



# INTERNATIONAL WUSHU FEDERATION

## 国际武术联合会

IWUF NEWSLETTER  
No. 004 April, 2014

### News

#### IOC President to Attend Nanjing 2014 Youth Wushu Tournament

Newly elected president of the International Olympic Committee, Mr. Thomas Bach, has confirmed that he will attend the "Nanjing 2014 Youth Wushu Tournament" to view the competition as well as to award medals.

#### Italy to host IWUF Judges

The Italian Wushu Federation (Federazione Italiana Wushu Kung Fu) will host one of this year's IWUF International Wushu Judges Examination Courses in the scenic city of Catania in Italy from June 1-7 2014. The registration forms for this are available on the IWUF website linked below, and the online registration system for this will be opened shortly.

[http://www.iwuf.org/news\\_news1\\_1.asp?id=763](http://www.iwuf.org/news_news1_1.asp?id=763)

### President Zaiqing Yu Re-Elected as IOC Vice-President



Three days prior to the start of the Sochi 2014 Olympic Winter Games, the 126<sup>th</sup> IOC session was held in the host city's Zimny Theatre. The president of the Russian Federation, Mr. Valdimir Putin was in attendance and he welcomed the delegates in

attendance. This was the first IOC session presided over by Mr. Thomas Bach, the new IOC president. During the session on February 7th, IWUF President Zaiqing Yu was re-elected unopposed as IOC Vice-President. President Yu has been an IOC member since 2000, was elected into the position of IOC Vice-President in 2008 for a four year term until 2012. This is his 2<sup>nd</sup> term in this capacity and marks yet another momentous occasion in IWUF history. We are confident his new position will lead to greater heights for the IWUF in the future. We wish President Yu great success in his undertaking in the Olympic movement.

The IOC session may be viewed here:

<http://www.olympic.org/126th-ioc-session>

### Antalya welcomes Taijiquan Coaches from around the World



Following the conclusions of the 5<sup>th</sup> World Junior Wushu Championships, Antalya, Turkey welcomed 100

taijiquan coaches from around the world. The IWUF International Taijiquan Coaches course was held from March 18 to 21. The course was presented by Prof. Xu Weijun and Coach Wang Erping, with assistance by technical committee members Byron Jacobs and Li Xiaojie. Through the course the participants were taught the newly compiled Yang and Chen compulsory routines and a lecture on the new regulations was also presented. Michal Ignatowicz of Poland assisted with demonstrations as well.

### The 5<sup>th</sup> World Junior Wushu Championships in Antalya, Turkey



The beautiful seaside city of Antalya in Turkey welcomed 513 participants from 43 nations/regions from March 11<sup>th</sup> to 18<sup>th</sup> 2014. The biennial World Junior Wushu Championships pits the brightest junior wushu stars from around the world against one another in Taolu and Sanda competition across various age groups. This year's event was hotly contested amongst the athletes within the 16-18 age groups as the championships

also served as a qualification event for the upcoming "Nanjing 2014 Youth Wushu Tournament" which will take place in August this year. The event was a great success due to the tremendous efforts exerted by the Turkish Wushu Federation. The week-long event showcased top level taolu and sanda performances. The participants not only enjoyed an exceptional event, but were treated to world class Turkish hospitality in a breathtaking environment next to the Mediterranean Sea.

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## News

### 6<sup>th</sup> World Traditional Wushu Championships

The 6<sup>th</sup> World Traditional Wushu Championships will take place in Chizhou, China from October 23 – 29 2014.

For more information please check:

[http://www.iwuf.org/news\\_news1\\_1.asp?id=770](http://www.iwuf.org/news_news1_1.asp?id=770)

## Iran Wushu Seizes a Golden Opportunity

Over the past two decades Iranian wushu has increasingly become a force to be reckoned with. But 2013 proved to be a truly golden year, with a top-notch team steamrolling a tremendous series of victories in five top international wushu events around the globe. Culminating with 7 gold medals at the 12th World Wushu Championships in Kuala Lumpur, Iran's wushu team shows that it can now give China – and everyone else -- a real run for its money. What's the secret to this wushu powerhouse? A combination of talent, training and financial support, augmented by a drive to win while bringing the sport of wushu into Olympic territory.

