



GENERAL INFORMATION

*2015 INTERNATIONAL WUSHU
COACHES & ATHLETES
TRAINING COURSES*



INTRODUCTION

The International Wushu Federation (IWUF) is pleased to announce the Training Courses that we have planned for 2015. In line with the IWUF's continued efforts to improve the technical level of our coaches and athletes across the globe, we have planned these training courses in various regions for the convenience of the participants. The 2015 courses will focus on the training for coaches and athletes, and impart on the participants improved and standardized technical methods for both coaching and practice.

The IWUF would like to thank all the host federations for hosting these events. We want to especially thank the Chinese Wushu Association (CWA) for their support and assistance in planning and conducting these courses, both financially and technically. We appreciate the generosity and contribution made by the CWA.

These courses are conducted under the supervision of the IWUF Technical Committee.

A. DATES, LOCATIONS & CONTENT

1. International Wushu Coaches Training Course – Tunisia

Date: March 1st to 10th
Location: Hammamet, Tunisia
Participants: Taolu and Sanda Coaches
Course Content:

- Technical training on the newly added traditional taolu events to the 13th World Wushu Championships (Xingyiquan, Baguazhang, Dadao (Guan Dao), Shuangjian (Double Straight Sword)).
- The implementation and role of "International Wushu Taolu Competition Rules" and "International Wushu Sanda Competition Rules" on training and competition.
- Method for creating a training plan and evaluation methods.
- Method for training in preparation for a competition and on-the-spot guidance.
- Routine techniques (basic techniques and the 3rd Set IWUF Compulsory Taolu Routines; training on degree of difficult techniques and safety)
- Sanda technical teaching

Financial Conditions:

- The board and lodging cost for participants is US\$80 per person per day for double occupancy, US\$100 for single occupancy, and accompanying persons (observers) shall pay US\$80 per person per day for double occupancy.
- **Course Fee:** US\$100 per person, which includes lectures, training, examination, venues, equipment and teaching materials.



2. International Traditional Wushu Coaches Training Course – China

Date: March 24th to 31st

Location: Guangzhou, China

Participants: Taolu Coaches

Course Content:

- Technical training on the newly added traditional taolu events to the 13th World Wushu Championships (Xingyiquan, Baguazhang, Dadao (Guan Dao), Shuangjian (Double Straight Sword)).
- Wushu Taolu competition Rules and theory.

Financial Conditions:

- The board and lodging cost for participants is US\$100 per person per day for double occupancy, US\$120 for single occupancy, and accompanying persons (observers) shall pay US\$80 per person per day for double occupancy.
- **Course Fee:** US\$300 per person, which includes lectures, training, examination, venues, equipment and teaching materials.

3. International Wushu Coaches Training Course - Mexico

Date: May 15th to 21st

Location: Pachuca City, Mexico

Participants: Taolu and Sanda coaches

Course Content:

- The implementation and role of "International Wushu Taolu Competition Rules" and "International Wushu Sanda Competition Rules" on training and competition.
- Method for creating a training plan and evaluation methods.
- Method for training in preparation for a competition and on-the-spot guidance.
- Routine techniques (basic techniques and the 3rd Set IWUF Compulsory Taolu Routines; training on degree of difficult techniques and safety)
- Sanda technical teaching.

Financial Conditions:

- The board and lodging cost for participants is US\$80 per person per day for double occupancy, US\$100 for single occupancy, and the accompanying persons (observers) shall pay US\$80 per person per day for double occupancy.
- **Course Fee:** US\$300 per person, which includes lectures, training, examination, venues, equipment and teaching materials.



4. International Taijiquan Athletes Training Camp - Italy

Date: May 31st to June 7th

Location: Turin, Italy

Participants: Taijiquan athletes

Course Content:

- International Taijiquan Competition Rules
IWUF Compulsory Yang Style Taijiquan and Taijijian, IWUF Compulsory Chen Style Taijiquan and Taijijian; Taijiquan basic skills and method for training movements of degree of difficulty.

Financial Conditions:

- The board and lodging cost for participants is Euro 100 per person per day for double occupancy, Euro 120 for single occupancy, and the accompanying persons (observers) shall pay Euro 80 per person per day for double occupancy.
- **Course Fee:** Euro 250 per person, which includes lectures, training, examination, venues, equipment and teaching materials.

