Introduction

Wushu is a collective name of all Chinese martial arts which are today practised as a sports event. The art Wushu is more commonly known as Kungfu in foreign countries. The origin of Wushu may be traced back to pre-historic times; then our ancestors used stone tools and wooden clubs to defend themselves in hunting both subsistence and self-defense against beasts and poisonous snakes.

Meaning

The word Wushu comes from two Chinese words Wu' means war and Sho means arts. Wushu is the lesson of knowledge dealing with defensive and offensive techniques. Wushu can be classified into numerous schools and styles. Wushu can be performed either with bare hands or with weapons, such as the sword, broad sword, spear, gadget and so on. All arranged according to the laws of attack and defence. Wushu exercises can be done either individually or by two or more persons following regulated pattern.

Definition

Wushu is the traditional Chinese sports, which pays attention to both internal and external exercises with fighting movements as its main contents and routine exercises and free combat as its form.

Details of equipments, uniforms and weapons used in Wushu:
(i) Equipment
(ii) Uniform (Sanshou & Taolu)
(iii) Weapons
(i) **Equipments:**

(i) Boxing gloves  
(ii) Head guard  
(iii) Teeth gums  
(iv) Chest guard  
(v) Shin pad  
(vi) Cub  
(vii) Kick bag long & short  
(viii) Punching pad  
(ix) Kicking bag  

(ii) **Uniforms (Sanshou):**

(i) Black and red half pant and Sando suit (Boy)  
(ii) Half sleeves with inner, half pant upto knee level skin tode (Tial)  

Non Group Uniform:  
(i) Short sleeves with long pant and belt, colour (dark brown, buttle green and Navy blue) with seven bottoms.  

**Taiji Group:** Full sleeves short in Chinese colour with seven bottom, light colour (pink, yellow, brown Navy blue).  

**Wushu:** It is combination of two parts, one is 'Sanshou', and another is 'Taolu'.  

**Sanshou:** It is combat parts of Wushu. It stands for the combination of sports of arts (San means three and shu means arts). It is basically combination of three style of fighting that is kicking, punching and throwing. This feature makes sansho different from other arts such as judo, wrestling, boxing etc. It was introduced as an international event in track events in the year 1979. Since then sanshou has become one of the most popular events in the world.  

**Taolu:** It is demonstrative part of fighting skill. In Taolu, fighters demonstrate their skills with energy, speed, agility, rhythm etc. This demonstration will be performed without opponent and with opponent. The skill and techniques which is shown are fixed in a pattern but now in senior category we create the different types of movement and events used in which Wushu Taolu competition. Taolu is recognized in Asian and Olympic game and keen played in all groups senior, junior and sub-junior categories.  

**Types of competition:** There are three types of competitions:

(i) Individual events  
(ii) Team events  
(iii) Individual and Team  

**Competition events:**

(i) Changqua’n - Long range fist  
(ii) Nanquan - Southern fist  
(iii) Taigiquan - Shadow boxing  
(iv) Daoshu - Broad sword
(v) Jianshu - Straight sword
(vi) Nandao - Southern style broad sword
(vii) Taijijian - Spair
(viii) Qianshu - Cudgel
(ix) Gunshu - Southern style cudgel
(x) Nangun - Southern style cudgel
(xi) Dui-lian - Duel events with weapon or without weapons and bare hand against weapon.

(i) Kick bag long & short:
It is made out of leather and nylon, which is inside filled up by sawdusts or cotton cut piece clothes. Its circumference/diameter will be 1 meter but length will be various types as per requirement, larges will be 10 feet in which kick and punch can combine at a time.

Kicking pad:
It is made out of leather or nylon in which it is filled inside with soft sponge and it differs in various sizes and shapes but weight should not be too heavy which cannot be held on hand during practice.

Punching pad:
It is made out of leather or nylon in which it is filled by soft sponge. It is made in such a way that it can be five finger grip while practice weight should not be minimum and maximum normal 4.0gm to 7 gm and shape of oval but is should be flat so that punch can improve accordingly while punching.

Boxing Gloves
Head Guard
Teeth Guard
Chest Guard
Cup Protector
Sin Pad
Kick Bag - Long/Short
NON-GROUP DRESS

Shirt
Pant
Belt

TAIJI GROUP DRESS

Shirt
Pant

Broad Sword (Daoshu)

Straight Sword

Taiji Sword

Mongun

Memdao

Gunshu

Qianshu

Punching Pads

Kicking Pads

Half Pant & Sando Suit

NON-GROUP DRESS

Shirt

Belt

Pant
Development of Wushu

Wushu is an internal and external exercise of mind and body which help to develop the players mentally and physically. Wu which means 'Weh' and 'Shu'– which means 'Arts'.