Starting the summer off in the Southern Hemisphere, the Iran Wushu Federation took 4 wushu athletes to the Cali World Games in Cali, Colombia, (July 25 to August 4) – and won 4 gold medals. Next came the 7th Asia Junior Wushu Championships (August 8-11, 2013) in Manila, Philippines, where they came away with 7 gold medals, 5 silver and 6 bronze. Following was the 3rd Islamic Solidarity Games (September 28-October 2



in Palembang, Indonesia), which awarded Iran a whopping 12 medals in sanda and taolu – comprising of 6 gold, 2 silver and 4 bronze. Going north to a chillier climate later that month, Iran's sanda athletes continued to turn up the heat at the World Combat Games in St. Petersburg, Russia (October 18-26), taking away 3 gold medals, one silver and two bronze – and bringing Iran to the fourth position in final rankings. Mojtaba Hosseinzadeh (76Kg), Jafar Shirzad (65 Kg) and Hamidreza Ladvar (85 Kg) all fought hard for the top spot on the podium; Arman Bazari Bazyari won silver in the heavyweight (90 Kg) Division, and Ali Yousefi (60 Kg) and Masoud Fazeli (70 Kg) each took bronze. For the crowning event of the year -- the 12th World Wushu Championships in Kuala Lumpur, Malaysia (November 1-6) – the team from Iran soon became white-hot, creating some of the most talked-about highlights of the games. They won 6 gold medals in sanda, and another gold in duilian. The Iranian story is more than just numbers of medals. It's



about a hunger to win, a sport ministry deeply dedicated to supporting, financing and producing a winning team, and a team of brave and talented women sanda fighters who have brought the level of the full-combat side of wushu to new heights. From the time they burst into non-stop motion on the carpet, the Kuala Lumpur crowd went crazy for the Iranian duilian team of Navid Makvandi, Mohsen Ahmadi and Ibrahim Fathi Oregani. Their red, black and gold silks flashed as they performed energetic flips, jumps and dramatic moves that drew cheers and applause – and a 9.68 winning score from the judges. These men are long-time veterans of wushu competition – Makvandi has been practicing for 16 years, since he was 6 years old, and Ahmadi began 22 years ago, after being inspired by Bruce Lee movies.

The Iran duilian team won gold 4 years ago in Toronto, but then took silver two years ago in Ankara – and vowed that they would return to win the gold again in Malaysia. Two years of hard practice and stylish choreography paid off in a riveting performance that wowed the audience and evidently duly impressed the judges too. For sanda fans the anticipation for a leitai battle between superpowers China, Russia and Iran was high. Chinese fighters are fast and fantastic kickers. The Russians are known for their domination in wrestling and throws – and this year's hard target was none other than Muslim Salikhov, reigning World Champion at 80kg. That division's final matchup came down to a pitched battle between Russia and Iran's Amir Fazli.

It was perhaps the pinnacle of the sanda fighting at the Championships, almost like a Hollywood movie: the undisputed champion of nearly a decade whose beguiling style and powerful technique rendered him the King of Sanda even in China --

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## News

### Updating of IWUF

### Membership Information

The IWUF is currently updating its membership information database. A questionnaire spread sheet has been circulated to all IWUF email addresses on record. The purpose is to collect up to date information from each member to enable us to improve communication between the IWUF and its members, as well as to list this information on the IWUF website. If you have as yet not received this questionnaire, please inform us at [byroniacobs@iwuf.org](mailto:byroniacobs@iwuf.org)

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-- versus the young, hungry Persian fighter with fire in his eyes and heart determined to unseat him from his throne.

Says Fazli, who defeated opponents from Romania, Uzbekistan and Egypt to reach the final, "I first competed against Muslim two years ago in Turkey at the 11<sup>th</sup> World Wushu Championships. I lost by one point, and after that my motivation was so high -- I practiced and trained hard, relentlessly, for 2 years for come back and beat him. He's very tough. The first 10 seconds of the fight I was in horror -- I couldn't adapt to the match."

This seemed true -- Salikhov caught Fazli's powerful kicks with his trademark catch and threw him to the mat several times, taking round 1 of the fight into Russian territory.

