



WUSHU

OFFICIAL PUBLICATION OF THE
International Wushu
Federation

2014





- International Wushu Federation (IWUF) Official Sponsor
- Chinese Wushu Association Designated Equipments



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INTERNATIONAL WUSHU FEDERATION



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PRESIDENT'S *Letter*

Dear Readers and Friends,

It's my great pleasure to announce the debut of this official Magazine of the International Wushu Federation (IWUF)!

Wushu, commonly known as Kungfu in the West, has a cultural legacy that has been handed down as an art of war for thousands of years. Over the course of its long history, these arts of war were combined with the profound philosophical principles of the Chinese people. Wushu is the pinnacle of Chinese culture, embodying both its physical and philosophical virtues. Modern wushu has been developed to include both practitioners interested in the competitive side of wushu as well as those who enjoy the promotion of wellness, harmony and the moral ethics of wushu.

In the past couple of decades, wushu has enjoyed fast development and progress across the world. The IWUF was founded in 1990 and

soon after, the wushu federations of Asia, Africa, Europe, Pan-America, and Oceania were established in succession. The IWUF gained official IOC recognition in 2002. Currently, the IWUF has 146 member federations across the world. To date, the IWUF has organized 12 World Championships, 5 World Junior Championships, 6 Sanda World Cups, and 5 World Traditional Wushu Championships. Approved by the IOC, the "Beijing 2008 Wushu Tournament" was held during the Beijing 2008 Olympic Games as part of its Culture Program. This year, a similar event, the "Nanjing 2014 Youth Wushu Tournament," will take place in conjunction with the 2014 Nanjing Youth Olympic Games. Since IWUF's inauguration in 1990, wushu has successively been included into the official programs of the Asian Games, World Games, SportAccord Combat Games and many other international multi-sport Games.

Wushu was also one of the 8 short-listed sports for the 2020 Olympic Games, and the IWUF made presentations to the Olympic Program Commission and the Executive Board of the IOC respectively, which

were described by the IOC as professional and clear. Unfortunately, wushu was not successful in its bid for the 2020 Olympics, but the IWUF will keep on working with passion and commitment for the further development and progress of our sport worldwide.

As a traditional martial art, wushu has always played a very positive role not only in competitive sport but also in sport for all. It helps practitioners to build a strong mind and body and live in a healthy lifestyle. It also passes on to them its core values of peace, harmony, moral enhancement, discipline, obeying rules, and the pursuit of excellence. The IWUF as well as its continental and national federations will continue their endeavours to spend time and energy to promote this sport and its values across the world.

I hope this publication will further strengthen the bonds of our great wushu community, and our sport will bring fitness and happiness to more people all over the world. ■



JET Li

Message

Throughout my Wushu career I have faced many challenges, but the discipline and spirit the sport has given me has profoundly helped me work toward and achieve my life's goals.

Wushu helps build both a strong character and a fit and healthy body. It brings athletes from all walks of life together in friendship, and gives us opportunities to exchange cultural interests. Wushu has become a world-class sport that ranges from the subtle beauty of taiji quan to the action of chang quan and nan quan to the excitement of sanda, which has made it ever more popular with young and old around the globe.

I encourage Wushu athletes to keep pushing themselves to higher and higher limits, learning from the discipline and perseverance that the sport provides. Wushu's diverse range and applications make it an ideal sport for everyone – I hope it will continue to grow and benefit people all over the world. ■



国际武联形象大使李连杰先生致辞

从一名武术运动员到现在，我遇到了无数的挑战。在追求与实现人生目标的道路上，“尚武崇德”的理念一直深深地影响着我。

武术是一项强身健体、修身养性的运动。来自世界各地的武术运动员以武会友，促进相互间的文化交流。武术运动的形式多样，既有自然圆活的太极拳，又有势势相连的南拳、长拳，更有激烈精彩的散打等等。当今，武术已经成为一项世界性的体育运动，深受世界人民的喜爱。

我希望武术运动员能够奋发向上，超越自我，传承武术所蕴含自强不息的意志和精神。武术内涵丰富，形式各异，是适合各个群体和各年龄段人士练习的最佳运动。希望武术能够发扬光大，惠及世界各地更多的人。

李连杰

EDITOR'S

Note



I first witnessed the power and beauty of sport wushu in 1995 at the 3rd World Wushu Championships in Baltimore, Maryland, which was also the first time the event was held outside of Asia. I was deeply impressed with the high level of the sport even then, and with the spirit and friendship demonstrated by the global wushu community. When I wrote a feature story for one of the most prominent US kungfu magazines, wushu was, at that time, a fairly new international sport. Now, nearly 20 years later, I'm thrilled to see the progress IWUF has made around the globe, with 146 member federations and great strides toward future Olympic inclusion.

Last fall I attended SportAccord's World Combat Games in St. Petersburg and the 12th World Wushu Championships in Kuala Lumpur. These stellar events showcased superb talent and high professionalism, and are proof that IWUF has become a world-class sport federation. I had many compelling conversations with wushu athletes, judges and officials about the various ways federation members are promoting the development of wushu worldwide. Given the vision,

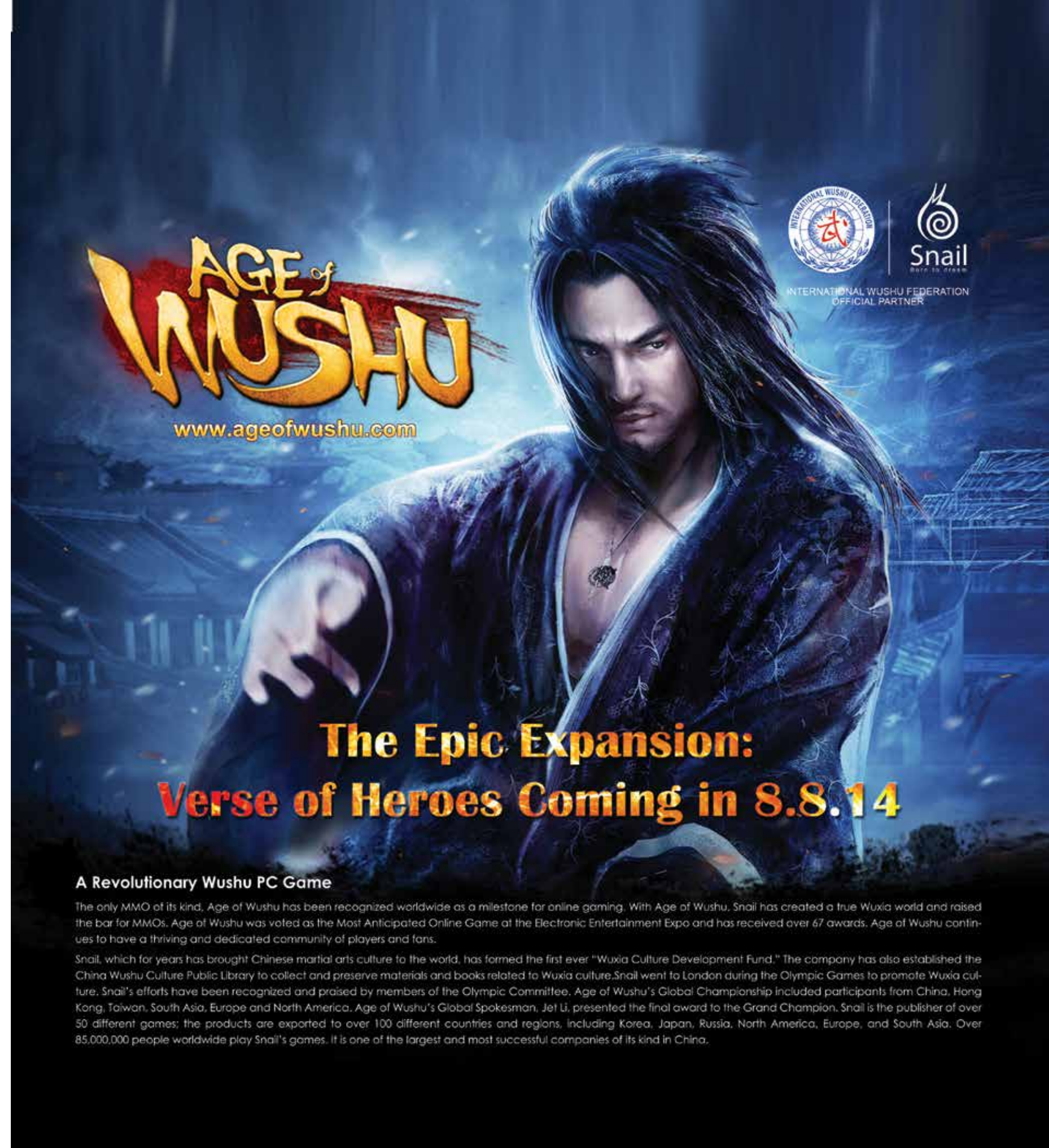
energy and leadership of IWUF's President Zaiqing Yu, I firmly believe that success with our Olympic goal cannot be far off.

With this debut issue of **Wushu**, the official magazine of the International Wushu Federation, we celebrate our global community and strive to bring us all closer together in these pages. From the youngest first-time competitor at the World Junior Wushu Championships to the seasoned King of Sanda, the hardworking event organizers, judges, referees, coaches and volunteers, we are all connected by our love of wushu. I hope these stories and pictures will inspire the spirit, perseverance and determination so many IWUF athletes display not only in the competition ring but also in daily life.

Our intrepid IWUF wushu historian, Byron Jacobs (also an IWUF Technical Committee Member, A-Grade International Wushu Judge, and IWUF Technical and Event Manager), not only put thousands of years of Chinese martial arts into context in his *Brief History of Wushu*, but he also asks the essential question, *What is Wushu?* – and then elucidates it beautifully. His other contributions here include *Four New Events Added to Next World Wushu Championships*, and, additionally, he curated our articles on Bagua and Xingyi by one of the arts' top masters, Di Guoyong.

Wushu is a sport -- and ultimately every sport is all about people. In this issue we explore many stories that illuminate the great diversity of our community, from Africa to Iran, Brazil, Russia, China, Indonesia and beyond. I hope these stories will inspire readers to reach out and connect even more. If you see me at a wushu event please come say hello – we want to get to know you!

Martha Burr, Editor



A Revolutionary Wushu PC Game

The only MMO of its kind, Age of Wushu has been recognized worldwide as a milestone for online gaming. With Age of Wushu, Snail has created a true Wuxia world and raised the bar for MMOs. Age of Wushu was voted as the Most Anticipated Online Game at the Electronic Entertainment Expo and has received over 67 awards. Age of Wushu continues to have a thriving and dedicated community of players and fans.

Snail, which for years has brought Chinese martial arts culture to the world, has formed the first ever "Wuxia Culture Development Fund." The company has also established the China Wushu Culture Public Library to collect and preserve materials and books related to Wuxia culture. Snail went to London during the Olympic Games to promote Wuxia culture, Snail's efforts have been recognized and praised by members of the Olympic Committee. Age of Wushu's Global Championship included participants from China, Hong Kong, Taiwan, South Asia, Europe and North America. Age of Wushu's Global Spokesman, Jet Li, presented the final award to the Grand Champion. Snail is the publisher of over 50 different games; the products are exported to over 100 different countries and regions, including Korea, Japan, Russia, North America, Europe, and South Asia. Over 85,000,000 people worldwide play Snail's games. It is one of the largest and most successful companies of its kind in China.

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On the Cover:

Phoon Eyin of Malaysia wins first place in the Changquan Compulsory event at the 12th World Wushu Championshipson November 03, 2013 in Kuala Lumpur.
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IWUF MEMBER NATIONS & REGIONS

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- 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

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- Iran
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- Thailand
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- Uzbekistan
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- Yemen

Oceania

- Australia
- Fiji Islands
- Guam
- New Caledonia
- New Zealand

WHAT IS WUSHU

Wushu, which is also referred to as kungfu, is the collective term for the martial art practices which originated and developed in China, and wushu is the well-spring of all Asian martial practices. Over its long history, wushu has 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 weaponry. The differing styles that have emerged focus on many aspects of combat, but more importantly they have absorbed the popular philosophies and moral practices of the people in China over the past 5000 years of development. With that, wushu has developed into more than just a simple system of attack and defense and has become a way to cultivate the body, mind and spirit in a positive way that is beneficial to all that practice it.

The character “Wu” in wushu is composed of two Chinese characters, namely “Zhi” which means “to stop” and “Ge” which is an ancient weapon of war. With that the essence of the character Wu is indeed to stop conflict and promote peace. The practice of wushu not only develops a strong and healthy body, but also a strong mind with high humanistic values, as its practice focuses on “Wu De” or martial ethics.