The word 'wu' - has five meanings. These are:


And 'Shu' meanings 'Arts'. Wushu has been particularly practised by Chinese people traditionally for self-defence and entertainment in the form of dances.

Once a practical form of self-defence, 'Wushu' has evolved into a fascinating and rewarding sport.

Modern Wushu

Wushu is a combination of two parts one is 'Sanshou' and the other is 'Taolu'. 'Sanshou' is the combat parts of Wushu. 'Taolu' is the new post or demonstration part.

Description of various techniques:

I. Hand forms:
   i. Hook punch
   ii. Palm
   iii. Punch

Different positions of the hand which is important to do the hand techniques is called hand forms.
These are:

i. **Hook:**
   All fingers and thumb will be joined to form and tip the wrist bent inward.
   **Main point:** Do not over bend the fingers.

ii. **Palm:**
   Five fingers together with the thumb bent the palm 2nd other fingers stiff.
   **Main points:** With the change of use palm, stretch out the thumb to make a 'V' shaped palm, over lap the other four fingers to make a "Midget tile" - palm.

iii. **Punch:**
   Fingers clenched tightly, with the thumb across the fore finger second joint of the middle finger.
   **Main point:** The front plane should be even second the fist tight.
   The fundamentals that we practice in Wushu and the basic techniques that we use in routine events of demonstration. These are:
   a. Hand forms & Hand techniques
   b. Leg technique
   c. Footwork

I. **Hand Technique:**
   i. Figure of 8.
   ii. Arms circling (shoulder rotation)
   iii. Stamping technique.

a) **Standing position**
   We should stand on standard position, legs will be apart up to the shoulder level, body will be straight.

b) **Movement practice**
   First of all we should know the toes, hips second shoulder rotation and coordination amongst them. Hands will be doing free movement around
the shoulder. We move the hands around the shoulder and with the help of hips and toes rotation our body left/right. At this moment both legs, trunk and arms must be straight and both hands should be opposite to each other during movement.

c) **Points to remember:**
   i) If arms are rotating around the shoulder hips, toes should rotate before them.
   ii) Both arms, both knees from legs and trunk must be straight.
   iii) Both arms must be opposite during movements.

d) **Development of techniques**
   i) Shoulder stretching.
   ii) Strength of the tripizius groups of muscles.
   iii) Strength of the lower group of muscles.

ii. **Arms Circling (shoulder rotation):**

   a) **Standing position**
   Standing on standard standing position means legs will be part shoulder width distance second body straight.

   b) **Movement practice**
   We should straight our both hands towards the head and move from the shoulder grid ell in 2 circular motion from right to left straight. This moment both arms must be straight from elbow and palm will be relax from the wrist.

   c) **Points to remember:**
   i) Both arms will be straight and relax from the wrist.
   ii) Both arms will move in a circular motion in front of the body.

   d) **Development of Technique:**
   i) Flexibility of the shoulder joints
   ii) Strengthening of Deltoids and Tripizius group and erectos spine group.

   iii) **Stamping Technique:**
a) **Standing position**

We should stand in standard position. In standard standing position, legs will be span.

b) **Movement practice:**

i) First of all, we shift our rear foot forward and turn heel forward with the help of toes and we cross our both arms in front of the abdomen. This type of cross of arms / hands shows two types of block of the whole body.

ii) Upper hand will move downward to upward in a circular motion whereas the same movement of other hand from downward to upward will be adapted in different direction.

iii) The upper hand will move down to upward circular motion completing one circle in blocking position in front of the abdomen.

iv) Other hand will cover in semi-circular motion upto the top of the head in closed foot striking position. At this time hip and body will take half rotation along with the bending position of the supporting leg up to waist level.

v) Striking hand and the leg will stamp together on the ground and striking hand on the palm of the other hand in front of the chest. All this movement both legs will be bend from the knee and upper torso should be straight from the waist.

c) **Points to remember:**

i) Both hands cross in front of the abdomen

ii) At the time of stamping striking arms and stamping leg will strike together.

d) **Development**

Strength of shoulder and stretching of the lerismus dorsi, leg muscles and deltoid and lower back muscles.

II. **Leg Techniques:**

a. Front toe kick

b. Front heel kick
c. Front stretching kick

d. Inward to outward crescent kick

e. Outward to inward crescent kick

f. Oblique kick
g. Back kick

h. Side-kick

i. Front sweep kick

a. Front Toe Kick

a) Standing position-

Standing on single leg, toe of the other leg is kept outward side, both knees must be straight while body remains straight.