But Fazli's key to turning the tide, he says, was strategy. "I knew he kept throwing me, so I had to use this in the next round." After exchanging some hard blows and kicks, the Iranian anticipated the Russian's offense. "He came in, and went down to get my legs to throw me, and that's when I knew I had to use my uppercut. I had to time it perfectly. That was my strategy." Finding the chink in Salikhov's armor the Iranian connected with a powerful blow to his opponent's head, felling the mighty Russian who was dazed for several seconds before returning to his feet. The damage done; Fazli took the second round and then pushed a weakened Salikhov off the leitai to take round 3, and victory. The new Persian prince jumped with joy into his coach's arms who carried him aloft in victory. A crowd of Iranians, Afghans, Turks and Egyptians cheered for their region's golden boy, who continued to look just as thrilled a bit later on the top of the podium when he received his gold medal from the President of the Iran Wushu Federation, Dr. Mahdi Alinejad.

Just when it seemed like it couldn't get any better in terms of action, we turned a page to a stunning new chapter in Iran wushu -- a profoundly powerful women's sanda fighting team. In Kuala Lumpur's women's sanda finals we witnessed 3 Iranian women who, combined with their powerful Chinese sanda sisters, have brought women's full-contact fighting in wushu to a new level as we look toward future potential Olympic engagement. Sanda's top female

athletes are making the combat side of the sport just as exciting to watch now as the men's -- something few were counting on when the women's fighting debuted a decade ago with uneven skills and matches that looked more like catfights than a polished technique-driven combat sport. But serious coaching and a dedicated, elite corps of women are bringing true excitement to the leitai, with this year's 3 Iranian women at the forefront.

It was also 3 women sanda fighters -- Elaheh Mansourian Semiromi, Maryam Hashemi and Shahrbano Mansourian Semiromi -- who brought Iran's gold medal tally up to 7, putting them second behind China in that category, and helping the team tie for 4<sup>th</sup> place in overall medals. To add to the drama and anticipation for the Iran team, Elaheh and Shahrbano are sisters.

In the 75Kg finals we saw Shahrbano Semiromi quickly take control of her Canadian opponent, pushing her off the leitai, executing some quick throws, and then finishing her off with a powerful punch (her best weapon,



according to her coach) to the head resulting in a TKO win. A previous gold medalist from the 2011 World Championships, Semiromi says she always liked fighting since she was a child, and wanted to channel her energy into sanda. "It's a form that's suitable," she says, "to my ideas and spirit. I'll continue to train, and I look forward to fighting in the next Asian Games in 2014."

At 65Kg Maryam Hashemi met up with Delphine Stambouli of France, and though the French fighter fought bravely, she was clearly outmatched by her Iranian foe. Hashemi lifted Stambouli up and threw her down, then followed up with a kick that knocked her opponent down again, and tossed her off the leitai twice to take the first round.

The second round gave Hashemi more chances to show off her deft and deadly kicks, which again forced her opponent off the platform. "It wasn't a very hard match for me," Hashemi stated after it was over,

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## News

### Official IWUF Facebook Page Growing Steadily

The recently established Official IWUF Facebook Page has been steadily growing in membership daily. This medium allows us to disseminate information and other Wushu related material to members as well as other interested participants quickly, directly and effectively. You may join the IWUF online community by visiting the following link: <https://www.facebook.com/groups/iwufwushu>

### *(Continued from Page 3)*

"I train with many women in Iran who are much stronger. So I tried to focus on fighting beautifully, to use my most beautiful techniques. In the World Championships in Turkey I knocked out all my opponents to earn the gold medal. This time I think the European fighters are better, and I hope women's sanda will continue to develop so our sport moves forward even faster."

But if Shahrbanu Semiromi and Hashemi got to show off their beautiful techniques virtually unscathed, the fight for 52Kg Elaheh Mansourian Semiromi was a riveting, bloody battle (quite literally) to the end with South Korean fighter Hyebin Kim. In fact, this fight may have been the most compelling and emotional battle of the Championships. Both women were equally matched in strength and an arsenal of clean, fast, brutal techniques. The Korean had strong kicks and punches, while Semiromi sometimes resembled a sanda cyborg unleashing so many hard and powerful kicks with her super long legs. These kicks won her the first round, but in the second Korea delivered a devastating back kick to Semiromi's face. The doctors attended to her, as blood streamed down her face and an eye swelled shut. The Iranian insisted on continuing into the third and final round, where she held off Kim and controlled the point score with her long kicks, keeping her opponent at a distance while still scoring enough to take the round. The referee raised Semiromi's arm in victory, and the two battered opponents briefly embraced. Soon after we learned that Semiromi's cheekbone – her mandible and zygomatic bone—were badly broken in 3 places.