Today wushu has developed into various forms of practice, each with its own focus and goals. Some practices highlight health and well-being as their primary aim, while others stress maintaining the traditional culture and skills from which the arts originated. More recently, wushu has developed into a global competitive sport, which is practiced and enjoyed by thousands of people worldwide due to its unique and exciting content. Competitive wushu is categorized into two main categories, namely Taolu (Routines Competition) and Sanda (Free-Fighting Competition).

Taolu refers to the set routine (form) practice component of wushu. Taolu routines comprise of a continuously connected set of pre-determined techniques, choreographed according to certain principles and philosophies which incorporate movements and stylistic principles of attack and defense. These include hand techniques, leg techniques, jumps, sweeps, stances & footwork, seizing, throwing & wrestling, balances etc. Traditionally, Taolu routines were originally compiled to preserve the techniques and tactics of a particular lineage or system, and would gradually improve a practitioner’s flexibility, stamina, strength, speed, balance and co-ordination, and would “imprint” a tactical order into practitioners. Taolu routines include individual routines and group routines, as well as partner/duel routines with 2 or more practitioners involved. They have a rich and diverse content utilizing a wide variety of techniques, and include both bare-handed routines and those performed with weapons.

Competitive wushu has developed from traditional wushu and is presented to the world in the form of a modern Olympic sport with



a perfect combination of ancient practices and modern sports principles. Athletes perform routines (barehanded or with weaponry) based on specific rules, highlighting their athletic strengths. Routines are appraised by a panel of judges who evaluate different aspects of a performance -- namely quality of movements, overall performance and degree of difficulty, and they award a score based on an athlete’s performance. Individual taolu routines include optional routines, compulsory routines, choreographed duel/sparring routines and group routines. Taolu competition takes place in a specialized 8m x 8m arena, which is made of high density foam covered by a low-static carpet.

At official World Wushu Championships, the main taolu event categories include:

Chang Quan (Long Fist): Comprising of styles that originated and are popular in the northern geographic areas of China (north of the Yangze River) including Cha Quan, Hua Quan, Hong Quan, Shaolin Quan, Fanzi Quan and Pao Chui, this style is defined by open and long-range strikes, and a wide variety of leg techniques and circular motions. Changquan utilizes open and expanded postures, high-speed techniques as well as many aerial and acrobatic techniques. It is a fast, dynamic and exciting style, incorporating many breathtaking movements.

Nan Quan (Southern Fist): Comprising of styles that originated and are popular in the southern geographic areas of China (south of the Yangze River) including Hong (Hung Gar), Li (Lei Gar), Liu (Lau Gar), Mo (Mok Gar), Cai (Choy Gar), Wu Zu Quan, Yong Chun Quan (Wing Chun) and others. Nanquan is defined by low stances with fewer leg techniques and a focus on short, powerful arm strikes often accompanied by vocal articulation. Focusing on a solid stance and stability, Nanquan has relatively fewer acrobatic techniques, but rather concentrates on





generating extremely powerful techniques with intricate and highly developed hand techniques. It is a fierce and powerful style whose practitioners exude a strong spirit.

Taiji Quan (Tai Chi Chuan): The most widely practiced and popular martial art in the world today, Taiji Quan is characterized by its slow and graceful motions and its combination of both hard and soft techniques. Taiji Quan comprises of well-known styles including Chen, Yang, Wu, Sun and Wu (Hao), and is popular due to its health building and longevity benefits. Taiji Quan is defined by slow motions, coupled at times with explosive bursts of force, which require total harmony of motion and breath, concentration and co-ordination of the entire body and spirit in a continuous practice.

Sanda: Sanda is a modern unarmed combat sport which developed from traditional wushu techniques, and primarily makes use of punching, kicking, throwing, wrestling and defensive techniques. Competition bouts take place on an elevated platform called a “leitai,” which is 80cm in height, 8m in width and 8m in length, made of a frame covered in high density foam with a canvas cover. On the ground surrounding the platform is a protective cushion that is 30cm in height and 2 meters in width. Competing athletes wear protective gear which includes a head-guard, chest protector and gloves, as well as a mouth-guard and a jockstrap.

Competition bouts comprise of 3 rounds in total, each lasting two minutes with a one minute rest period between rounds. Apart from illegal blows and methods, Sanda athletes may employ punching, kicking and throwing techniques from all styles of wushu. 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. ■

A BRIEF HISTORY OF WUSHU

Wushu’s earliest origins may be traced back to primitive man and his struggle for survival in a harsh environment. This would include defending himself from wild animals, hunting activities, and of course defense against other human beings. In order to accomplish this, early man created tools for production as well as weapons for combat. It is the application of such weapons that formed the roots of the fighting techniques in wushu’s weaponry in later times.

Archeological discoveries dating from the Mesolithic and Neolithic ages, to the early Bronze Age include a variety of specific hunting and fighting tools such as arrow heads, sickles, daggers and axes created from stone and later

from bronze. During these times, inter-tribal warfare was common in which such weapons were employed, and it is this in essence that promoted the early development of wushu.

During these ancient times we also saw the emergence of the ritual contests of strength such as Jue Di and Chi You play, which consisted of wrestling as well as contestants donning a horned helmet and butting one another. Jue Di formed the basis for the development of modern Chinese wrestling in later times and was referred to as Xiang Pu and Zheng Jiao.

Through the Shang Dynasty, (approx.1556 BC to 1046 BC), Western Zhou period (1046 BC to 771 BC), Spring and Autumn Period (771 BC to 476 BC) and the Warring States period (481 BC to 221 BC) we see wushu further evolve into specialized armed and unarmed combat methods as well as the emergence of sophisticated weapons for warfare. During these times, wushu was not only practiced by troops, but was also popular and practiced by

the common people as a means of self-defense, health improvement as well as entertainment. During the Spring and Autumn Period, Confucius stated that people should be trained in both literary arts as well as martial arts (Wen Wu). We see the gradual development of specific systems starting to emerge.

The Qin Dynasty (221 BC to 206 BC) saw the first unification of China and the establishment of a centralized empire, yet following this conflict still occurred through the Han Dynasty (206 BC to 220 AD) and then the Tang Dynasty (618 AD to 907 AD). During these periods warfare escalated as did the need for differing weapons and fighting methods, all of which led to the further development of wushu. Due to the unification of the nation, wushu’s health and entertainment value was also further explored and developed. Martial performances became popular, as did combat competitions utilizing protective gear. The combats sports of Shou Bo and wrestling became popular within the imperial court and contests were staged



with sideline judges. This spread to the common people and became popular amongst them as well.

In 495 A.D the Shaolin Temple was erected on the Song Shan Mountain for the monk Ba Tuo, whose students enjoyed practicing wushu type exercises in their spare time. Later generations of monks combined Chan (Zen) and Quan (martial arts) into what is famous today as Shaolin Quan (Shaolin Wushu).

From 960 A.D to 1644 A.D gunpowder started to be implemented and soldiers began using simple firearms. While hot weapons slowly came to be employed, cold weapons were still used primarily in combat. With the further development of military drills and training formations, systemized methods of martial training were developed and standardized. Military examinations were implemented for all those wanting to become soldiers.

Folk wushu saw its greatest blossoming and development in a multi-functional way in this era. These wushu practices entered maturity, with a great variety of bare-handed practices emerging. Martial practices were divided into 3 main categories, namely: Gong Fa (skill practice and development); Taolu (routine practice) and Ge Dou (combat practice).

During the Ming Dynasty (1368 – 1644) we find the greatest development of systemized styles of wushu, and with that the emergence of written chronicles and manuals on wushu styles and practices. Most famously the Ming General, Qi Jiguang, famous for his defense against invading pirates, compiled the book “Record of Military Training” in which he chronicles folk wushu practices of the time. Many others came to publish training books and manuals on various martial arts practices.

From the beginning of the Qing Dynasty (1644-1911), the use of firearms gradually increased among soldiers and cold weapons were not utilized as much. Instead, wushu was now mainly practiced by common people. With this, martial techniques and practices started to be combined with



popular theoretical and philosophical ideas popular amongst the common folk. Traditional medical theory was combined with wushu, which further improved its function for preserving and promoting good health. Popular philosophies such as Taoism were also combined systematically with wushu practice, and we can see the emergence of the popular styles of Xingyi Quan, Bagua Zhang and Taiji Quan from this combination. While they were primarily rooted in martial applications, these styles also paid attention to health and philosophical principles.

In the early 20th century the Shanghai Jing Wu Physical Culture Society, the Beijing Physical Culture Research Institute and similar organizations were established, and during this time wushu was included in schools sports programs, as well as in national sports competitions. This development further pushed wushu into the realm of poplar sport. Public performances became common, as was public practice, and wushu competitions were organized; all of these further spread and promoted wushu’s practice.

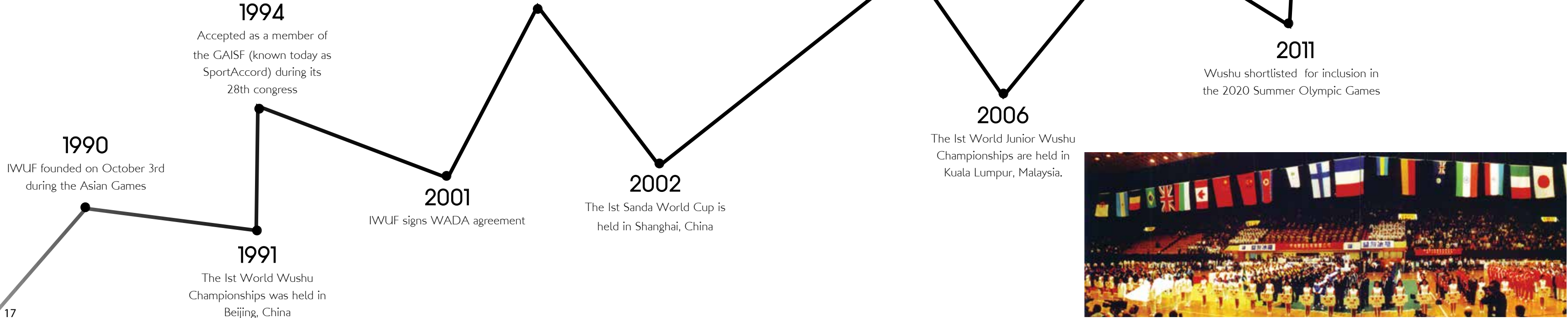
In 1923 the Chinese National Wushu Games were held in Shanghai. In 1928, the Nanjing Guoshu Guan was established and wushu’s name was officially changed to Guoshu (national art), with the aim of systemizing wushu practice and to promote and develop it nationwide. They organized numerous wushu meets and competitions featuring taolu, as well as contests with weaponry and barehanded combat. In 1929 Wushu Taolu was included in China’s 3rd National Games. In 1936 a Chinese wushu delegation performed a demonstration at the XI Olympic Games held in Berlin.

Wushu continually developed through the Republican Era and after the founding of the People’s Republic of China. Formats as well as detailed rules for wushu competition were compiled and implemented, along with the standardization of teaching methods and materials, which greatly developed the standard of wushu. In 1985, the first International Invitation Wushu Tournament was held in Xi’an, China, and the preparatory committee for the International Wushu Federation was formed. In 1990 the International Wushu Federation was officially founded. ■



IWUF TIMELINE

The International Wushu Federation (IWUF), which was established on October 3rd, 1990, is the international federation (IF) which governs wushu in all its forms worldwide. Currently, the IWUF has 146 members, across 5 continental federations. The IWUF is recognized by the International Olympic Committee (IOC), and is also a member of both ARISF and Sport Accord.





THE 12TH WORLD WUSHU CHAMPIONSHIPS IN KUALA LUMPUR

NOVEMBER, 2013

A tropical monsoon season greeted 860 athletes from 74 countries at the 12th World Wushu Championships in Kuala Lumpur, Malaysia, but it did nothing to dampen the wushu spirit of everyone involved. The Wushu Federation of Malaysia offered superlative hospitality and style as they skillfully hosted IWUF's principal biennial event that marks the ever-increasing progress the sport of wushu is making as an Olympic hopeful. This Championships, held from October 28 - November 6, 2013, showed much evidence that the level of wushu is growing around the world, particularly in many countries outside Asia which previously faced a number of challenges.

While strong Asian teams were expected to dominate, there were some surprises. China maintained its hold at the top of the podium with a whopping 17 gold medals – and 1 silver – to make a total of 18. Both men and women turned in dazzling changquan, quiangshu, jianshu, gunshu, nanquan and nandao performances. While many take this as a given, no one can argue that Chinese athletes and coaches continue to raise the bar with higher jumps, razor sharp precision and technical expertise that is often simply

breathhtaking. But Malaysian wushu athletes had the home advantage at the Kuala Lumpur Badminton Stadium with a wildly enthusiastic audience simply, madly, in love with their team. And the team loved them back, dishing out not only technical prowess in routines of high difficulty, but also imbuing them with joy, soul and style. The Malaysian flag rose and the national anthem played for Ho Mun Hua (nanquan), Phoon Eyin (compulsory changquan), Diana Bong (nandao) and Tai Cheau Xuen (compulsory nanquan), as hundreds of voices rose in chorus singing emotionally together. An additional 5 silver medals and 5 bronze medals brought Malaysia to second place in the overall medal count, and light years ahead in cheers and applause, giving the entire stadium a continual energy that uplifted everyone.