Movement practice-

Standing on front leg with leg straight from the knee, supporting leg will bend from the knee second raise it waist level. If this time the body must be straight and we open the bending knee or leg with power. Ankle of the opening leg must be straight and toes pointed. In this position the extended leg will be parallel with the ground.

Points to remember:

a. Both the legs/knees should be straight.
b. Whole body must be straight - chest out
c. Kicking leg must be of waist level and parallel to the ground.

Development of technique:

i. Stretching must be proper (front split or side split),

ii. Strength of the quadriceps group of muscles,

   - strength of the illiosoes muscle
   - strength of the lower back muscle

b. Front heel kick

Standing position:

Standing on single leg, toes of the other leg is kept outside/outward side, both knees must be straight while body remains straight.
**Movement practice**

Standing on the front leg while knee straight, supporting leg will be bent from the knee second raised to its waist level. This moment the body must be straight and we open the bending leg from the knee with power. Ankle of the opening leg must be dorsi flex and heel pointed.

**Points to remember:**

a. Knee of the kicking leg and supporting leg must be straight.

b. While body must be straight chest out.

c. Kicking leg must be 1st waist level and parallel to the ground.

**Development of Technique:**

i. Stretching must be proper.

ii. Strength of the quadriceps.

iii. Strength of the illiosous muscles and

iv. Strength of the lower back muscles.

**Preparation Posture :**

a. Standing with single leg, toe of the other leg is kept outward side, both knee must be straight and whole body from the waist straight.

**Procedure**

b. Take half and step forward with one leg, lift the other leg from the heel, turn upper body to the other side, stretch the arms forward and back.

c. Turn the back leg inward and kick side way to the front side to the ear with the back arm raised and the front arm with palm folded to the back/forward side of the other raised arm at the arm pit level.

**Main points/Points to Remember :-**

1. Both knees and waist must be straight and erect.

2. Foot of the swinging leg must be dorsi flex and reached above the head level.
**Development of technique:**
1. Front stretching and side stretching of legs
2. Strength of the quadriceps group of muscles and adductor group of muscles.

**e. Outward to inward**

**Standing position** -
Standing on single leg, toe of the other leg is kept outward side, both knees must be straight while the body also remains straight.

**Movement practice** -
After the standing position the front leg of the player receives the whole body weight. During this time supporting leg will swing from outward to inward in a semi-circle position. At this moment knees of the legs muscle be straight and body from the waist. Foot of the swinging leg will turn inward in the position of aversion when it reaches in the line of the shoulder it moves downward side in the standing position.

**Points to remember** -
1. Both knees of the legs and the body from the waist must be straight.
2. At the time of raising and getting down must be straight and foot work.

**Development of technique:**
1. Front split/ side split
2. Adductor/abductor group of muscle strength
3. Anklet weight.

**Outward to Inward**

d. Inward to outward crescent kick

**Standing position** -
Standing on single leg, toe of the other leg is kept outward side, both knees must be straight while the body also remains straight.

**Movement practice** -
In the standing position, the front leg of the player receives the whole body weight. This time supporting leg will swing from inward to outward in semi-circle motion. At this movement both knees of the legs must be straight and body from waist. Foot of the swing leg will turn inward front ankle in the position of aversion. When it reaches in the line of the shoulder it moves downward side in
the standing position.

**Points to remember**
1. Both knees of the legs and body must be straight and waist of the body straight.
2. At the time of raising and getting down must be straight and fast.

**Development of technique**
1. Front split/ side split
2. Adductor or abductor group of muscle strength.
3. Anklet weight

### Inward to Outward

**c. Front stretching kick**

**Standing position**
Standing on single leg, toe of the other leg is kept outward side, both knees must be straight while body remain straight.

**Movement practice**
Standing on rear leg, supporting leg will swing. At the same time of swing of the leg, both knees and the body will be straight and thighs must be straight; toes / foot will be dorsiflex and raised to the forehead level. At the time of bringing down, heel must be swinging fast downward and keep again in the some position.

**Points to remember**
1. Supporting leg and swing leg must be straight from the knees and body must be straight.
2. Kick leg should be at head level. Swing leg’s toe must be dorsiflex and stretch to forehead level.
3. Heel of swing leg must be brought very fast and keep in some position.

**Development of the technique**
1. Strength of the quadriceps group of muscles
2. Stretching of hamstring group of muscles.

F. Oblique Kick

**Standing position**-
Standing on single leg, toe of the other leg is kept outward side; both knees must be straight and whole body from waist must be straight.

**Movement practice**-
From the standing position we shift our body weight to the front leg and swing the supporting leg from the waist level. At this moment knees of both the legs and both from the waist level must be straight. Foot of the swinging leg must be dorsiflex and swing above the opposite shoulder. At the time of swing downward of the swing leg, high speed must be done and bring up to the standing position.