"Elaheh was so brave, so brave," said President Alinejad after the fight, visibly moved by his fighter's actions. "It will most likely take her 6 months to recover. But her incredible courage and motivation to win the gold medal was truly inspiring. She won a silver medal in Toronto at the 10<sup>th</sup> WWC, and the bronze in 2011 at the 11<sup>th</sup> WWC. She was not going to give up. She's only 22 years old, and so brave. She still wants to go after this to the Asian Games."

Elaheh Mansourian Semiromi has all the attributes of a true champion – skill, training, discipline, bravery and an indomitable will to win – that make her a symbol of today's Iran wushu machine. One important thing that makes the team so strong is incredible sponsoring support of the Iran Wushu

Federation's athletes by an Iranian Sport Ministry.

Wushu athletes receive top coaching, training and are paid well, so they can focus solely on their sport careers. If they win gold medals they receive an extra bonus -- \$17K for a World Championship gold medal for example, plus other additional monetary bonuses. Iran TV came to Malaysia to broadcast their athletes on national television, and Iranian wushu news also made the local press in Tehran. After the medals were won, the team was also invited to a celebration dinner at the Iranian Embassy in Kuala Lumpur that evening.



Dr. Alinejad remarked, "We've shown the world how a country without Asian roots can be successful in martial sport; we have worked hard in the last decade to become a role model today. We'll continue to build our sport and I believe we will achieve even more success in future events."

The results of this kind of national support are plainly seen in the ascendancy of the Iran Wushu team and the level of top athletes it is producing. It should be a role model for other countries – particularly those with sport ministries – to follow if they are looking to build up their athletes for future participation in Olympic wushu competition. And until that day comes, the support for wushu is an essential contribution to the continual elevation of taolu and sanda; it not only brings up the international level of skill and competition, but also ultimately benefits wushu for all athletes and countries in the long run. *(Article by Martha Burr)*



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Official IWUF Youtube Channel

A newly established IWUF Youtube Channel now available at the following URL: <https://www.youtube.com/iwufwushu>

## 7<sup>th</sup> Sanda World Cup Signing Ceremony - Jakarta

On the 20<sup>th</sup> of March, 2014, at the beautiful Mulia Hotel in Jakarta, Indonesia, the official host city contract signing ceremony of the 7<sup>th</sup> Sanda World Cup took place between the International Wushu Federation and the hosts, the Indonesia Wushu Association (IWA). IWUF Technical Committee Chairman, Mr. Wang Yulong attended the ceremony on following his inspection tour of the host city. The 7<sup>th</sup> Sanda World Cup is set to take place in Jakarta from November 16-22. In attendance at the



Signing ceremony were IWA Vice-Presidents Mr. Ngatino, Mr. Mr. Azmi and Mr. Eisen Gouw; Mr. Joko Pekik – Deputy-Minister of the Sports & Youth Department; Madame Rita Subowo; Mr. Supandi Kusuma – IWA President; Mr. Igk Manila – First President of the IWA; Mr. Tono Suratman; Mr. Iwan Kwok – Secretary-General of IWA and Mr. Wang Yulong – IWUF Technical Committee Chairman.



## IWUF Anti-Doping Outreach Education takes off at the Junior Championships

The IWUF organized its first Anti-Doping Athlete's Outreach Program during the 5<sup>th</sup> World Junior Wushu Championships which were held in Antalya, Turkey from March 14<sup>th</sup> to 17<sup>th</sup> 2014. The Anti-Doping educational event was arranged with the support of WADA, the World Anti-Doping Agency. During the last day of competition, a booth was set-up outside the dining hall in the athlete's hotel, and 2 sessions were arranged during the course of the day.

In line with WADA's recommendation, the content included an educational quiz aimed at junior athletes, which was available in both English and Chinese. The aim of the quiz was to not only engage and entertain the participants, but at the same time to educate them on doping related issues.

A large number of participants took part in the event, and this included not only athletes but also parents and IWUF Executive Board members as well. The participants not only were educated through this, but also received a prize of Lindt chocolates for their participation. This is the first of such programs that the IWUF has planned for the future.