Other big winners were Vietnam with 12 medals (3 gold), and South Korea and Iran each with 10 medals. Iran's 7 gold medals (second behind China's gold count) were won thanks largely to their men's and women's sanda fighters and a wildly engaging men's duilian team. Russia, Japan, Macau and Hong Kong followed closely with 7 total medals each.



Over 5 days of events there was truly something for every sports fan. At one end of the stadium the taiji ring expressed the beauty and dynamic expression of internal power. Music and romantically flowing silks mesmerized the audience, while Indonesia's lovely young star Lindswell stole the show with a deeply soulful gold-medal performance.

The center ring offered a taolu showdown and a dramatic display of jumps, flips, and flashing weapons that drew frequent cheers and applause. A few eye-catching performances were especially outstanding, such as the men's nanquan from Iranian Farshad Arabi, a very experienced athlete who previously won the overall nanquan medal from the World Games in Colombia this year. In women's jianshu Duong

Thuy Vi from Vietnam displayed a style ideally representative of the rich content and variety of Chinese straight sword. In men's nangun China's Li Fukui, a seasoned veteran with numerous Chinese championship medals under his belt and a very complete style, exhibited profound power and mastery. And in women's gunshu, Geng Xiaolin from Hong Kong showed us impeccable physical and technical skills.

Over on the sanda leिताi there was near non-stop excitement and an international display of sophisticated fighting techniques and action. With athletes in many weight divisions, China won 7 gold sanda medals (4 men's, 3 women's) with fast, precise kicks and a well-versed repertoire in terms of scoring points. The Russian team brought their indomitable, seasoned fighters to win 3 gold medals with unsurpassed wrestling skills, throws and takedowns. But punch for punch, Iran was the powerhouse to contend with, mowing

!!THE FIGHTING LEVEL FOR OTHER NON-ASIAN COUNTRIES IS IMPRESSIVE AND FAST IMPROVING, AND SOME HEARTFELT TRIUMPHS CAME OUT OF THE AMERICAN, BERMUDAN AND BRAZILIAN SANDA TEAMS -- WHO WE EXPECT TO SEE MORE OF IN ANOTHER 2 YEARS.!!

down many opponents with fearsome skills and superior strength. In the 80kg division Amir Fazli even managed to slip in a deadly punch that felled the mighty Russian King of Sanda Muslim Salikhov in the second round of the final, going on to win the gold for Iran that eluded him in the previous Championships two years earlier. But perhaps no fight was as dramatic as the women's 52 kg final, where a brutal showdown between Korean Kim Hye-Bin and Elaheh Mansourian played out with the Iranian fighter receiving a kick to the face breaking her cheekbone in 2 places; she bravely held fast, returned her own deadly kicks keeping her opponent at bay, and finally won the match, bloodied but unbowed.

While Asian nations took all but 2 of the Championships' gold medals in taolu – the exceptions were men's duilian won by Iran and women's duilian taken by Ukraine – a full 50% of sanda gold went to Russia and Iran. The fighting level for other non-Asian countries is impressive and fast improving, and some heartfelt triumphs came out of the American, Bermudan and Brazilian sanda teams -- who we expect to see more of in another 2 years. Women's sanda – which has only been a formal event for a mere decade – has seen an unprecedented growth in leिताi skills and mastery, and is now pretty much just as compelling to watch in terms of action as the men's competition.

Taolu levels outside of Asia may be growing more slowly around the globe compared to full-contact fighting, but several things are contributing to a steady worldwide growth. Foremost is the increase in funding for wushu





federations from individual sport ministries since the IWUF became a formal member of the IOC family in 2002. This has given wushu a profound validation that has translated into funding from sport ministries in Iran, Brazil and Mexico, just to name a few. This funding has allowed for various federations to build new facilities, sponsor athletes, hold more frequent national and regional competitions, hire experienced coaches, and send athletes to China for training, all of which greatly contribute to raising the level of training and competition.

While the dominant flags rising above the medal podium of the 12th World Wushu Championships may have been from China, Malaysia and Vietnam, we nevertheless witnessed a groundswell of

international talent rising fast. Russia, Ukraine and Iran are serious contenders for the next Championships, and younger stars from the USA, Egypt, Turkey, Italy, France and Gabon are just getting warmed up. With 2 years to go until the 13th World Wushu Championships in Jakarta, Indonesia in 2015, a determined new generation is busy training hard, perfecting their skills, and hungry for gold.

President Yu not only led a successful meeting of the 12th IWUF Congress, but his presence also buoyed the spirit of the games. As he observed the closing of the event he remarked, "On the occasion of the successful conclusion of the 12th World Wushu Championships, please allow me to say thank you on behalf of IWUF to all athletes, coaches, officials, organizers, media, volunteers and friends

in the wushu family. I would like to congratulate in particular the Wushu Federation of Malaysia and Local Organizing Committee. It is the third time for Malaysia to host the World Championships and Junior Championships after 1993 and 2006, and it has delivered an exceptional Wushu gala that gave the young athletes and spectators a fascinating and memorable experience.

"I would also like to congratulate athletes on performing your best and staying true to your ideals. As role models in particular for young people, you have shown them that it is important to believe in their own abilities. The 12th World Wushu Championships has set a record in the history of Wushu, but it is not an end at all -- I look forward to seeing you in Indonesia in another two years. ■



THE 12TH WORLD WUSHU CHAMPIONSHIPS IN KUALA LUMPUR













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WUSHU

Dazzles

At St. Petersburg
World Combat
Games 2013

Gold Medals Shine on China, Russia and Iran

November 15, 2013 -- Wushu competition culminated nine days of intense martial arts events in St. Petersburg at the 2013 SportAccord World Combat Games that took place from October 18-26, 2013. SportAccord is the umbrella organization for all Olympic and non-Olympic international sports federations. The second edition of the Games (the first was in Beijing in 2010) featured top athletes from 15 different martial arts and combat sports -- aikido, boxing, fencing, judo, ju jitsu, karate, kendo, kickboxing, Muay Thai, sambo, savate, sumo, taekwondo, wrestling and wushu. Nearly 1,400 male and female athletes from 62 different countries competed, and a total of 473 medals were awarded. Russia led the medal count, followed by France, Japan and Ukraine.

Overall, the event offered a dazzling display of martial power and skill, mixing up both Olympic and non-Olympic combat sports. For wushu, and the International Wushu Federation team in St. Petersburg, the organizers and producers offered a professional venue and event packaging that included spectator promotion, high-level sports lighting, excellent sound, big screen moments, announcers and a polished medal ceremony with pomp and circumstance. Three TV cameras captured the action for both broadcast and big-screen projection, giving us a tantalizing look and template for wushu's visual potential as an international television and future Olympic sport. IWUF also had three new sponsors present --- 361 degrees, Wesing and the Heng Yuan Xiang group -- who observed the action as special guests from the VIP booth along with other top IWUF officials.

SportAccord President Marius Vizer noted of the event, "The World Combat Games are proof that the martial arts and combat sports are one family of sports that support each other and this

event is a great opportunity to show how their values can be transferred to societies."

The scope of the event was grand, spreading across the beautiful city of St. Petersburg in the Saint-Petersburg Sports and Concert Complex, the Yubileiny Sports Complex and the Arena Spartak. Events were broadcast live on 18 channels in Latin America, Canada, USA, China, Russia, Malaysia, Romania and the Middle East; online broadcasting in over 120 countries also reached viewers across the globe.

Each sport had its own "ambassador" -- kickboxing saw Don "The Dragon" Wilson, sambo had Fedor Emelianenko, and wrestling boasted 3-time Olympic gold medalist Alexandr Karelin. Wushu's own ambassador was Daria Tarasova, the personable Russian star who, at 24, has twice been World Champion, 15 times European Champion, and took first place at the 2008 Wushu Olympic Tournament in Beijing.

The opening week of the Games Tarasova was busy representing wushu at cultural programs, especially in schools and in hospitals around St. Petersburg to increase awareness of martial arts and give people the chance to see its beauty and power first hand.

"This event has given us the opportunity," she says, "To be ambassadors of martial arts, to go out and talk to people about it, and make a real connection with them. I feel good about this. We've gone to many schools, and made a lot of presentations." The athlete ambassadors also visited a hospital for orphans with HIV, where they got to encourage and inspire kids who normally don't get much positive attention.



Despite some frosty weather, when the competition opened wushu definitely heated things up the Spartak Arena. With dazzling taolu forms and powerful sanda full-contact fighting, spectators were treated to flashing swords and spears, lethal kicks and punches. 21 wushu teams had traveled to St. Petersburg for this event, and while

China once dominated the medal podium in the early days of the sport, other countries have now come up to speed in technical sophistication, power and style. A select group of international champions came ready to challenge for wushu supremacy. Top amongst those was Russia, a nation possessing many stellar athletes across a variety of martial sports.

This was not lost on an enthusiastic crowd that offered cheering support to all athletes, but especially to their own Russian stars topped by Tarasova and the indomitable sanda champion Muslim Salikhov.

Shimmering silks and flashing swords lit up the rings as the men's and women's all around taolu competitions began. Women's events for the all-around taolu included changquan, straight sword and spear. A real battle between Tarasova and the formidable Liu Xia from China was won by Tarasova by just a few hundredths of a point, and the audience erupted in wild cheers and applause.

A similar battle was fought in women's taiji all-around, where Indonesian star Lindswell tied with China's Li Jianfang in taiji sword, but scored higher in taijiquan to win gold in the all-around. China held onto the gold in the men's taijiquan all-around thanks to the power and grace of Huang Yingqi.

The men's taolu all-around was a dramatic battle again between China and Russia, though strong performances were also seen from Hong Kong, USA, Ukraine, Vietnam, Mexico and Singapore. More cheers erupted for Semen Udelov of Russia, who displayed a regal, balletic grace and style to match his power. China's Yu Lei was less passionate and artistic in his performance perhaps, but his technical prowess edged him ahead for the gold.

After a fanfare-filled medal ceremony for taolu, the sanda began, and again the Russian "local favorites" drove the crowd crazy with cheers and applause, filling the arena with electric energy. Most beloved was sanda king and reigning World Champion Muslim Salikhov, whose gorgeous fighting style is pure enjoyment to watch. He took control early on in his fight with the strong Canadian Nacereddine Zemmam, taking him down three times right at the start, landing hard kicks to the chest, and making one masterful takedown after another; Salikhov's beautiful spinning back kick really thrilled the crowd. He looked relaxed and in control from beginning to end, displaying a fighting grace and finesse that marks him as Russia's – and the world's -- top sanda champion. His final



display for the crowd was picking up his opponent completely off the mat and dropping him with a thud just before the gong sounded ending the match.

Salikhov's victory was made all the sweeter with 3 more Russian golds from teammates Rustam Kakraev (who beat China's Cai Wei), Aliev Ismail (who beat Roumanian Traian Augustin), and Gadzhi Nuritdinov beating Jesus Rafael Licet from Venezuela. All 4 Russian fighters brought the crowd to their feet and really energized the entire evening. The other sanda powerhouse taking charge of the leitai was Iran, whose fighters Jafar Shirzadeh Tophraghlo and Hamid Reza Ladvar won 2 gold medals and delivered skillful performances as they vanquished their rivals.

After 13 events China took a total of 8 medals, Russia came away with 6, and Iran also won 6. All in all, the wushu competition offered some of the most diverse, thrilling and entertaining action at the World Combat Games, changing up displays of long and short weapons, the internal power of taiji, and world-class full contact fighting with sanda. Russian competitors who took home the gold – literally home that is – brought pride and joy to their St. Petersburg audience, who in turn supplied a wonderful energy to the events.

As a crowning achievement, Daria Tarasova's gold medal performances not only brought her to the top of the podium, but also to the top honor of Russia – just after her win she was called to Moscow to meet President Vladimir Putin who offered her his personal congratulations on her wushu victory. ■

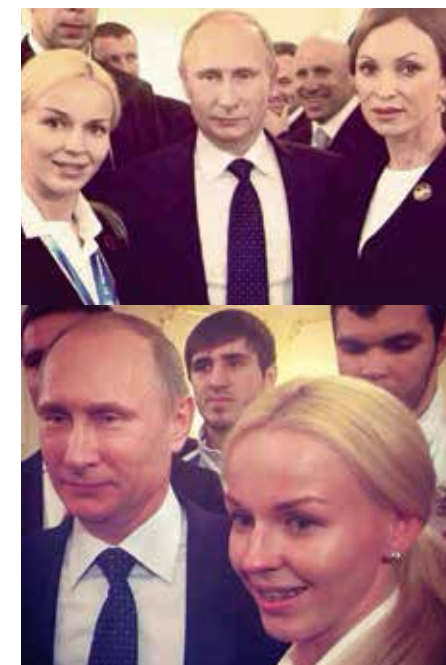


///The World Combat Games are proof that the martial arts and combat sports are one family of sports that support each other and this event is a great opportunity to show how their values can be transferred to societies. ///



WUSHU'S GOLDEN GIRL

DARIA TARASOVA



THANKS TO DARIA, A NEW GENERATION NOW HAS GOLDEN WUSHU DREAMS OF THEIR OWN.