**Points to Remember**-
I. Both knees of the leg and the body from the waist must be straight.
II. Foot must be dorsiflex.
III. Swing leg must be also the opposite shoulder.

**Development of technique**-
1. Stretching of hamstring of both legs and waist.
2. Strength of quadriceps groups of muscles and lower back hip muscles.

G. Back Kick

**Procedure of Movement**

**Standing position** -
Standing in standing position on the single leg, toe of the other leg is kept outward side, both knees and body from waist straight.

**Movement practice** -
After standing in standing position body weight will remain on the supporting leg, rear leg will be brought near the supporting leg and moised at waist level or above waist level parallel to the ground.

After raising the leg, the raised leg will be kept straight and the supporting leg will be kept straight and erect, upper torsi may be parallel to the ground.
Then bring back the original position: Points to Remember:

a. both knees and waist must be straight and erect.

b. Foot of the swinging leg must be dorsiflex and reach above the head level.

c. Upper force must be parallel to the ground and erect from the waist.

Development of Technique:

i. Back stretching of the leg.

ii. Strength and stretching of the knees back and strength of the quadriceps group of muscles.

H. Side Kick

Procedure:

a. Preparation - Legs crossed in a half squatting position with hands on hips or crossed in front.

b. Raise the front leg with the knee bend and the toes turned inward, stretch the arms when kicking side ways over the shoulder, with the upper body fitted to one side and eyes looking at the raised longer foot.

Main point: Knees straight, leg raised high, the force coming to the kick extended to the heel, the outside of the foot facing upward and supporting leg steady.

I. Front Sweep Kick

Development of Technique:

1. Strengthening of Gastrocnemius and soleus and quadriceps group of muscles.

2. Hamstring group of muscle.

3. I’ll

a. 

b. 

c. 

[14]
Wushu Sanshou Arena

MEASUREMENT OF WUSHU (SAN-SHOU) ARENA

WUSHU SAN-SHOU ARENA:
The competition area will be a wooden structure, 80 cm high, 800 cm long and 800 cm wide covered with a soft Mats and a Canvas surface on top of Mats. The logo of International Wushu Federation must be drawn at the center of the platform. The boundaries of the platform will be engraved.

SANSHOU ARENA

SANSHOU ARENA

Wushu (San-Shou) Arena of Competition

[Diagram of the Wushu Sanshou Arena with dimensions and details provided in the text]
with red lines of 5 cm wide. A square yellow line of 10 cm wide will be drawn 90 cm inside the boundaries of the platform.

**Note:** In absence of actual arena, Grassy field may be used but it requires mats for throwing and landing purpose.

**TAO LU ARENA**

**WUSHU TAOLU COMPETITION AREA:**
The Taolu competition shall be conducted on a carpet of 14 mtr length and 8 mtr breadth mark of liner edge of 5 cm breadth and at the middle of the longer side line with a line 30 cm length and 5 cm breadth.

**Note:** We can use of grassy field also.

**WUSHU SANSHOU TRAINING AIDS (A):**
1. PUNCHING BAG
2. PUNCHING PAD
3. KICKING PAD
4. HEAD GUARD
5. CHEST GUARD
6. PUNCHING GLOVES
7. SHIN GUARD
8. GUMSHIELD
9. DUMBLE
10. MEDICINE BALL
11. DUMMY

**WUSHU TAOLU TRAINING AIDS (B):**
1. SPRING BOARD
2. WOODEN BENCH
3. WRIST WEIGHT
4. LEG WEIGHT
5. CRUSH MATS
6. SPONGE MATS
1. PUNCHING BAG: This is used for making hitting power for the PUNCH.
2. PUNCHING PAD: This is used for actual target of PUNCHING for the PRACTISE/fight Session.
3. CHEST GUARD: This is used for protection of chest & trunk.
4. SHIN GUARD: This is used for protection of shin part of the leg.
5. GUM SHIELD: This is used for protection of teeth.
6. DUMMY: This is used for throwing practice.
7. DUMBLE: This is used for making the straight/power PUNCH.
8. PUNCHING GLOVES: This is used for attacking.
9. MEDICINE BALL: This is used mainly for improving the physical fitness.

TRAINING AIDS FOR WUSHU TAOLU TRAINING: (B)
1. SPRING BOARD: This is mainly used for improvement and development of jumping techniques.
2. WOODEN BENCH: This is used for leg strength and coordination development for jumping movements.
3. SPANGCHI MATS: This is used for Taolu practice for the Mats.
4. C"RASH MATS: This is used for landing development of jumping technique.
5. LEG WEIGHT: This is used for improving the strength of leg for improvement of jumping technique.
6. WRIST WEIGHT: This is used for improving strength of hand and hand movements.