## Wushu Heats Up the Sochi Winter Olympics



On February 8, athletes from China and Russia gave a joint wushu demonstration at the "China House" in Sochi, Russia, during the 12<sup>th</sup> Winter Olympic Games. Vladimir Putin, President of the Russian Federation, Peng Liu, Minister of Sports Ministry of PROC, Zaiqing Yu, IOC Vice President and President of International Wushu Federation and other high ranking officials from China and Russia watched the demonstration. The demonstration was remarkable and successful. The Russian Wushu Federation selected its best athletes to perform and made substantial preparation for this important event. China Central Television (CCTV) and Russian media reported the news worldwide.

## IWUF Anti-Doping Disciplinary Action

The IWUF Executive Board, upon its Anti-Doping Disciplinary Committee's (ADDC) recommendation, has decided to impose a sanction on Mr. Traian Rus, an athlete from Romania, consisting of a two year suspension from all competitions, effective March 4<sup>th</sup>, 2014. The ADDC conducted the due process in accordance with IWUF's anti-doping rules (article 10.2) and confirmed Mr. Traian Rus' violation.

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## USA Wushu Team- A New Generation Rising Brings Home Medals and Memories at the 12<sup>th</sup> World Wushu Championships

The U.S. Wushu team had a splendid showing at the 12th World Wushu Championships in Kuala Lumpur, Malaysia which took place October 28-November 6, 2013. American athletes took home 3 medals -- Jason Liu won silver in his compulsory nanquan, Emily Fan took bronze with a strong qiangshu performance, and sanda fighter Alex Cisnes fought a fierce semi-final battle with the King of Sanda (reigning World Champion) to emerge with the bronze.



The rest of the team – Peter Dang, Brenda Hatley, Lucy Lee, Emily Hwang, Jessica Shyy, Justin Benedik, Wesley Huie and Jeffrey Lui – all contributed excellent performances – some scoring just barely outside medal territory. But transcending scores, the team showed not only diverse skills but also heart and soul in each performance, sportsmanship on the carpet and off, and an enthusiastic spirit of support for every member. The event was even more of a continuing wushu odyssey for Benedik, Hatley, and Dang, who also competed a week earlier in St. Petersburg, Russia at the SportAccord World Combat Games.

US wushu boasts a long history. American athletes have been traveling to train in China since the 1980s and have participated in IWUF events since the first World Wushu Championships in Beijing in 1991. America is home to a great many top wushu coaches, many from former professional teams in China. But many challenges also exist for the athletes, the greatest of which is the absence of a national sport ministry and lack of corporate funding to support athletes' training and travel. Some athletes, like Peter Dang, even train by themselves when there are no coaches available where they live.

Wushu athletes in the US are all amateur in status; they either have full time jobs or are in school full time, which limits their training. They generally prepare for events like national or international championships either by themselves or with their own individual coaches. Despite these obstacles, when they come together in a competition like the World Championships their bond is deep, their support of each other unwavering, and their cheers of "jiayou" from the stands couldn't be louder. A number of devoted parents and coaches also make the long trip and become part of the team support, creating an extended wushu family.

Delegation leader, and IWUF Executive Board Vice President, Anthony Goh, noted, "The Wushu Federation of Malaysia ran one of the best champion-

ships IWUF has ever hosted – with 860 participants, it was smoothly run, full of friendship, and the organizing committee offered great hospitality. The US brought the largest team with 39 members and I am very proud of our athletes' performances. I especially want to congratulate Jason, Emily and Alex for winning the medals in these high-level competitions. I also want to thank all the officials for their hard work and the parents for their support. "

U.S. Team Coach Mario Martinez, along with Coach Eugene Moy, ushered the young U.S. team to the games in Kuala Lumpur. Martinez notes, "We really have an impressive new generation of wushu athletes coming up right now. The last Junior Wushu championships showed a lot of talent emerging, and the next event will be even more competitive.



The level across the world teams is continually improving, and we saw a lot of new fresh blood coming out of almost every professional team here. But the U.S. athletes have upped the level of difficulty in their techniques accordingly. Our medalling here shows that we can compete with athletes that train 8 hours a day professionally. These young athletes show the world that the USA is a wushu force to be

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reckoned with, and I am very proud of how our athletes represented their country. I know many American athletes sacrifice so much to get to the world stage and they do it all for the love of the sport; I have nothing but the utmost respect for them."