When the SportAccord Combat Games finished in St. Petersburg this past October, Russia's top taolu star Daria Tarasova had captured her nation's heart with her powerful yet graceful forms. She also captured the highest judges scores – at least by 1/100th of a point to beat China's top athlete for the gold medal – and only days later she was invited by none other than Russian President Vladimir Putin himself to the Kremlin. Putin, it may be noted, is a former judo practitioner, but his two daughters study wushu.

Daria Tarasova was born in Moscow and began her wushu training when she was 5 years old. Now 24, she has twice been World Champion, 15 times European Champion, and took first place at the 2008 Wushu Olympic Tournament in Beijing. She is captain of the Russian National Team, and holds another deeply distinctive honor – to have been chosen as Wushu Ambassador of SportAccord. On top of that, only two weeks later at the 12th IWUF Congress in Kuala Lumpur, Daria was appointed to the IWUF Executive Board as the member representing the Athletes' Committee.

During the Combat Games Daria represented wushu at cultural programs, in schools and in hospitals around St. Petersburg to increase awareness of martial arts and give people the chance to see its beauty and power first hand.

"This event has given us the opportunity," she says, "To be ambassadors of martial arts, to go out and talk to people about it, and make a real connection with them. I feel good about this. We've gone to many schools, and made a lot of presentations." As a SportAccord ambassador for martial arts Daria wanted to connect more people to wushu, to help offer them unique opportunities. "I want to show them that martial arts can help them in their life, not just in health, but also in spirit and philosophy," she says.

Daria's favorite visit was to the hospital for orphans with HIV. "They sang for us, and danced. We talked to them, and played with them, and showed them not only our sport but also our respect. That really moved them, because some others don't respect them. It moved me too."

In her daily life in Moscow, Daria not only trains for competition but she also teaches, making wushu all-consuming. "I'm in the training hall from 8am to 8pm every day. I have a half hour break for lunch, dinner. But this is my choice. I love this life. I love teaching too, I love the kids. If I get tired, my students always give me the energy back."

As the captain of the Russian Wushu team, Daria believes she can help bring Russia to the pinnacle

of wushu to dominate on a worldwide stage. Russia is already famous for a long history of outstanding athletic champions, and it almost seems sporting destiny that Russian wushu should rise to the top.

Some challenges from these Combat Games were daunting for Daria – particularly since her weapons specialties are broadsword and staff, but the women's weapon events at the Games were straight sword (jianshu) and spear (qiangshu) – which she only started training in for competition 6 months ago. Daria believed, however, that she could win. "I've always had an aim, a goal to be a champion. When I didn't get a medal in my first tournament I just said, well, what doesn't kill me makes me stronger. I just trained until I got it. Listening to my national anthem on the podium, it made me so proud of my country."

Daria's young wushu students traveled from Moscow to watch their teacher compete and root for her. After she won the gold medal they crowded around her, giving her hugs and flowers. "I knew they came a long way to see me," she says, "and I knew I couldn't make any mistakes. I must win. I felt a lot of emotions, with them being here cheering for me."

Thanks to Daria, a new generation now has golden wushu dreams of their own. ■



A Profile of Muslim Salikhov

“Sanda King” Muslim Salikhov is Russia’s top sanda fighter, and a legend among wushu’s full-contact fighting scene. His odyssey from mountainous Dagestan to China, Thailand and ultimately the MMA, has helped make him a top ambassador of sanda. He recently won his last amateur gold medal at the World Combat Games in St. Petersburg last October, an especially poignant triumph for the longtime Russian fighter, since it was his last sanda fight in his home country Russia before turning professional to fight in MMA.

Muslim was born in the city of Makhachkala in Dagestan, near the Caspian sea. “It’s beautiful country there,” he says, “with mountains and ocean. Our whole sanda team at the Combat Games was from Dagestan, which is very famous for sanda. It has the best sanda schools in Russia.” Dagestan is a diverse region of Russia. “We have 32 nationalities there,” notes Muslim, “and everyone lives together happily, all like brothers, even though we speak 32 different languages. But even though some of my teammates on our sanda team speak different home languages, we all speak Russian when we travel and compete together. We are all a big family.”

FIGHTING FAREWELL

Muslim started training in sanda in Makhachkala when he was 9 years old. His coach Gusen Magomae, also the Russian sanda coach in St. Petersburg, was one of the early pioneers of sanda in Russia, having trained in China in the 1980s and opening his famous Five Directions sanda school in Dagestan in 1991. During the next two decades he helped build Dagestan into the sanda capital of Russia, and has produced a huge amount of Russia’s top fighters. It is now the biggest sanda school in Russia.

Muslim went to learn sanda at the Five Directions school at age 9, and immediately his coach saw his raw talent and put him in the top training class. In 2003 he entered his first World Wushu Championships in Macau and fought the famous Chinese sanda star Lu Hailong. He lost, in a closely contested bout, but his talent was noticed by everyone. Two years later he fought in the World Championships in Vietnam and won gold, defeating the fighter from Iran in the final round. Now his star was rising fast.

In 2006 he was invited to China to the “King of Sanda” competition. He was almost 20 years old. “They probably thought I was going to lose, but I won,” he recalls, with a modest smile. The next year he won another hard-fought victory in China at the World Wushu Championships in Beijing, where he had 5 tough fights and defeated Iran in the final round to win the gold. Then he fought in the 2008 Beijing Olympic tournament, where he again won gold, alongside his Russian

teammate Daria Tarasova who took the gold medal in taolu; this double victory not only made Russia proud, but it also firmly established the country as a superpower in wushu.

In 2009 his life changed. Muslim got married and then had a baby daughter. “The night my daughter was born,” he recalls, “I was fighting in Moscow in a Russian military tournament. I was fighting for the Russian police. I fought very hard, because I knew my wife was in labor at the same time. I won, and then ran to my phone, and got the call from my wife that we had a baby girl. When I became a father, I felt like I became a champion again, for the first time all over.”

As a new father, Muslim decided he needed to better support his family. So he decided to move on from amateur fighting to become a pro fighter in the MMA. He began to train in different styles to increase his fighting arsenal, moving to Thailand for awhile and beating the top Muay Thai fighter Pattaya in 2012. “I tried all the martial arts,” he says, “wrestling, jiu jitsu. I do everything.”

“But sanda is my style,” he says, “and I am bringing sanda to the MMA, really, to give it more recognition around the world.” His new role as a “sanda ambassador” should bring a powerful boost of promotion to the sport of wushu to spotlight it on the world stage in the years to come. ■





INDONESIA'S LINDSWELL

The Soul of Taiji Quan

When taiji athlete Lindswell steps onto the carpet a certain magic falls over even the biggest arena. With a combination of ethereal grace, precise yet soulful technique, and dynamic power, this young Indonesian star has risen to the top of the international podium numerous times to take home the gold.

“I started to learn wushu from my brother Iwan when I was 9 years old,” Lindswell says, recalling, “I didn’t like taiji then – I liked changquan – it was cool. But I practiced taiji more seriously as I got older, and the more I learned it, the more I liked it. My teacher, Supandi Kusuma, really made me an athlete, and he believed in me. I fought for it because of him. He hoped I would become a champion, and I wanted to prove to him that I could, and make him happy and proud.”

In 2006 Lindswell went to her first international event, the World Junior Wushu Championships in Malaysia, where she won a silver medal. Her appetite was whetted, and she returned two years later to Bali for the next junior event where she took a gold and a silver. Then she exploded onto the elite taiji scene in Canada in 2009 at the 10th World Wushu Championships where she won a bronze and a gold, and won another silver, narrowly edged out by China in Ankara at the 11th WWC.

But some victories were elusive, and at the Asian Games, she got fourth place. “I fell,” she explains. “Sometimes in the air you don’t know where you are, you lose yourself. The next Asian Games I want to win – the Asian Games are big. I want it not just for myself, but also for my country.”

Lindswell’s greatest challenge is, like in many world-class athletes who make it look so easy, overcoming nerves and stage fright. She recalls the 2011 Indonesian Games: “I was scared and nervous, and the audience was loud and wild. Slowly I’ve learned I can turn this energy into good things, and I can handle it better. I’ve known both failure and success. I don’t think about gold medals when I’m performing, I just want to do my best. Even if I’m not first place it’s OK; it’s better if people think I’ve done well.” But sport competitions are also intertwined with national pride, and a uniquely profound experience of winning is seeing your flag raised on the podium, and hearing your national anthem played for everyone to hear. “When I see the Chinese team,” she notes, “or the Malaysian team, I think I’m not as good – it makes me work harder than before. I want them to also say ‘Indonesia!’ when they think of champions.” And indeed, at the 12th World Wushu Championships, the Indonesian national anthem rang out into the arena when she won a gold medal in Taiji Jian, as well as the silver medal in Taiji Quan. Just a week before she had also won gold in both Taiji Quan and Taiji Jian at the World Combat Games in St. Petersburg.

With numerous medals under her belt, Lindswell is now a mature athlete at 22, and an international star. What makes wushu competition even better is having her older brother, Iwan Kwok, an international taolu judge, there in the room with her. She continues to challenge herself. “I compete for myself, and I keep learning for my coach,” she says, “but most important, you have to play with your soul.” ■





GOLD STANDARD

The Chinese National Wushu Team once again proved true champions, topping the medal count at the 12th World Wushu Championships in Kuala Lumpur with 18 medals (17 of them gold.) ■





U.S.A. Wushu Team

New Generation Rising Brings Home Medals and Memories at the 12th World Wushu Championships in Malaysia



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 quiangshu performance, and sanda fighter Alex Cisnes fought a fierce semi-final battle with the King of Sanda (and 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 championships 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

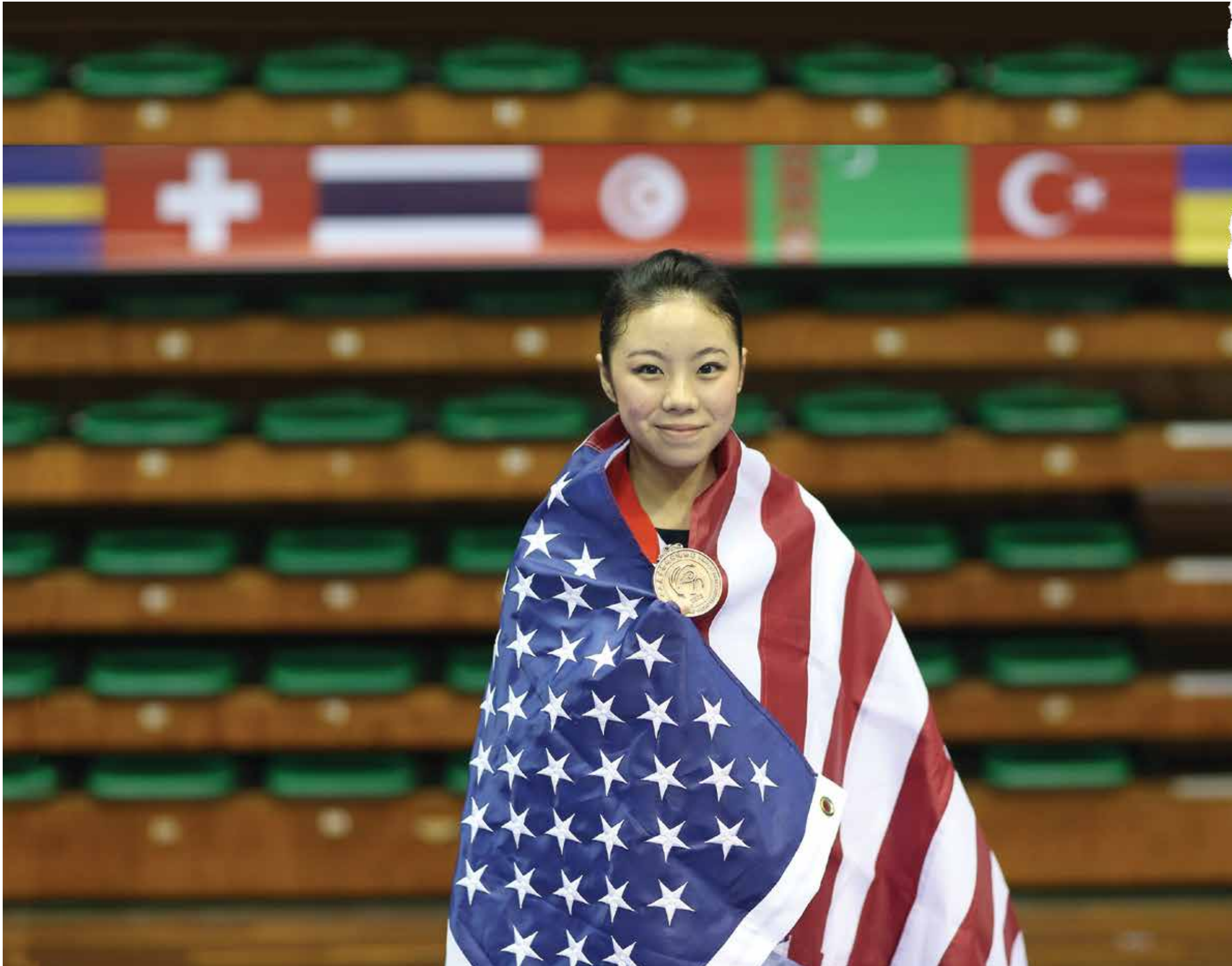
America is home to a great many top wushu coaches, many from former professional teams in China.

want to congratulate Jason, Emily and Alex for winning the medals in these high-level competitions. I also want to thanks 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 medaling 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 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 warmup tent. A constant, ninety degrees, what felt like 100% humidity, and the two carpets inside the tent were over-saturated with athletes."