Sanshou the fighting part of Wushu is a combination of three arts - Punches, Kicks and Throws. To perform all these techniques together properly, we have to have a deep knowledge of the basic of each one of these techniques. For this the fundamentals of ‘Sanshou’ are to be practised regularly. The fundamentals are the basic parts of the art - and without deep knowledge of these, we can not go forward and do the combinations.
Fundamentals of Wushu

SANSHOU

Sanshou the fighting part of Wushu is a combination of three arts - Punches, Kicks and Throws. To perform all these techniques together properly we have to have a deep knowledge of the basic of each one of these techniques. For this the fundamentals of ‘Sanshou’ is to be practiced regularly. The fundamentals are the basic parts of the art - and without deep knowledge of these, we cannot go forward and do the combinations.

The fundamentals of Wushu can be given as under:

a. Stance
b. Punches
c. Kicks
d. Throws

On guard position is the posture of the body in which the body is fully ready to perform any offensive or defensive movement.

The on guard position is to modify according to individual differences in height and physical differences.

Practice :

a. In front of your imaginary opponent position yourself sideways so that you present 2 shoulders to your target.
b. By and large, your leading side is the opponent opposite side.

c. Keep your preferred hand and second leg in front for you to give the extra reach, it is near to the opponent. And feet should be at shoulder width.

'Sanshou'
'Sanshou' - the combat part of Wushu is combination of three arts - Punches, kicks and throws. To perform all these techniques correctly together we have to have a deep knowledge of the basic of each one of these techniques. For this the fundamentals of Sanshou is to be practiced regularly. The fundamentals are the basic parts of the art - and without deep knowledge of these basics, we cannot go forward and do the combinations.

The fundamentals of Wushu can be given as under:

a. Stance
b. Punching techniques
c. Kicking techniques
d. Throwing techniques

Hand Techniques (Punches)

1. **Straight Punch:**
   
   **Practice** - From the onguard position, twist your body clock wise or anti-clock wise with either side until your shoulders are in straight line with the target.

   Now lean your weight leans, heavily on your near foot with both knees slightly bent.

   As the hip initiates the movement your shoulder is thrust forward with the impetus from your rear foot, straightened with power reaching the fist and hand.

   Practice with both hands.

2. **Hook Punch:**

   **Practice** - From onguard position, twist your body clock wise or anti-clock wise as you prefer to punch with hand.

   The hand is brought up, it must be parallel to the floor, so that the arm forms a sort of hook. This is done with elbow bend.

   At the same time the fist is rotated either palm from a close target or palm for targets further away.

   The power is generated in this punch with the help of the push or twist of the feet, waist and shoulder reaching the fist.

   Practice with both hands.
3. **Upper cut:**
   
   **Practice** - From onguard position, dip your shoulder so that your elbow comes near your hip.
   
   At the same time rotate your fist palm up.
   
   Without pulling the fist back, proper this punch with the side of the body.
   
   Power is generated from on upward thrust of the legs ... with both hands.

4. **Turning back fist strike:**
   
   **Practice** - from the onguard position, shift the front leading leg to inward side with guard high.
   
   Turn the feet of the lead leg inward.
   
   Swing the back leg forward and to the other side.
   
   With the turning of the body swing the back fist round to strike forward in a semi circular motion.
   
   Power is extended from the turning of the body.
   
   Practice with both hands.

C. **LEG TECHNIQUES:**

1. **Front Kick**
   
   **Practice** - from the onguard position, raise the knee of the back leg while keeping it bending to waist level.
   
   Now with one foot push/kick the leg forward by straightening the knee.
   
   Power comes from waist thrust, striking free the heel.

2. **Round house kick:**
   
   **Practice** - from on guard position, bring the back leg to waist level with knee bend.
   
   With one motion swing the leg from the side to in and circular motion and straightened the leg in front to kick forward from the side.
   
   Power comes from waist thrust and circular path of the leg swing from the side.

3. **Side Kick:**
   
   **Practice** - from on guard position raise the back leg with knee bend to waist level forward.
   
   With one motion kick the leg by straightening the knee and power extended to the heel. The kicking leg is thrust side ward.
Power comes from waist thrust and striking area - the heel or the role of the foot. Pivoting point the heel of the front leg.

4. **Back Kick:**

   **Practice** - from on guard position, turn the front leg with heel pointing forward body turning backward.
   Raise the back leg to waist level with knee bent.
   Kick the leg backward by thrusting the heel back to the target at the back, and looking at the target back from the side or over the shoulder.
   Power comes from turning of the waist and thrusting the leg with waist stretched.

