of when they actually arrived.



II. Upon arrival, each participant is required to:

1	Present their passport
2	Submit a paper copy of their Entry Form
3	Submit three (3) color passport-size photos
4	Submit valid Medical Certificates
5	Submit valid life and liability insurance certificates
6	Submit the signed Wavier of Liabilities (Appendix 1)
7	Pay the relevant participation fees in full (if applicable)
8	Pay the relevant penalty fees in full (if applicable)
9	Submit a proof of full payment

7. FINANCIAL CONDITIONS

- I. Any international or domestic airfare and related travel expenses, as well as the accommodation fees and the participation fees of all participants shall be borne by the teams themselves.
- II. Accommodation fees for each participant are **€150** per person per day (single occupancy room) or **€120** per person per day (double occupancy room); these fees include meals (*from the dinner on September 5th through the Closing Gala dinner on September 9th and breakfast on September 10th*), accommodation, airport pickup and drop-off, and local transportation.
- III. Participation fees are **€120** per person and include all study sessions, certification, etc.

Financial Condition		
Accommodation fees	Double occupancy room	€120 (per person per day)
	Single occupancy room	€150 (per person per day)
Participation fees	€120 (per person)	

- IV. Other limited accommodation options (*based on structures such as bed and breakfasts*) are available on request (*please contact segretariogenerale@fiwuk.com with any related questions*).
- V. Accommodation fees also include the access to the hotel outdoor pool.
- VI. Participants are required to pay the relevant accommodation and participation fees by international bank transfer with their final entry submission. Proof of payment should be sent to the Organizing Committee by email and brought to Catania by the participants.
- VII. All participants are required to complete payment in advance to the Organizing Committee by 24:00 (*Central European Summer Time*) of the **July 28th, 2019**.
- VIII. Bank Information:

Bank Name:	Intesa San Paolo
Account Name:	Federazione Italiana Wushu Kung Fu



Account Number (IBAN):	IT75 X030 6912 1361 0000 0008 880 (payment in EUR)
Swift Code:	BCITITMM
Beneficiary account holder address:	Largo Lauro de Bosis 15 – 00135 Rome
Bank Address:	Via Valeri 1 – 35131 Padova

Note: Any service charges incurred for international wire transfers shall be borne by participants themselves

8. CONTACT INFORMATION

I. International Wushu Federation Secretariat

Address: 9 Huaweili, Chaoyang District, 100021 Beijing, China

Contact Person: Ethan Xu (Technical & Events Department)

Email: events@iwuf.org

Tel: (+86) 10 87774492

II. Federazione Italiana Wushu Kung Fu

Address: Largo Lauro de Bosis 15, 00135 Rome, Italy

Contact Person: Dr. Sebastiano Ettore Spoto (Secretary General)

Email: segretariogenerale@fiwuk.com

9. UNIFORM & SHOES REQUIREMENTS

- I. All participants should wear flexible wushu clothes and shoes on the training days.” Participants who wear tight uniforms that are not suitable for training or shoes with hard or sharp edges may be refused to attend the training sessions.

10. PASSPORTS & VISA REQUIREMENTS

- I. All participants must hold a valid passport and should allow plenty of time for visa application and processing. To ensure as few complications during visa application and travel as possible, it is suggested that all participants’ passports are valid for at least six months following their final day of travel. Participants who require visa invitation letters should state their requests in the Entry Form by 24:00 (Central European Summer Time) on **July 28th, 2019**.
- II. Visa information can be found on the following website:

<https://www.schengenvisainfo.com/>

11. MISCELLANEOUS

- I. Participants should behave themselves well and disciplined during the whole training period.
- II. Participants who pass the final examinations will be awarded with a grade certificate, and all participants will receive a participation certificate.
- III. Any absence from a training session without notifying the Organizing Committee and IWUF in advance will result in forfeiting eligibility to attend the examinations.
- IV. Further information will be circulated in due course.