He paused, 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 defense 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 leिताi 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."

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 sidelines 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

**The experience of training,
traveling and competing in
an event like the World**

Wushu Championships is

unlike any other.

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 sidelines. 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 fueled 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 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.”

**“Overall, this competition has allowed
me to see what wushu is like on an
international level.”**

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, Malayan, and even more.” ■





Iran Wushu



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 Baziari 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 longtime 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 leिताi 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 -- 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 11th 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 leिताi 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 leिताi, with this year's 3 Iranian women at the forefront.

It was also 3 women sanda fighters -- Elaheh

Mansourian Semiromi, Maryam Hashemi and Shahrbanu 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 4th place in overall medals. To add to the drama and anticipation for the Iran team, Elaheh and Shahrbanu are sisters.

In the 75Kg finals we saw Shahrbanu Semiromi quickly take control of her Canadian opponent, pushing her off the leिताi, 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 leिताi 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, "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 10th WWC, and the bronze in 2011 at the 11th 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 unwavering sponsor 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. ■





Ican Wushu



Africa Dreams of Wushu

The African Wushu Federation was founded in 1998, in Cairo, with just 6 countries – Libya, Egypt, Tunisia, Algeria, Morocco and Mauritius. Today, it has 35 members, much in part to the vision and tireless work of the Federation's dynamic President Bashir Elardawi. "I still have 19 countries to go – my goal is to have all 53," he says brightly. "I want to connect all the countries of Africa in our Federation." Africa is a complex continent that has no shortage of hopes and dreams – but given Elardawi's sheer drive and vision, uniting African wushu may just be a reality before 2020.

As with many sports organizations, the African Wushu Federation got off to a bright and promising start. It was formed in 1998 in Cairo, with its six original members all of whom were enthusiastic about wushu. But then, as leadership changed hands, it failed to keep pace with the world-wide growth and development of wushu, and the federation stagnated for over a decade. There was not even a constitution until 2002. Wushu in Africa was seemingly stuck in quicksand – not going anywhere and sinking.

But when Elardawi became Vice President in 2011, he worked around the entropy to develop wushu in Africa – all of Africa. One significant issue was that the original founding countries were all from North Africa, and none from Sub-Saharan Africa. With his encouragement, in 2007 more countries joined the Federation – Benin, Cote D'Ivoire, Ethiopia, Sudan and Gabon. 2009 saw the first African Wushu Championships in Libya, thanks to Elardawi's securing of financial help from the Libyan government. "It was frustrating," he says, "because the Federation president then wasn't doing much to develop wushu in Africa." But in 2011 in Ankara, Elardawi's moment finally came; new elections were held and at last he was free to fully take the reins as President of the African Wushu Federation. That same year he was also

recognized for his leadership in Africa, and elected as Vice President of the International Wushu Federation (IWUF).

"From that day on," he says, "we started working. I knew we must do many things. And in these past three years we have. But there's so much more we still need to do to grow wushu in Africa, and support the IWUF in the goal of officially joining Olympics."

First, continental championships had to be organized, and held consistently every year so wushu athletes could grow, test themselves and train for competition on a larger international scale. After debuting the first event in Libya, the African Wushu Championships went on to take place in 2010 in Benin, in 2011 in Senegal, and in 2012 in Morocco. In 2013 they were held in Madagascar, and this year they were held in Egypt.

Next, Eladawi says, "It's very important to host international courses supported by IWUF here in Africa. Our first course will be in Sudan. We will send teachers for sanda and taolu, and also to train coaches and judges. The African Wushu Federation, supported by the Ministry of Sport in Libya, will take care of plane tickets and accommodations."

Eladawi continues, "It's also important to have the Executive Committee meetings on a regular basis, to keep our infrastructure strong, and growing, and plan for more development. The African Wushu Federation will also support this and pay for plane tickets and accommodations for the Executive Committee members."

An engineer by profession, Elardawi is precise, practical and detail oriented in his approach to growing wushu in Africa. Over the past three years he has made personal visits to Zimbabwe, Kenya, Mauritania,

AFRICAN *Odyssey*

The Story of the African Wushu Federation
How Federation President Bashir Elardawi Made Wushu
a Major Player on the African Sport Stage

Morocco, Tunisia, Sudan, and Benin to help with the sport’s development there. “Mali is the newest country to join our Federation,” he notes, and has scheduled a trip to meet with the Mali Ministry of Sports to push support of Mali wushu.

The African Games

In just three years to have gone from 7 to 35 members is an astonishing success. Just recently Iberia, Mozambique, and Zaire became the last 3 members. With this, Elardawi has also pushed hard to get wushu accepted as an official sport in the African Games – and has succeeded – wushu will officially participate in the Games in Congo in 2015.

What’s the secret to his success in developing wushu in underdeveloped countries in Africa? It’s a strategic plan, and systematic approach. “As I build,” Elardawi notes, “I make inquiries to each African country about their ministries of sport and their Olympic committees. I research each country carefully, find the right information, and look for the right contacts. It’s a pro-active search for connections, to establish connections.”



As he continues, his voice becomes more passionate and his eyes take on a gleam of intent. “It’s a very important problem for wushu in Africa – people in Africa want to learn, and have the ability to learn, but they need technicians – they need courses, coaches, training centers, etc. I think the best way to make very good progress is to partner with IWUF to help us with this. I have discussed with President Yu, and told him in Africa I need 2 things – first, materials and equipment; and second, experts in sanda and taolu. I will take care of tickets, accommodations in Libya, and all countries. I will pay for tickets from Beijing to Tunisia, Mali, wherever. My plan for the future must be for all of our African countries to learn wushu by creating courses in those countries, and bringing the top teachers, the experts to them. Most Africans cannot afford to travel, to go to China. And one course is not enough. We need to be consistent, and committed to the long-term.”

Elardawi is someone who puts his money where his mouth is. He flew twice to Beijing to discuss this plan with IWUF President Yu, who accepted the proposal and will see to it that the proper wushu training staff will be sent. Elardawi sits back and smiles. “We will start in 2015, with full support,” he says.

As this infrastructure grows, African athletes will show stronger performances in competition both on the continent and abroad. For wushu to gain official acceptance in the Olympics in future, it must demonstrate that it is a viable sport, and an active participant in other major continental or regional sporting events. To this end, getting wushu into the African Games (which take place every 4 years) will play an important role in IWUF’s next Olympic application. And again, it’s Elardawi’s organized, efficient and consistent methods that have brought progress to the sport of wushu in Africa.

His process was straightforward. He says, “I contacted three major African sports organizations – COGO, the organizing committee of the African Games in Congo; AASC – the Association of African Sport Confederation; and ANOKA – the National Olympic Committee for African Games. I met with them in Congo last year. I gave them a file on wushu, showed them a presentation on the African Wushu Federation of IWUF, and introduced them to the mission and accomplishments of IWUF. They saw how many countries we have. I pushed the committee, I tried very hard. And they chose wushu out of 5 applicants for the African Games.”

“Four martial games applied – jiu jitsu, Aikido, kickboxing plus another – but they accepted wushu above others. They have karate, tae kwon do, judo – and now wushu makes 4 martial arts. Our Federation became a member of the AASC in 2013. The Games in Congo are going to be very grand. A Chinese company is building a sports city; it will be finished at the end of this year, and be very nice. Ask any of the engineers.”

Which is not ironic, given that Elardawi is an engineer by profession, and which comes in handy when you want to build a new building for the African Wushu Federation to have its home in Tripoli. “We really needed a dedicated building for our organization,” he muses. “Now the Executive Committee can come visit, and we can get more done. We can support courses there, and invite teachers and athletes to train.”

Engineering Wushu

So how did an engineer become a martial artist and come to lead a continent in wushu?

“I started wushu in 1987,” Elardawi says. “I was an engineer, and I worked with the government supervising projects. One was being constructed by a Chinese company. I got invited to a festival in Libya and they had a traditional show of Chinese culture. I saw wushu – we knew it then as kungfu – and I was surprised. I said to the Chinese engineer – this sport is very nice – is this big in China?” He smiles.

“I was originally a teacher of judo,” he continues, “and the founder of judo in Libya. I did judo for 15 years, from 1968-1987. All my life I’ve done sports. Bodybuilding, gymnastics. I went to South Korea in 1984 and became a judo teacher. In 1987 I left my engineering job and went to China to learn wushu.”

Before many foreigners were going to China, Elardawi went to the Beijing Teachers College of Physical Education and spent two years there, from 1986 to 1988. “I never left during that time,” he recalls. “I went every Friday to the mosque, and that’s the only time I ever left the college. We didn’t go out to eat, we trained three times a day, morning, afternoon and night.”

“I met a girl who wanted to learn Arabic,” he remembers, “so we exchanged Arabic lessons for Chinese. I spent all my time training or leaning. In 1988 there was no IWUF. But there

was a championships for all foreign people, and I had a chance to be in it. Competitors from Japan, USA, Gabon, Libya, Singapore, and many other foreigners entered. I won a silver medal for staff, and a red sash with my name, country and date, and a small sword.”

Elardawi finished his courses in 1988 and went back to Libya. “I tried to teach staff and sword, but the government said that if people learn weapons they will be criminals! So I had to be content to teach barefist and taiji. I started to teach in schools, and then was interviewed for TV; then I made a film too. Day after day, month after month, I had many students. I taught from 3 pm until 10 pm every day. I chose people to go to China to compete in 1991 in IWUF’s First World Wushu Championships in Beijing.”

Back then, in its infancy, IWUF had only 20 member countries, and Elardawi had to apply for his students through the Libyan embassy. At that event, Libya was the only Arabic -- and only African -- country competing. He wanted to see that change.

“I went back to teach in Libya,” he says, “and in 1992 I applied to create the Libya Wushu Federation, through the Libya Sport Ministry and Libya Olympic Committee.

In 1993 I sent a team to Italy. In 1996 I connected Arabic countries – Egypt, Tunis, etc – and asked why not make a new Federation, the Arabic Wushu Federation? They agreed, and in Cairo in 1996 we formed our Federation with 5 countries. Then in 1998 I discussed with the Federation and with other countries in Africa, and we decided to form the African Wushu Federation.” The rest, as they say, is history – history that is still very much alive, and evolving.

“My job has been with government engineering building department,” Elardawi says, “but I hope to someday be free to devote all my time to wushu. In 1993 I got married and now I have 6 children. They’re



aged 18 to 1-and-a-half. All of them want to learn wushu!”