5. **Hook Kick/ Turning Hook Kick**

   **Practice** - from the on guard position, turn the front heel forward pivoting of the ball of the foot, turning the body backward.

   Bend the back leg from the knee and swing the bend leg in a circular motion or path from the side to forward. And stretch the leg in front to strike the target with the sole of the foot.

   Power from the swing of the body by turning and the circular path of the leg, string area is the heel or sole of the foot.

**Throwing Techniques:**

The above are some of the throws that are used in Wushu. There are various throws used off balance and throw the opponent to the ground. Throws are the combination techniques used in Sanshou. And in Wushu tournament if the player throws the other player to the ground with one of these throwing techniques and still remain standing himself he scores 2 points. And it is the highest score techniques, if it is done properly.

In throws we use the opponents momentum to break his tolerance or use the body as a lever to off balance the opponent.

**Tactics:**
This is a method used in Sanshou to gain advantage and create advantage to gain point or chances to attack the opponent. This involves lot of mental alertness and judgement, quick reaction and agile and quick hand and legs movement. Tactics are using techniques and foot work to overcome the opponent’s attack and get the time and chances to attack.

a. Here combinations, feints and timing are used to overcome or gain advantage of the opponent’s misjudgment.

b. It also includes slipping, side dodge, weaving and passing with combination of attacking techniques. In using tactics we need a proper planning.

Some of the example of tactics through combination of basic techniques: (Tactics are to be used as a reaction to situations in the fight and not that much pre-planned).

**Tactics:**

1. Giving the opponent the expression of attacking with the leg straight to the face.
2. While the opponent attack is coming straight forward move sideway and kick him or hook him with the inside hand as you slipped his punch outside.
3. Give a jab to the face and drop your body to give and straight to the guts.
4. The opponent is attacking with a hook weaving under his punch; move outside while hitting his guts with and hook of your own.
5. The opponent attacks with a front kick move to the side and kick at the same time with and side kick or turning back kick.
6. Move forward with and straight and follow with another straight, swing and kick to the opponents leg (round house kick) and kick and move in with a throw.
Scoring Pattern for Wushu (Sanshou)

COMPETITION METHODS:
Attacking and defending techniques of any Wushu Sanshou Schools can be applied.

PROHIBITED PARTS:
The back of head, the neck and the groin.

VALID PARTS:
The head, the trunk and the thighs.

PROHIBITED METHODS:
Attacking using the head, the elbow, or the knee, or pushing back on the opponent's joints.
Forcing the opponent to land with the head on intentionally smashing the opponent down.
Attacking the head of the opponent when he or she is down with any technique.

SCORING CRITERIA:
Winning two (2) points:
A competitor will win two points when:
i) his or her opponent falls off the platform.
ii) his or her opponent falls down while he or she remains standing.
iii) he or she hits the opponent on the trunk, or kicks the head.
iv) he or she makes the opponent to fall down by falling down himself on himself on purpose and then stands up immediately.
v) his or her opponent is forcibly counted.
vi) his or her opponent receives a warning.

Winning one point:-
A competitor will win one (1) point, when
i) he or she hits the opponent on a valid part by a hand technique
ii) he or she hits the opponent on the thigh with a kick each time.
iii) both competitors fall down, while he or she remains on top of the opponent.
iv) he or she is able to make the opponent to fall down by falling down himself or herself on purpose, while he or she does not remain standing.
v) his or her opponent shows passivity for eight (8) seconds after being ordered to attack.
vi) his or her opponent falls down intentionally and remained for more than three (3) seconds.
vii) his or her opponent is received an admonition.

No point awarded:
No point will be awarded to either competitors, when
i) the technique executed is not clear or obvious
ii) both competitors fall down or off the platform at the same time
iii) a competitor falls on the ground as a means of combat
iv) he or she hits the opponent in a clinching.

FOULS AND PENALTIES:

FOULS:

TECHNICAL FOULS:-
i) Clinching the opponent passively.
ii) Requesting time-out when he or she is in the disadvantageous position.
iii) Delaying the fight deliberately.
iv) Un-sportsmanlike behavior towards the platform judge or disobeying his decision.
v) Without gum-shield, spitting the gum-shield or loosening the protective gears intentionally.
vi) The competitor’s behavior is violating the protocol.

PERSONAL FOULS:
1) Attacking the opponent before "Kaishi" (start) or after the order "Ting" (Stop),
2) Hitting the opponent on prohibited parts.
3) Hitting the opponent by using any of the prohibited methods.

**PENALTIES:**
i) An admonition will be given for a technical foul.
ii) A warning will be given for a personal foul.
iii) A competitor who received personal fouls will be disqualified from the bout.
iv) A competitor who intentionally hurts his opponent will be disqualified from the whole competition, and his or her result will be cancelled.
v) A competitor who results positive in using prohibited sustains or inhaling oxygen during interval will be disqualified from the whole competition and his or her result will be cancelled.