Team Coach Eugene Moy also noted, "It was a great honor and privilege to serve as a U.S. team coach. I'm very proud of the athletes' performance in Malaysia, especially considering the circumstances. Many of them were dealing with injuries, and I don't think anyone was used to the conditions in the warm-up tent. A constant, ninety degrees, what felt like 100% humidity, and the two carpets inside the tent were over-saturated with athletes." He paused, and then continued. "One thing that stood out to me over there was wushu's level of public exposure in Malaysia. A day after the competition, a cab driver asked me the reason for visiting Kuala Lumpur. When I said I was there for World Wushu Championships, he replied saying he had gone to the competition to watch one night and had read about the final results in the newspaper that morning. I hope wushu will one day have the same level of exposure in the U.S. The Wushu Federation of Malaysia did a great job as hosts, and put on a very professional and well-run competition."

In sanda, the U.S. team is also showing promise and potential, despite similar challenges. Alex Cisne was captain of a sanda team including Brandon Chew, Livingston McKenzie, Cory Johnson, Mike Lee, Ragan Beedy and Sarah Felton, led by head coach Ian Lee. The fighters showed tough skills, heart and spirit as they battled with top contenders from around the world.

Seasoned MMA veteran Cisne truly put U.S. sanda skills in the spotlight. Early on he was pitted against a top fighter from Afghanistan, bringing loud cheers from the U.S. team as well as from a united Middle Eastern bloc rooting for the Afghan fighter. Cisne prevailed, thanks to a barrage of heavy punches, and went on to quarterfinals to face a French fighter who proved a formidable opponent with menacing savate kicks.



The Frenchman won the first round, but Cisne quickly

regrouped and changed strategy to win the second round and then the third to take the match. This put him into the semi-finals against none other than reigning World Champion and King of Sanda, the great Muslim Salikhov.

Salikhov had dispensed rather quickly with his earlier opponents, but from the start, Cisne's strong punches and tough defence put the Russian on his guard. Cisne says, "I've seen Muslim fight at a lot of other events. I was supposed to fight him in Turkey, but I broke my toe earlier, so that was very disappointing. I couldn't wait to fight him here – he's the best, after all!"

"Muslim knew I knew his fighting, and he knew I'd look for an opening strategy. I had to feel out his range in the first round. We both know our spacing, and were looking for openings. His catching and throws are really on point, so you have to be careful. He caught a couple of my kicks and threw me, so I had to catch up by scoring with punches." It was by far the most exciting fight we'd seen with Salikhov in Malaysia up until then, and kicks and punches were scored about equally – Cisne caught his opponent with a solid cross he wasn't expecting, but the Russian eventually won the match with his elegant, and lethal, takedowns.



Regardless, Cisne looked elated to stand on the bronze medal podium with the U.S. flag rising behind him, winning the Americans their third medal of the games. Like taolu, this U.S. team is auguring a new era in for U.S. sanda. "It's all about experience," says Cisne. "My skill level over the past 7 years has completely changed because of international experience. This is my fourth World Championships, after Beijing, Canada and Turkey. We need to give our sanda fighters more time on the leitai like this. It's invaluable. Our sanda team has a lot of potential, and being captain here in Malaysia has been really gratifying. I want to go back to America and help build up the team, and I look forward to the next event for our younger athletes."

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The experience of training, traveling and competing in an event like the World Wushu Championships is unlike any other. The athletes, in their own words, describe some of their experiences:

**Emily Fan:** "My week spent in Malaysia to compete in the 12th World Wushu Championships was definitely one of the best experiences I've ever had. Firstly, it strengthened the bond between my fellow teammates and me. We pretty much spent every waking moment together and shared emotions of happiness when someone did well and feelings of sadness when someone didn't. Hearing the "Emily!-- Jiayou!" from the side-lines during my forms gave me the strength to continue and to finish strong. Similarly, through this experience, I formed a stronger bond with Coach Eugene Moy and Coach Mario Martinez. They were constantly sitting in that hot, humid warm-up tent watching us warm up, holding our waters, and giving guidance when necessary. Before any event of mine, they would be right next to me offering words of encouragement, calming my nerves with jokes, and even sharing my feelings of anxiousness and nervousness. For example, I remember clearly, when waiting to go on for Qiangshu, they began to joke about my extremely small feet. Yes, I am 15 years old, 5 ft. 2 in., and only wear a size 2 in shoes. Their light-heartedness helped to calm my nerves and fully relax as I walked onto that carpet.