Wushu’s future growth pivots on visionaries like Bashir Elardawi, whose dream for the sport started in Libya, continued to all of Africa, and now extends to the entire global community of wushu athletes. With real achievements still evolving, and the abilities to truly engineer change, it makes one feel confident that wushu in the Olympics may indeed be well within reach. ■



AFRICAN

Odyssey

The 5th World Junior Wushu Championships in Antalya, Turkey

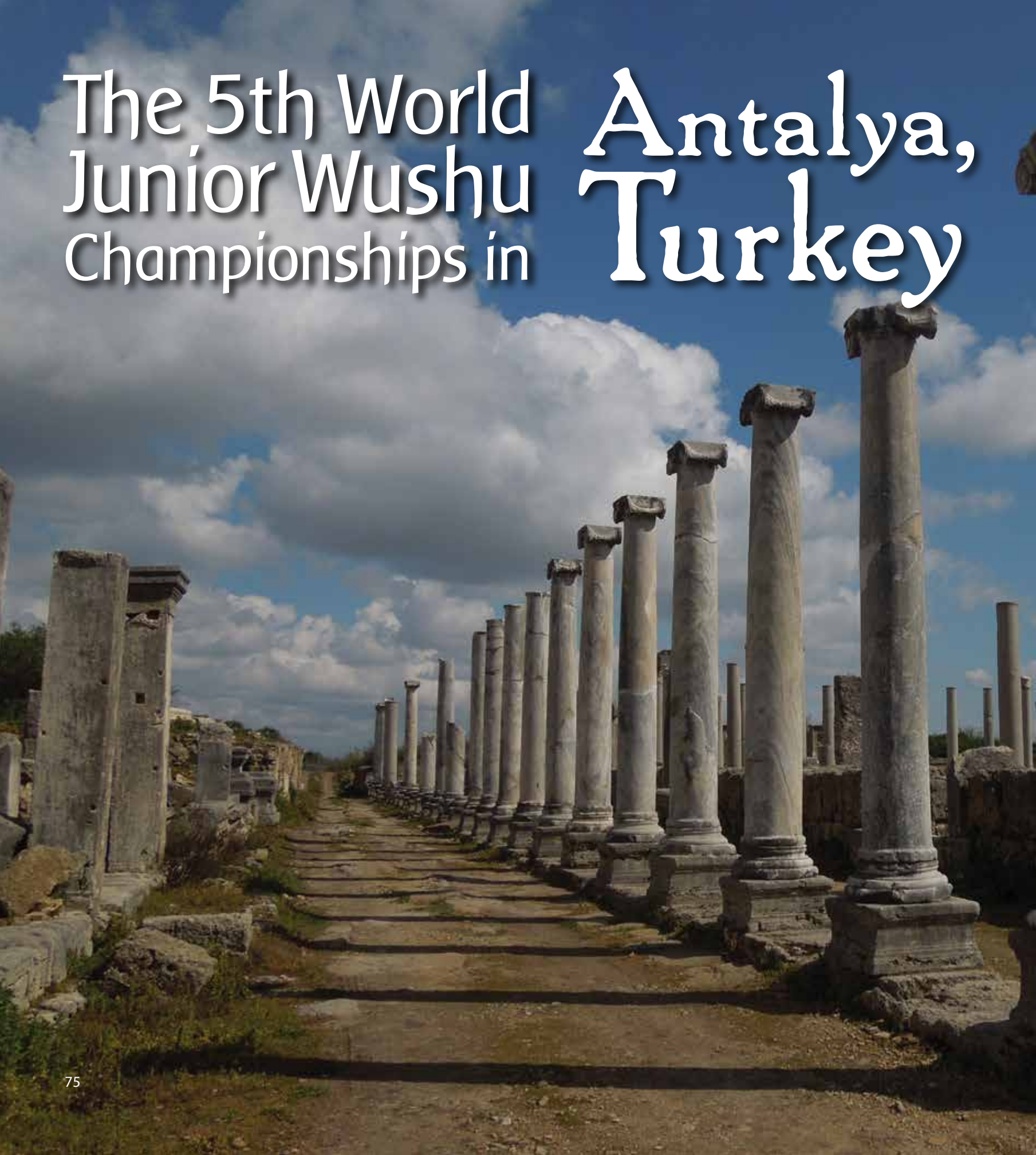
The beautiful seaside city of Antalya, Turkey welcomed 513 participants from 43 nations on March 11-18, 2014. The biennial World Junior Wushu Championships pits the brightest junior wushu stars from around the world against one another in taolu and sanda competition across various age groups. This year's event was hotly contested among the athletes within the 16-18 age groups as the championships also served as a qualification event for the Nanjing 2014 Youth Wushu Tournament held this summer.

The Turkish Wushu Federation hosted the event with a bright staff of wonderful and hardworking volunteers. The participants not only enjoyed an exceptional event, but were also treated to warm Turkish hospitality in a breathtaking setting by the Mediterranean Sea. Nearby ruins of Perge, Aspendos and Side's Temple of Apollo right by the sea brought the ancient world to life for some of the young participants.

One of the marked benefits of a Junior Championships event is the range of experience these young athletes can have – both in terms of sport and life. For many, it was the first time they had traveled out of

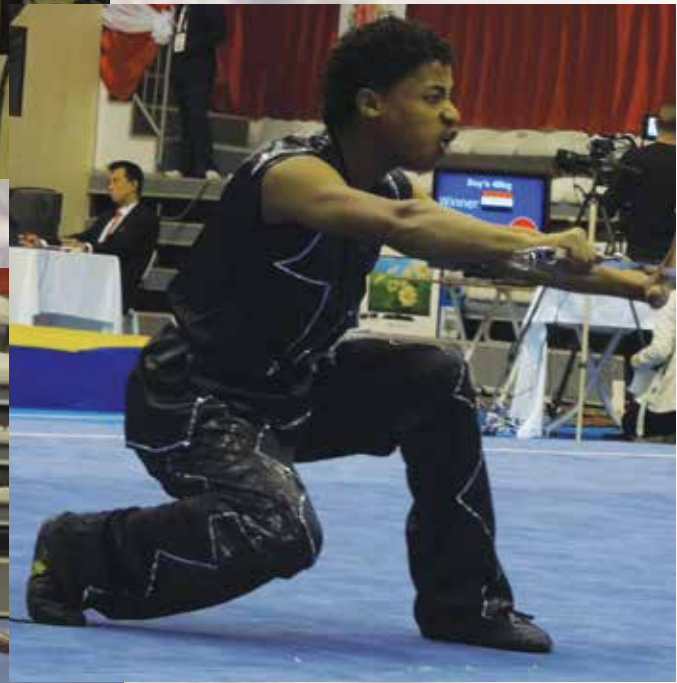
their home countries. For others it was the first time traveling on a long journey to another continent. Staying all together at one big hotel, sharing meals in the dining room, and mingling at warmups brought the competitors even closer over the week-long event. Being exposed to different languages and cultures at such an early age also helps engage our youth as better future citizens of the world.

On a sport level, for some of the youngest athletes it was their first international competition ever against so many gifted peers. There were tears and laughter, a bonding with teammates, and new friendships forged as emails were exchanged, and Facebook and Instagram connections created. The look of wonder on some young faces as they won their first medal, watched their nation's flag rise over the podium, or heard their national anthem play, was quite moving – an indelible moment of their lives. While many will undoubtedly go on to win more national, international and perhaps Olympic wushu championships, this Junior event will remain a pivotal moment in their lives that will never be forgotten. ■



IWUF Vice-President Anthony Goh and Head Judge Byron Jacobs take in some ancient ruins during the Championships in Antalya





At the south end of Turkey, Antalya perches on the azure waters of the Mediterranean Sea. When King Attalos of Pergamon first set eyes on Antalya in 159 B.C. he called it "Paradise on Earth." Its fertile soil and natural harbor made it favorable for settlers throughout the ages. The Persians, Alexander the Great, the Romans, and the Arabs have all made their mark on the area over the centuries.



The old walled city is a charming historical site that boasts Hadrian's Gate, built in 132 AD in honor of the roman Emperor Hadrian, that marks the end of the road that comes from Side, Aspendos and Perge.

BRAZIL

*From the Heart of the Amazon to the
World Stage, Brazil Leads the Way
For Wushu in South America*



Brazil has plenty to be proud of sportwise in 2014 – hosting the World Cup for soccer, readying for the Summer Olympic Games in 2016 – and celebrating 22 years of wushu. Founded in 1992, the Brazilian Wushu Confederation now has 25 state federations as members – and thanks to the continual promotion by Confederation President Marcus Alves and his Board of Directors, the sport is more popular than ever and growing fast. Upwards of 10,000 wushu, traditional kungfu, and sanda affiliated athletes contribute to the current development of Chinese martial arts in Brazil. Forging relationships with both Brazilian sport organizations and international wushu organizations, and working closely with them, is Brazil's key to success. We sat down with Alves in Kuala Lumpur during a break in the 12th World Wushu Championships to learn more about the Federation's story.

Since its inception, the Brazilian Wushu Confederation has been steadily promoting wushu throughout the country with planning, vision, and consistency. The support of Brazil's Sport Ministry makes much of this possible. "We have national team training every 45 days -- remember that Brazil is a country with a very large territory," says Alves. "Each year we start to conduct our team trial in January or February. From roughly 250 athletes, we make evaluations and cuts until we have our national team for the year to represent Brazil internationally." An important partner of the Confederation is Campinas State University, and wushu officials have a close relationship with the Physical Education Faculty here, who assist in running meetings and national team trainings.

"In the 5th South American Wushu Championships we sent 105 athletes, in all divisions," remarks Alves. "The Sport Ministry helps support some of our athletes financially. Some wushu athletes get scholarships, and they work closely with the municipal sport secretary for this. We also work to stay close to the Brazilian Olympic Committee and Ministry of Sports. We work to make projects happen." This year 17 athletes received stipends from the Ministry of Sport for \$1000 US per month for 1 year. To apply, they must win one medal at an official international event. And making wushu shine at international events is a key goal of the Brazilian Wushu Confederation.

In January the Brazil Wushu Team went to Goa for the Lusophony Games, an IOC-recognized event for countries who speak Portuguese. Alves says, “This event is recognized by the International Olympic Committee, so the Brazilian Olympic Committee will look to wushu inside this kind of games. We sent 2 taolu athletes, one man and one woman and they got two gold, one silver, and one bronze.”

For the 12th World Wushu Championships in Malaysia, Brazil was represented by a delegation of 19 people, including 15 athletes, 9 in taolu, and 6 in sanda.

Today Alves wears a suit and tie to IWUF meetings, but two decades ago he was a young martial artist and feisty fighter on the sanda leिताi. “I started out doing traditional kungfu,” he says, “and had my first international experience competing in Taiwan in 1992. Then I fought in sanda internationally for the first time in the USA in 1995 at the World Wushu Championships – it was my first gold medal.” Alves remembers that it was exciting just to be on the team, but his leadership qualities were quickly noticed by the Brazilian Wushu Confederation. By 1998 he was on the Board of Directors, and since then he hasn’t looked back.

“From Brazil, to South America, to Pan-America, I feel I am responsible to help my hemisphere for wushu in the Olympic movement,” he says with seriousness. “I feel if I try my best, I can contribute to accomplishing this. Our Olympic goal.”

Today, as President of the Brazilian Wushu Confederation, Alves expands his working team both nationally and internationally. He knows the importance of a good relationship with the local government and the national Sport Ministry, but he has also worked to establish strong ties with the Chinese Wushu Association (CWA) and International Wushu Federation (IWUF.)

“These organizations,” he notes, “know it’s very important to develop wushu in other regions of the world – they can see Brazil’s potential. Brazil can cooperate and help develop all of South America. I feel responsible for that. In the last few years we began doing an exchange – we sent some athletes from here to train in China – and got some Chinese coaches to come to Brazil. So by this, our technical level is growing higher. It’s a partnership. Conversely, we’ll also get coaches sent here. Cooperation helps a lot to develop wushu here.”

As he continues, Alves becomes more and more animated. “Our main goal now is ambitious,” he says, “to build an International Training Center in Brazil. We need help from the Brazilian government – but with it we can help develop wushu in all other South American countries. Then hopefully China can send more coaches – other countries can visit us for free – and this will be a great contribution to wushu.”

To realize this, Alves stresses the importance of building on his established relationships both at home and abroad. “We got support from investors who saw our efforts, and showed interest in investing funds for the construction of the International Training Center in Brazil. We also count the support from the Chinese Wushu Association and IWUF.”

“It’s a very ambitious project,” he notes again, “but maybe it can be ready for 2015. We also have a good relationship with Beijing Sports University, and with that partnership we hope to be able to get Chinese coaches sponsored for 6 months or maybe a year.” Not only will this profoundly benefit South American wushu athletes in their training, but it can also offer visiting coaches international experience.



With boots on the ground, the Brazilian Wushu Confederation works to continuously boost experience for athletes, judges and officials with more wushu events. “Last year,” says Alves, “We organized our first International Wushu Championships, an open event, with support from the CWA. I had a meeting with

the president Gao Xiaojing in 2012 who asked me to try and organize an international event here. The Anhui team came, and for the first time we had a Chinese delegation in Brazil. (It was held in Cuiaba City July 23-2, 2013.) Seven countries participated. Now we intend to host an international wushu event every 2 years. It’s a big step, an important step, to gain international exposure, both for athletes and for us as organizers. Next year we will host the 1st Pan American Traditional Wushu Championships in Brazil. My biggest goal is to host the World Wushu Championships in Brazil – but we need to gain the right experience first.”

Alves builds experience one event at a time, and some of his innovations are notable additions. “This year we had national championships with a new division, the disabled division – we had blind competitors, and some in wheelchairs – it was a big success, and the public loved it.” He’s also attentive to building all-around wushu skills on smaller local and regional levels. He says, “The 24th Brazilian Wushu Championships took place in October-2013, with 19 state Federations and 750 athletes participating in traditional, wushu, sanda, and taiji events. Each state has its own team trials to qualify for the national events. This process also builds good experience for local judges and organizers.”