**SUSPENSION OF FIGHTS:**
The fight will be suspended when:
i) a competitor has fallen down or off the platform (except falling down for a purpose).
ii) a competitor is given a penalty.
iii) a competitor is injured.
iv) the competitors hold each other without any attack for more than two seconds.
v) a competitor falls down intentionally and remained for more than three seconds.
vi) a competitor requests for a suspension by raising his or her hand due to objective hindrance.
vii) the head judge corrects a misjudgment or omission.
viii) problems or dangers arise on the platform.
ix) there are problems with lighting or problems with the competition area.
x) a competitor shows passivity after being ordered to attack for another eight (8) seconds

**WINNER AND LOSER:**

1. **Absolute Victory:**
i) When there is great disparity of techniques between the two competitors, the platform judge with the approval of the head judge, may proclaim the stronger competitor to be the winner of the bout.
ii) A competitor will win the bout if his or her opponent is being knocked-out (no personal foul actions) and remained unconscious for ten
(10) seconds, or the opponent can still stand up but with abnormal consciousness.

iii) During a bout of fight, a competitor has back hit heavily (no personal foul actions) and forcibly. Counted three times, his or her opponent will win the bout.

2. **Winner or Loser of the round:**
   
i) The result of each round will be decided according to the judgment of the sideline judges.

   ii) During a round of fight if a competitor is being hit heavily (no personal foul actions and being forcibly counted twice his or her opponent will win the round).

   iii) The competitor who falls off the platform twice in a round will lose the round and his or her opponent will be the winner.

   iv) If both competitors scored same points in a round, the winners will be decided in the following order:

   1. he or she who received less warning in the round will be the winner.

   2. he or she who received less admonitions in the round will be the winner.

   3. he or she who weighted lesser/during the weighing in ceremony will be the winner.

   4. if every point in Article 2(iv) remains the same, a draw will be proclaimed.

3. **The winner or loser of the bout:**
   
i) The competitor who wins the first two rounds in a bout will be the winner of the bout.

   ii) The competitor will win the bout if his or her opponent is injured or ill and unable to continue the competition as certified by the doctor.

   iii) During fighting if a competitor feigns to be injured by foul action, his or her opponent will win the bout after being justified by the medical doctor.

   iv) During fighting if a competitor is injured by foul actions and unable to continue the fight as justified by the medical doctor, the injured competitor will be the winner of the bout. But will not be allowed to continue.

   v) In the case of round robin, if both competitors have won the same number of rounds in about, a draw ill be proclaimed.

   vi) In the case of knock-out. (direct elimination), if both the competitors win the same number of round in a bout, the winner will be decided as follows:
1) He or she who received less warnings will be the winner.
2) He or she who received less admonitions will be the winner. If the tie still remains, an additional round will be added

SCORING PATTERN FOR WUSHU (ROUTINE)

SCORING METHODS & CRITERIA FOR OPTIONAL EVENTS

*Scoring Methods:*

i) The jury shall be composed of three (3) judges in Panel A responsible for evaluating the quality of movements, three judges in Panel B responsible for evaluating the overall performance and the head judge, and three judges in Panel C responsible for evaluating the degree of difficulty.

ii) The full starting score for all events is ten (10) points (not counting bonus for innovative movements), including five (5) points for the quality of movement, three (3) points for the overall performance, and two (2) points for the degree of difficulty.

iii) The judges in Panel A shall deduct points according to the errors committed by a competitor during his performance of the whole routine.

iv) The four judges in Panel B shall evaluate the overall performance of the whole routine and deduct points for chorographical errors in it. The highest point and the lowest point shall be deducted. The average of the two middle scores shall be awarded to the competitor as points for grade of overall performance.

All chorographical errors found in the performance and resultant deductions shall come into effect only with the simultaneous confirmation by at least two of the four panel members. The total of deducted points shall be the deduction for chorographical errors.