**IWUF Wushu Taolu Coaches Training Course 2019****General Schedule**

Date \ Time	Morning (08:00-10:30)	Afternoon (14:00-16:30)
September 5 th (Thursday)	Arrival	
September 6 th (Friday)	1. Opening Ceremony 2. Basics & Basic Techniques Training	Basics & Basic Techniques Training
September 7 th (Saturday)	Basics & Basic Techniques Training	Lectures: 1. Nandu Training Methods 2. Anti-Doping Lecture
September 8 th (Sunday)	Basics & Basic Techniques Training	Basics & Basic Techniques Training
September 9 th (Monday)	Lectures: 1. Training Cycle Arrangement 2. Pre-competition Planning	1. Examination 2. Awarding & Closing Ceremony
September 10 th (Tuesday)	Departure	

IWUF Wushu Sanda Coaches Training Course 2019**General Schedule**

Date \ Time	Morning (10:30-13:00)	Afternoon (16:30-19:00)
September 5 th (Thursday)	Arrival	
September 6 th (Friday)	1. Opening Ceremony 2. Basic Techniques & Combinations Training	Basic Techniques & Combinations Training
September 7 th (Saturday)	Basic Techniques & Combinations Training	Lectures: Tactical Usage of Techniques
September 8 th (Sunday)	Basic Techniques & Combinations Training	Sanda Supplementary Training Methods
September 9 th (Monday)	Lectures: 1. Training Cycle Arrangement 2. Pre competition Planning 3. Anti-Doping Lecture	1. Examination 2. Awarding & Closing Ceremony
September 10 th (Tuesday)	Departure	



Appendix: 1

Wavier of Liabilities for 2019 IWUF Coaches Training Course

(Catania, Italy)

Federation:		(Photo)
Name of Participant:		
Date of Birth:		
Nationality:		
Gender:		
Passport No.:		

I, the undersigned, knowingly and without duress, do voluntarily submit my Entry to the 2019 IWUF Coaches Training Course. The 2019 IWUF Coaches Training Course is hosted by International Wushu Federation (IWUF) and organized by Federazione Italiana Wushu Kung Fu, hereafter Federazione Italiana Wushu Kung Fu is referred as "Organizing Committee". In consideration of the IWUF and Organizing Committee accepting my application, I hereby assume all risk of physical and mental injuries, disabilities and losses which may result from or in connection with my participation in the 2019 IWUF Coaches Training Course. Acting for myself, heirs, personal officers, agents, representatives and assignees, I do hereby release the IWUF and Organizing Committee, its officers, agents, representatives, volunteers, judges and referees and other related members from all claims, actions, suits, and controversies at law or in equity by reason of any matter, cause or thing whatsoever that I may sustain as a result of or in connection with my participation in the 2019 IWUF Coaches Training Course. I fully understand that all medical attention or treatment afforded to me by the IWUF and Organizing Committee, its officers, medical personnel, representatives, volunteers, and all other related members will be of the first aid type only, and hereby release the IWUF and Organizing Committee its officers, representatives, volunteers, and all other related members from any liability for such aid. I understand it is my obligation to obtain my own medical coverage.

I agree to abide by and follow the Rules established by the IWUF and Organizing Committee. I agree that I will conduct myself in a professional and courteous manner at all times and to be subject to penalties and sanctions for violations related thereto. I understand that my protest must be conducted in accordance with the Rules of Arbitration. I agree that my performance, attendance, and participation at the 2019 IWUF Coaches Training Course may be filmed or otherwise recorded or released or telecast live. I consent to allow the IWUF and Organizing Committee use of my name, address, voices, poses, pictures and biographical data concerning full or parts, in any form or language, with or without other material, throughout the world, without limitation, for television, radio, video, theatrical medium picture, or any other medium by any devices now known or hereafter devised and I do hereby waive any compensation in regard thereof as well as any future rights to the aforementioned.

I have read and fully understand the waiver listed above.

Signature of Participant	Legal Guardian Signature (if applicable)	Date