Beyond Brazilian borders, Alves also wants to help develop wushu in other neighboring countries. An active member of the Pan America Wushu Federation, Brazil hosted the PAWF Championships in 2000 and again in 2008. “With North America, South America and Central America together, we have a lot of talent,” Alves says. “In many smaller countries there’s a greater importance placed on other sports, but we want to raise the profile of wushu in the Americas and see it grow here.”

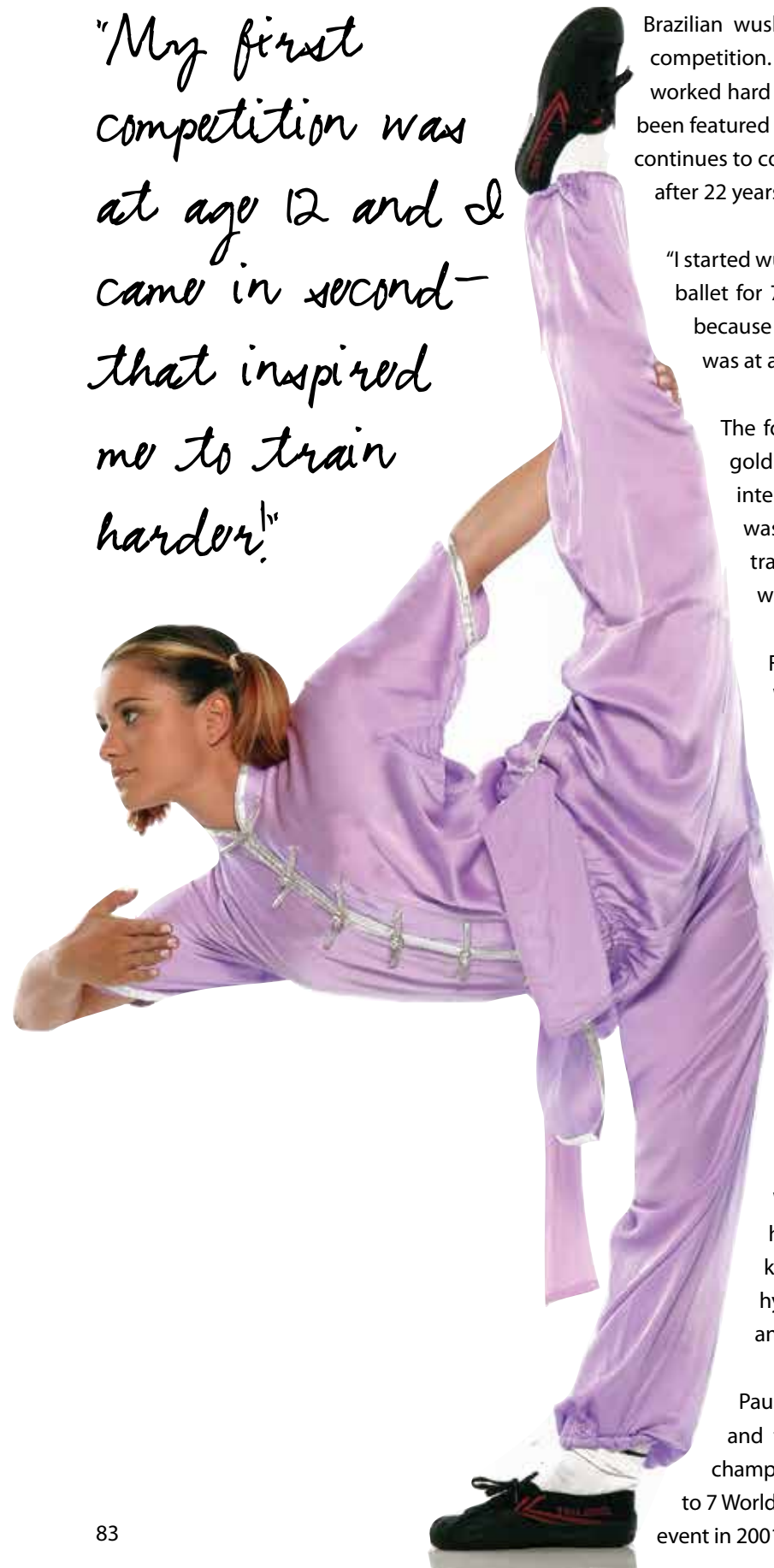
As Alves was nurtured by the Brazilian Wushu Confederation early in his wushu career, he is keenly conscious of raising up the next generation and building on the strong foundation and accomplishments of the past 16 years. One of his main protégés is Paula Amidani who is herself a wushu veteran of 22 years, and perhaps the most notable wushu star in Brazil. “Paola’s first World Championships was in Italy in 1997,” Alves recalls, “She was 16 at the time. Now she’s finishing up her competition career, and she’s also an international judge in taolu. She’s been in every World Championships event since 1997 except the last one, where she had knee surgery so didn’t compete, but she participated as a judge. She’s much more experienced than many others. It’s important to have a lot of interaction with the other athletes on the team. Paola’s the captain of the team – and this year joined the IWUF athletes committee. Malaysia was her last year competing as an athlete in the Worlds, and this year will be her last with Pan America. Then she will continue to help on the technical committee in Brazil, and continue to work as a judge in the PAWF. She has lots of experience. Some athletes leave the sport, but she continues with the development of wushu. She has worked hard to promote it in Brazil, her dedication is very deep.”

Alves looks over to the Brazilian sanda athletes as they are warming up. He points out 19-year-old Marcus Vinicius Segamtim, who’s busy throwing punches at his coach. “This is his first World Championships competing in sanda,” he says. “He’s 70Kg, he does really fast work with throws. We brought him here to the World Championships to see what it’s like to fight internationally. The Brazil Federation wants him to gain experience for the next games – no pressure here.”

As anticipation for the 2016 Summer Olympics builds, Brazil continues to offer a broader and more diversified platform for international sport, and wushu is undeniably now part of this bigger picture. ■



"My first competition was at age 12 and I came in second -- that inspired me to train harder!"



Brazilian wushu athlete Paula Amidani has spent most of her life in training and competition. In her country she has not only become a star athlete, but she has also worked hard to build and promote wushu on a national and international level. She's been featured on Brazilian TV, is a certified judge, and has a family of her own – and still continues to compete. We sat down with Paula to find out her wushu secrets to success after 22 years.

"I started wushu when I was 10 years old," she says, "and I had already been practicing ballet for 7 years. I did ballet for two more years, but finally I had to choose one because the training was so intense. I took it very seriously. My first competition was at age 12 and I came in second -- that inspired me to train harder!"

The following year she won the Brazil National Championships, with several gold medals in different categories. Then it was time to compete on an international stage. "I went to my first World Wushu Championships when I was 14 years old, in Italy in 1997. That was a special experience. Then I started traveling more to international tournaments, especially to the United States where there was a lot of strong competition."

For nearly a decade Paula traveled the world as a top member of the Brazilian Wushu team to represent her country. Everywhere she went her gregarious nature and big smile won lasting friends. In Brazil her glamorous wushu shots were featured in newspapers and magazines, and she became a key promoter of wushu sport there. But at 23, she tore her knee ligament in practice, and so began her first experience of struggle.

"My first injury was a disruption of the anterior cruciate ligament," she remembers. "Since then I've had 3 more surgeries on my right knee and one on my left knee. But I was never able to abandon wushu, which is my true love!" As Paula adjusted her training and competition to her physical therapy, she kept her enthusiasm for the sport. "Then," she says, smiling, "In 2008 I became pregnant, which was the best thing that ever happened to me, but my biggest challenge was to stay away from competitions and training wushu!"

When Paula's son turned one, she returned to competition, but she now had many new hurdles to overcome. "I gained a lot of weight -- over 15 kilos -- because of pregnancy, and I was diagnosed with with diabetes and hypothyroidism. And then, on top of it all, I went to jump in practice one day and broke the knee ligament once again! But I still do not give up."

Paula's determination and love of the sport has resulted in a shelf full of medals and trophies. She holds 15 National championships titles, 4 Pan American championship titles, and has won 5 South American championships. "I've been to 7 World Wushu Championships," she says proudly, "and won a bronze medal at the event in 2001 in Armenia. I have more than 600 medals in total!"

Brazilian Star **PAULA AMIDANI** **STILL GOING STRONG AFTER 22 YEARS OF WUSHU**



Paula is thoughtful as she recalls her wushu career. “I have done wushu for 22 years. I am now 32 years old, with a child 5-year-old child, I’m married, working in the secretariat of sport in my town, and I teach pilates. I am a physiotherapist, and I love teaching kids wushu. And believe it or not, I’m still competing! I barely have time to do everything, but just learning how to do magic with time is another challenge.” She smiles the infectious smile that has lit up so many wushu carpets around the globe.

Along the way Paula has helped promote wushu as a guest on talk show programs, and has been featured as a model in Brazilian advertisements. “I’ve had several sponsors during these 22 years of wushu,” she says. “I always had the support of CBKW (Confederation Brasileira Wushu), of our President, Marcus Alves, who has fought hard for our country and our athletes, of João Ferreira, who was my friend and co-competitor for many years and who is now our technical director. If not for the efforts of these people, our country would not have grown so much in world wushu! I am part of the Brazilian national wushu team since 1996, and am proud to represent my country! I’m lucky because I have so many friends to support me, like my husband, my coach Elineldo and Wagner,

and of course my son! And I’m still not planning to stop! I still truly love the sport.”

For Paula, experience on the wushu carpet and mastering the physical nature of the sport was not the key to her success and longevity. “My secret to keep going is focus!” she says. “Concentration is very personal, and different for everyone. I don’t think there’s a formula, but there are techniques to control emotion, respiration, heart rate and body temperature. All these aspects are trainable. The first step is to find out your personality as an athlete before, during and after competition. In my case, I’m an extrovert, I like to talk a lot, I’m very emotional. I have an active personality. This also makes me a more nervous person during competition – I feel a soaring heartbeat, cold hands and trembling, and mixed negative and positive thoughts ...I can be a mess! At the World Wushu Championships in Hong Kong in 1999, at age 17, I realized that these involuntary reactions hindered me, and that in the competition, this can define your performance, no matter how much you train. You may never feel these nerves in training. Gradually I began testing different breathing techniques, autogenous training (a concentration relaxation method developed by Johannes Heinrich Schultz) and visualizing training routines before performing them. Over the years I worked hard to develop my concentration technique.”

Now, she says, “When I step on the carpet, the world is blank around me, and I just listen to my teammates’ cheers of support. During the routine, some parts are automatic, but others are well thought out and conscious; it’s up to each athlete to know what those parts are. It’s important to show confidence in look, body language and physiognomy, because it certainly counts for judges. When I became a judge a few years ago, it helped me figure out how they think. The finish is super important in your routine -- it must be strong, expressive and memorable, and close with a flourish. Concentration is something we must train in daily. Once you do it becomes something natural, and can be incorporated in various areas of life. For this, wushu has also been a valuable gift.” ■



FOUR *New* EVENTS ADDED TO NEXT WORLD WUSHU CHAMPIONSHIPS

***Bolstering Traditional Styles for Competition with
Xingyi, Bagua, Guan Dao and Double Straight Sword***



The upcoming 13th World Wushu Championships (to be held in Jakarta, Indonesia in 2015) will include four new wushu events – Men’s Xingyi Quan and Guan Do, and Women’s Bagua Zhang and Shuang Jian (Double Straight Sword.)

Why add these new events? According to Wang Yulong, Chairman of the IWUF Technical Committee, the current events at the World Wushu Championships are changquan

type events, nanquan type events and taijiquan type events. These encompass wushu styles and practices from the north of China (changquan), the south of China (nanquan) and of course the major families of taijiquan.

Currently, the worldwide development of wushu’s competitive standard has risen to a high level, which is evident in Asian countries as well as several other countries like Russia and Iran. The ability to perform the current events at an elite level is great, and each year athletes are improving.

However, in the majority of the Western countries, traditional styles remain more popular, and the level of many practitioners there is very high.

These new traditional events will enable athletes to compete at the elite level in the IWUF World Wushu Championships, and offer an opportunity for different

countries to get a podium position and ultimately win medals in categories that are quite well developed outside of Asia.

This will increase the number of events at the World Championships, but not increase the total team size permitted from each country; nor will it increase the maximum number of events an athlete is permitted to compete in at a World Championships. This means that countries with athletes that are strong in Changquan, Nanquan and Taijiquan will now have to develop these traditional styles too, and then compete in events that they are strongest in.

Outside of diversity, many of the basic practice methods of styles like Xingyi and Bagua also develop physical skills that are beneficial to all wushu practitioners and can indeed deepen their technical level. The type of physical coordination, power and methods required by the Guan Dao and Shuang Jian (Double Straight Sword) are unique and different from those required by current weapons routines at the World Wushu Championships.