Lastly, this experience helped open my eyes to see all the amazing wushu that is out there. Sure, like everyone else, I've spent days on end watching professional teams compete on YouTube; but seeing it in real life is a totally new experience. Watching a 720 tornado kick from my computer screen is nothing like watching it from the side-lines. Going to this competition, watching, learning, and speaking to the other competitors helped me to aspire to their greatness and hope that one day I could be as good as them.

Overall, this competition has allowed me to see what wushu is like on an international level. Through this, I have strengthened past friendships and made many

new ones. It feels so surreal thinking back on this now, but experiencing this competition has furthermore fuelled my passion for wushu, and now that I'm back home, is inspiring me to train even harder for the next competition."

**Lucy Lee:** "The WWC was a real eye opener for me. For me, meeting all the athletes was the best. Being the smallest and the youngest one, no one expected much from me, and no one knew me. However, everyone on the team welcomed me, and I felt like I was part of the team, instead of being an outsider. It was quite fun to see people's eyes open in shock when I told them I was an athlete, and exciting to meet the famous wushu stars of the age and see them perform live. The wushu athletes from the other countries made helpful suggestions to me, and I felt amazed that they remembered me, and had even bothered to talk to me. It was a real honor to be part of this competition and team, and I thank everyone who could make this happen for me!"



**Jeffrey Lui:** "Competing at the 12th World Wushu Championships was AMAZING! Meeting so many of the wushu YouTube stars that I got my inspiration from, and knowing they were competing with me, on the same carpet! As nerve wracking as it was, I still had an amazing experience meeting all the other athletes and getting to know them better. It's like I realized that they were real people outside of wushu. You know how they say never meet your heroes -- I don't think that applies here at all.

I personally think that I'd performed better in practice, but who doesn't think that? I won't make any excuses, everyone gets the nervous jitters, and there's always more room for training. I could've gotten more prepared, but it all boils down to the fact that some days you're "on" some days you're "off." I know I tried my best, and I'm proud of that. Hopefully next time (if there is a next time) I'll come out stronger. When it came down to carpet time the experience was very surreal. Knowing that I've practiced months on end for the 1-and-a-half minutes I'm going to spend on this carpet. When I'm in the middle of the carpet, about to start my form, I'm all alone and even though I know everyone is watching it feels - **Cont. Page 9**

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like I'm in the whole stadium all by myself, lights out, total silence, just me and my weapon -- and then it starts and before I knew it I was done and saluting the judges. It was an amazing experience. I also had tons of fun spending time with my teammates eating, shopping, sight-seeing and bonding in general. It was great to share such new and exciting experiences with such a fun bunch. All in all I am extremely grateful I was able to have this experience with these people. Hopefully in 2 years I'll be back at it again."



**Justin Benedik:** "My experience in Malaysia and Russia was incredible! Getting the opportunity to compete against people you have watched on YouTube for the past five years who I have tried to model my wushu after. After a few great performances in both the SportAccord games and the World Championships it makes me happy to know that my hard work went towards helping promote the sport as well as helping me grow as a person and an athlete. Hopefully one day I will compete against people who have watched my videos and have gained inspiration from my wushu so that at the end of the day instead of wanting to take pictures with my idols people will want to take pictures with me."

**Wesley Huie:** "The experience I had in Kuala Lumpur, Malaysia was amazing. I was able to meet incredible people. Being able to spectate live wushu from other countries was a learning experience itself. Meeting them and talking to other athletes was also a great experience because it gave me an understanding about their life. The citizens of Kuala Lumpur were very friendly. They offered us information about the best food joints in the area. I was also amazed at how many different languages Malaysians spoke – they knew English, Chinese, Malay, and even more."



*(Article by Martha Burr)*

### 3<sup>rd</sup> African Junior Wushu Championships



The African Wushu federation successfully held the 3<sup>rd</sup> Junior African Wushu Championships in Cairo, Egypt during the month of February, 2014.

### IWUF Supervision Committee Formed

The 5<sup>th</sup> World Junior Wushu Championships held in Antalya, Turkey saw the establishment of a Supervision Committee which had the task of overseeing the officiation in all competition. The committee comprised of members which were nominated by each continental federation. These included Mr. Shao Zhaoming (Oceania); Mr. Sunny Tang (Pan America); Mr. Mahdi Alinejad (Asia); Mr. Bashir Eladarwei (Africa) and Mr. Petru Gindeanu (Europe).



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