Wushu

Wushu is the collective term for the martial arts practices that originated in China. Over its long history, wushu developed into numerous distinct styles and systems, each incorporating its own techniques, tactics, principles, and methods, as well as the use of a wide variety of traditional weapons. Wushu as a sport came into its own as two distinct disciplines, one defined by performance rankings and the other a full-contact combat sport. Worldwide wushu practitioners, athletes, and fans number in the millions.

Traditional Wushu

Traditional wushu, often referred to as kungfu, is the root of competitive wushu, and has a long and diverse history. Originating thousands of years ago in China, different kungfu styles featuring various methods, philosophies, tactics, and techniques emerged over time. Traditional wushu’s practice is aimed at preserving the principles, methods and legacies of previous generations that developed and relied on these arts for survival and overall life improvement.

Competitive Wushu

Competitive wushu is categorized into two main categories, namely Taolu (Routines Competition) and Sanda (Free-fighting Competition).

Taolu

Taolu refers to the set routines (forms) of wushu derived from principles of attack and defense and choreographed stylistically to incorporate a range of movements. Techniques on display can include hand techniques, leg techniques, jumps, sweeps, stances and footwork, seizing, throwing, wrestling, and balancing. Likewise, some Taolu events focused on implementing a wide range of weaponry. Taolu includes individual routines and group routines, as well as partner/dual routines, and competitors are scored based on their quality of movements, overall performance, and the degree of movement difficulty.

Main Taolu Competition Events:

- Changquan
- Nanquan
- Taijiquan
- Gunshu
- Qiangshu
- Nandao

Sanda

Sanda is a modern unarmed combat sport that developed from traditional wushu styles, and primarily makes use of punching, kicking, throwing, wrestling, and defensive techniques.

Sanda competition includes 11 weight categories for men and 7 weight categories for women.

[Diagram of Taolu and Sanda competition events]