These events were specifically selected for their long history, their deeply developed theories and practices, and the uniformity with which they are practiced around the world. Xingyi and Bagua in particular are some of the most famous styles inside and outside of China. They are rich in both physical and cultural content, and they are considered top styles to develop skill (or “gong fu”) in athletes that practice them. ■



Bagua Zhang

By Di Guoyong

Bagua Zhang is one of the internal styles of traditional Chinese wushu, and holds an important place in the martial world. Originally called Turning Palms, and only later called Eight Trigrams Palms (Bagua Zhang), it was created and developed in Beijing by Dong Haichuan, a native of Anzhujiawu village in Hebei province, during the Qing dynasty. He arrived in Beijing around 1866, and once he started teaching in the imperial palace, Bagua Zhang quickly became popular in the Beijing/Tianjin area. It gradually spread across the country, and as it did, the technical and theoretical system developed and improved.

Bagua Zhang uses circle walking as its foundational training, and its techniques emphasize horizontal and vertical crossing, palm techniques, and changing techniques while walking. Applications emphasize changing to follow opportunities, and constant adjustment to whatever situation presents. Its theory is based on the Book of Changes – hard and soft mutually contend, the eight

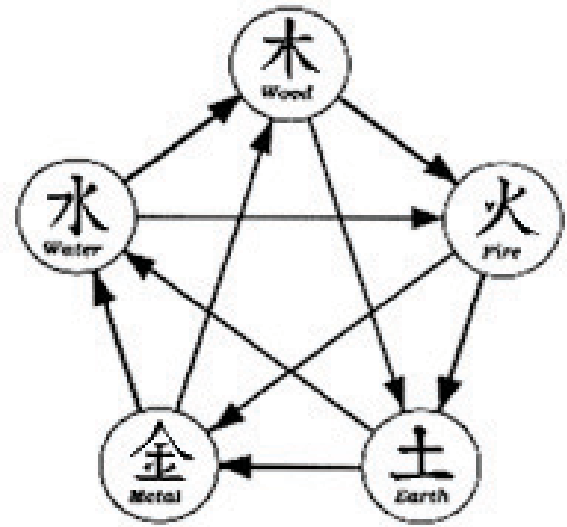
trigrams mutually oscillate. It uses the principal of movements that never rest, changes that never stop.

While walking around the circle there are four main requirements. These are walk, look, sit, and roll. Bagua Zhang’s movement is described by the traditional four shapes and four images: “Shape like a swimming dragon,” “Regard like a monkey on guard,” “Sit like a tiger crouching,” and “Turn like an eagle soaring in circles.”

When moving, Baguazhang shows the characteristics of twisting, rotating, wheeling, and turning, alternating vertical and horizontal actions; movement and power continues without a break, the palms go where the feet lead, stepping and changing happen together, all movement is natural, and the spirit is bright. The feet move with the body, the hands move as the body walks, and the whole body is fully connected. ■

Translated by Andrea Falk





Xingyi Quan

Xingyi Quan Improves Health And Strengthens The Body, Develops Self-Defense And Combat Ability, And Pays Great Attention To Internal Strength

By Di Guoyong

Xingyi Quan is one of the best-known styles of traditional Chinese wushu, and one in which meaning, intent and movement have to be unified. Xingyi Quan, Bagua Zhang and Taiji Quan are all generally categorized as Nei Jia Quan (Internal Styles).

Xingyi Quan is derived from traditional Chinese theories of Yin and Yang and the five elements; the style also utilizes the twelve animal forms (Dragon, Tiger, Monkey, Horse, Water Lizard, Rooster, Swallow, Sparrow Hawk, Tai Bird, Snake, Eagle and Bear) whose characteristics result in practical attack and defense techniques. Xingyi Quan employs Santishi post standing as its basic training, and the five elements fist techniques of Piquan (Splitting Fist), Zuanquan (Drilling Fist), Bengquan (Crushing Fist), Paoquan (Cannon Fist) and Hengquan (Crossing Fist) as the core techniques.

The Eight Skills include spreading, intercepting, wrapping, bridging, scooping, butting, passing and guiding. In order to enhance attack and defense, improve skill and enrich technique, Xingyi Quan also includes training with the four main weapons of Chinese wushu, namely Dao (Broadsword), Jian (Straitsword), Gun (Cudgel) and Qiang (Spear) as well as other rare weapons such as Metal Chopsticks.

In Xingyi Quan, there are three profound goals which go beyond physical strength and skill: train the essence to transform the energy; train the energy to transform the spirit; train the spirit to transform to emptiness. ■

Translation by Byron Jacobs



The History of Xingyi Quan

By Di Guoyong

Tradition has it that Xingyi Quan originated with General Yue Fei (1103 - 1142) of the Song Dynasty. Recent research has questioned the truth of this tradition. General Yue Fei is a national hero in China due to his spirit, character, and patriotism, so it is possible that practitioners of Xinyi Quan

borrowed his name to gain more recognition for the style.



In recent years scholars have published much research on the origins of Xingyi Quan. There are some differences of opinion, but the general consensus is that the Xingyi Quan system grew

out of Xinyi Liuhe Quan. That is, that Xingyi Quan originated with Li Luoneng (c. 1808 - 1890) of Hebei province, on the foundation of Xinyi Liuhe Quan that originated with Ji Longfeng (1602 - 1680). Ji Longfeng taught Cao Jiwu (1662 - 1722), who taught Dai Longbang (c. 1713 - 1802), who taught Li Luoneng. This has been confirmed by the work of many scholars, most notably Huang Xin'ge, who spent many years on the topic and methodologically examined a huge amount of historical documents. It seems quite certain that Ji Longfeng created Xinyi Liuhe Quan and Li Luoneng in turn created Xingyi Quan.

By the Qianlong reign period of the Qing Dynasty (1736 - 1796), Xinyi Liuhe Quan was already an established style with its own techniques and theory in Shanxi and Henan provinces. Li Luoneng studied Xinyi Liuhe Quan with Dai Longbang for ten years. Li Luoneng had trained in other styles and had a strong foundation in martial arts before studying with Dai, so after a decade he achieved a high level of skill in Xinyi Liuhe Quan. Li's depth of theoretical and practical knowledge allowed him to refine the style and germinate the idea of creating a new style from Xinyi Liuhe Quan - that is, to create Xingyi Quan. By 1856 his style was spreading by this new name.

In classic Chinese there is only a small distinction between the meaning of the characters xin (心 heart, the emotional mind) and yi (意 will, the intentional mind). So the name Xinyi was repetitive, as heart also partially means will, and will contains heart in its meaning. Li Luoneng changed only one character xin (心 heart) to

xing (形 form, shape, structure) to make the name (form and intent) more meaningful.

Although there is a difference of only one character in the names xinyi and xingyi, this was a milestone of reform in martial arts history, and a beautiful new "martial flower" was created in the martial arts garden. Li Luoneng undertook a systematic reorganization of Xinyi Liuhe Quan. He established a training method with the santishi post standing as the basic training, the five element fists as the foundation, and the twelve animals as the advanced techniques. He based his system on a combination of the ancient Chinese traditional theories of yin yang, and five elements (metal, water, wood, fire and earth); he incorporated Daoist theories and internal training. In this way he developed a three-level martial training (obvious, hidden, and transformed) -- to "train essence to transform energy," "train energy to transform spirit," and "train spirit to transform to emptiness." These aspects were new, and Xingyi towered in the martial world with its systematic approach to training and scientific (for its time) theory. Although the theoretical kernel did not depart from Xinyi Liuhequan, it made a qualitative leap to a higher level.

Of course, the establishment and spread of any style, along with the improvement of theory and enrichment of the technical system, takes several generations of work. The Xingyi Quan now popular throughout China has developed in theory and technique as a result of the continued innovation of the 2nd, 3rd, 4th, 5th and 6th generations. These previous Xingyi Quan generations have left a legacy of documentary evidence in old boxing manuals, theses, and research materials; this information helps modern practitioners evolve Xingyi Quan today, continually refining it, moving forward, and developing the art for future generations. ■

Translation by Byron Jacobs



IWUF President Zaiqing Yu Appoints Anthony Goh, Current IWUF Vice President, to be Executive Vice President

To further the continuing development of the IWUF’s operations, President Yu has appointed Anthony Goh as Executive Vice President; in his new role Goh will be chief executive of operations for the federation. His duties will include planning, developing and executing new and existing projects and programs, marketing and promotions, management of sponsors, staff management, and overseeing IWUF’s general operations.

Goh has served on the IWUF Executive Committee since 1995, and has held the position of Vice President since 2003. He is also the founding president of both the USA Wushu-Kungfu Federation (1993-present) and the Pan American Wushu Federation (1995-present). He was the host and organizer of the 3rd World Wushu Championships held in 1995 in Baltimore, Maryland. ■



International Wushu Judges Examination Course Held In June in Italy

The 2014 International Wushu Judges Examination Course was held from June 1 to 6, in Catania, Italy. A total of 73 participants from 15 countries and regions took part in the course, including new candidates and those taking the re-examination.

Mr. Wang Yulong, Chairman of the IWUF Technical Committee chaired the course and he invited top wushu experts to teach the judges. In these 6 days, the participants learned the International Competition Rules for Taolu and Sanda, Judging Laws of Taolu and Sanda, Video Rating, 3rd Set International Competition Routines and Sanda technical training. In the meantime, the Taijiquan Coaches Training Course was held in preparation for the World Taijiquan Championships in November, 2014. The participants also studied the Taijiquan Competition Rules and practiced Taijiquan routines with Professor Xu Weijun, who gave lectures on Taijiquan theories. ■



The 5th 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 Elardawi (Africa) and Mr. Petru Gindeanu (Europe). ■



President Zaiqing Yu Re-Elected as IOC Vice-President

Three days prior to the start of the Sochi 2014 Olympic Winter Games, the 126th IOC session was held in the host city's Zimny Theatre. The president of the Russian Federation, Mr. Vladimir 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 second term in this capacity and it marks yet another momentous occasion in IWUF history.



Joint Wushu Demonstration at China House, Sochi



On February 8, 2014 athletes from China and Russia gave a joint wushu demonstration at China House in Sochi, Russia, during the 12th Winter Olympic Games. Vladimir Putin, President of Russian Federation, Liu Peng, Minister of Sports Ministry of China, Yu Zaiqing, IOC Vice President and President of International Wushu Federation and other high ranking officials from China and Russia watched the demonstration. The Russian Wushu Federation has selected its best athletes to perform and made substantial preparation for this important event. The China Central Television (CCTV) and media of Russia reported the news worldwide.



Anti-Doping at IWUF

The IWUF was founded in 1990 and accepted as an International Olympic Committee (IOC) member in 2002 during the Salt Lake City Winter Olympics. As an IOC recognized International Federation, the IWUF respects the Olympic Charter and so it became a signatory of the World Anti-doping Code in 2003. From then on, the IWUF has devoted itself to promote clean sport and adopts the “zero tolerance” policy on doping. In compliance with WADA’s criteria, the IWUF conducts in-competition and out-of-competition anti-doping tests every year under the leadership of its Medical Committee. Both senior and junior athletes are potentially tested.

The IWUF Registered Testing Pool (RTP) is established since 2012 and it is renewed annually. The RTP is the pool of top level athletes who are subject to both in-competition and out-of-competition testing as part of the IWUF test distribution plan.

The IWUF become an Anti-doping Management and Administration System (ADAMS) user last year. ADAMS enables athletes and anti-doping organizations to enter and share data related to doping control and meet certain responsibilities under the World Anti-Doping Code. All the RTP athletes are required to provide their whereabouts via ADAMS.

An Anti-doping Disciplinary Committee was established in 2013 in accordance with the IWUF Constitution. The Committee is the responsible for providing a hearing process for any person who is asserted to have committed an anti-doping rule violation and for imposing sanctions for doping violations.

The aim of the World Anti-doping Code is to protect the right of athletes to participate in doping-free sport by promoting health, fairness and equality for athletes worldwide through harmonized, coordinated and effective anti-doping programmes, of which education plays an

important role. The IWUF started its anti-doping education programmes at the 5th World Junior Championships in 2014, where 66 athletes and their entourage from 15 national federations and IWUF Executive Board members participated in the anti-doping quiz which was designed by the World Anti-doping Agency specifically aimed at young athletes.



IWUF will set up an Athlete Outreach Desk in its future events. Athletes are encouraged to visit the Desk when it is most convenient for them so that they feel comfortable asking questions about anti-doping issues. Print material, such as the Athlete Guide and the Prohibited List, available in multiple languages, also provides important information about the athlete’s responsibilities under the World Anti-Doping Code and the consequences of doping.

“Wu De” (ethics) is an inseparable part of the sport of wushu, and underscores the fact that doping is not ethical. Only through fair play can an athlete show respect to his or her rivals. To make wushu a sustainably developing sport is our common aim, and thus all the athletes and their entourage are requested to “say NO to doping.” ■





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