5. International Wushu Coaches Training Course - Italy

Date: May 31st to June 7th

Location: Turin, Italy

Participants: Taolu and Sanda coaches

Course Content:

- The implementation and role of "International Wushu Taolu Competition Rules" and "International Wushu Sanda Competition Rules" on training and competition.
- Method for creating a training plan and evaluation methods.
- Method for training in preparation for a competition and on-the-spot guidance.
- Routine techniques (basic techniques and the 3rd Set IWUF Compulsory Taolu Routines; training on degree of difficult techniques and safety)
- Sanda technical teaching.

Financial Conditions:

- The board and lodging cost for participants is Euro 100 per person per day for double occupancy, Euro 120 for single occupancy, and the accompanying persons (observers) shall pay Euro 80 per person per day for double occupancy.
- **Course Fee:** Euro 250 per person, which includes lectures, training, examination, venues, equipment and teaching materials.

6. International Traditional Wushu Coaches Training Course - Poland

Date: June 8th to 14th

Location: Warsaw, Poland



Participants: Taolu and Sanda coaches

Course Content:

- Technical training on the newly added traditional taolu events to the 13th World Wushu Championships (Xingyiquan, Baguazhang, Dadao (Guan Dao), Shuangjian (Double Straight Sword)).
- Sanda technical teaching.
- The implementation and role of "International Wushu Taolu Competition Rules" and "International Wushu Sanda Competition Rules" on training and competition.

Financial Conditions:

- The board and lodging cost for participants is Euro 80 per person per day for double occupancy, Euro 95 for single occupancy, and the accompanying persons (observers) shall pay Euro 70 per person per day for double occupancy.
- **Course Fee:** Euro 250 per person, which includes lectures, training, examination, venues, equipment and teaching materials.

7. International Traditional Wushu Coaches Training Course - Brazil

Date: July 4th to 9th

Location: Santo Andre, Brazil

Participants: Taolu coaches

Course Content:

- Technical training on the newly added traditional taolu events to the 13th World Wushu Championships (Xingyiquan, Baguazhang, Dadao (Guan Dao), Shuangjian (Double Straight Sword)).
- Wushu Taolu competition Rules and Wushu Sanda Competition Rules and theory.

Financial Conditions:

- The board and lodging cost for participants is US\$115 per person per day for double occupancy, US\$130 for single occupancy, and the accompanying persons (observers) shall pay US\$80 per person per day for double occupancy.
- **Course Fee:** US\$150 per person, which includes lectures, training, examination, venues, equipment and teaching materials.

B. PARTICIPATION QUALIFICATIONS

- Only those participants registered and submitted by IWUF member federations / associations through the IWUF online registration system will be accepted to participate in the course. There is no limitation on the number of participants submitted by an IWUF member federation /



association.

- **Age requirements:**

Coaches: Must be born between 1965 - 1997 (18-50 years old) and be physically healthy

Athletes: Must be born between 1985 – 2000 (15-30 years old) and be physically healthy;

C. ENTRY & REGISTRATION

- **Registration Method:** All entries MUST be submitted through the IWUF Online Registration Management system. The website for this is <http://www.justtool.com/iwuf/>. No other method of registration will be accepted.
- **Registration Deadline:** All entries must be submitted 30 days prior to the start of each respective course as stipulated above.
- **Late Fee:** Registrations submitted after the deadline (30 days prior to the start of each respective course), if accepted are subject to a US\$75.00 late fee per participant.

D. TRAVEL INFO

- All participants shall be responsible for their own international and/or domestic travel expenses to the designated course site.
- The IWUF and/or host federation will provide additional info in due time regarding arrival dates, location and other useful information.

E. ACCOMMODATION & OTHER REQUIREMENTS

- The local organizing committee will arrange board and lodging for all the participants. Participants must use the accommodation provided by the local host. No exception will be accepted.
- All participants are required to bring their own training clothing and sports / wushu shoes.

F. CERTIFICATE

- Participation certificates will be issued upon passing the examination.



G. CONTACT INFORMATION

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