**Quality of Movement:**

1. *Chan-Quan*

<table>
<thead>
<tr>
<th>Type of</th>
<th>Code</th>
<th>Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance</td>
<td>10</td>
<td>Bringing leg to head level</td>
</tr>
<tr>
<td></td>
<td>11</td>
<td>Back kick and balance</td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>Back balance</td>
</tr>
<tr>
<td></td>
<td>13</td>
<td>Balance arms out spread</td>
</tr>
<tr>
<td></td>
<td>20</td>
<td>Front Sweep</td>
</tr>
<tr>
<td>Leg Technique</td>
<td>21</td>
<td>Back Sweep</td>
</tr>
<tr>
<td></td>
<td>22</td>
<td>Front Split</td>
</tr>
<tr>
<td></td>
<td>30</td>
<td>Flying front kicks, wrist wind kick, lotus kick</td>
</tr>
<tr>
<td>Jump</td>
<td>31</td>
<td>Flying front raise kick</td>
</tr>
<tr>
<td></td>
<td>32</td>
<td>Cart wheel 860°</td>
</tr>
<tr>
<td>Code</td>
<td>Stance Type</td>
<td>Description</td>
</tr>
<tr>
<td>------</td>
<td>-----------------------------</td>
<td>---------------------------------------</td>
</tr>
<tr>
<td>33</td>
<td>Butterfly &amp; Butterfly twist</td>
<td>50 Bow stance</td>
</tr>
<tr>
<td>51</td>
<td>Horse riding stance</td>
<td>52 Empty stance</td>
</tr>
<tr>
<td>53</td>
<td>Couch stance</td>
<td>60 Upward parry/upper cut</td>
</tr>
<tr>
<td>61</td>
<td>Twining &amp; wrapping</td>
<td>62 Parry outward &amp; inward</td>
</tr>
<tr>
<td>63</td>
<td>Upper cut both hand</td>
<td>64 Throw &amp; catch apparatus</td>
</tr>
<tr>
<td>70</td>
<td>Remain still &amp; balance loss then 2 second</td>
<td>71 Body touches outside carpet</td>
</tr>
<tr>
<td>72</td>
<td>Other Errors</td>
<td>73 Torso shakes / foot moves or jumps</td>
</tr>
<tr>
<td>74</td>
<td>Extra support</td>
<td>75 Apparatus break</td>
</tr>
<tr>
<td>76</td>
<td>Fall down</td>
<td>77 Apparatus fall</td>
</tr>
</tbody>
</table>

2. **Nan Quan**

<table>
<thead>
<tr>
<th>Type of Movement</th>
<th>Code</th>
<th>Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg Technique</td>
<td>20</td>
<td>Front Sweep</td>
</tr>
<tr>
<td></td>
<td>26</td>
<td>Horizontal nail kick (turning kick)</td>
</tr>
<tr>
<td>Jumps</td>
<td>30</td>
<td>Whirlwind kick, lotus kick</td>
</tr>
<tr>
<td></td>
<td>40</td>
<td>Flying cross leg kick 860° &amp; land on slide down.</td>
</tr>
<tr>
<td>Tumbling</td>
<td>50</td>
<td>Bow stance</td>
</tr>
<tr>
<td></td>
<td>51</td>
<td>Horse riding stance</td>
</tr>
<tr>
<td>Stance</td>
<td>52</td>
<td>Empty stance</td>
</tr>
<tr>
<td></td>
<td>53</td>
<td>Couch stance</td>
</tr>
<tr>
<td></td>
<td>54</td>
<td>Single butterfly stance</td>
</tr>
<tr>
<td>Apparatus</td>
<td>61</td>
<td>Twining &amp; wrapping</td>
</tr>
<tr>
<td></td>
<td>65</td>
<td>Push the cudgel</td>
</tr>
<tr>
<td></td>
<td>71</td>
<td>Boy touches outside carpet</td>
</tr>
<tr>
<td></td>
<td>72</td>
<td>Apparatus touch / body blade off handle or deformed</td>
</tr>
<tr>
<td></td>
<td>73</td>
<td>Torso shakes or foot moves or jumps</td>
</tr>
<tr>
<td></td>
<td>74</td>
<td>Extra support</td>
</tr>
<tr>
<td></td>
<td>75</td>
<td>Apparatus Break</td>
</tr>
<tr>
<td></td>
<td>76</td>
<td>Fall down</td>
</tr>
<tr>
<td></td>
<td>77</td>
<td>Apparatus fall</td>
</tr>
</tbody>
</table>
3. Taiji - Quan

<table>
<thead>
<tr>
<th>Type of</th>
<th>Code</th>
<th>Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance</td>
<td>14</td>
<td>Low balance leg stretch forward</td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>Low balance with leg inserted behind</td>
</tr>
<tr>
<td></td>
<td>16</td>
<td>Low step on kick forward</td>
</tr>
<tr>
<td></td>
<td>17</td>
<td>High balance with leg stretch side ways</td>
</tr>
<tr>
<td></td>
<td>23</td>
<td>Parting kick, heel kick</td>
</tr>
<tr>
<td>Leg Technique</td>
<td>24</td>
<td>Lotus kick</td>
</tr>
<tr>
<td></td>
<td>25</td>
<td>Slide down (Dragon drive)</td>
</tr>
<tr>
<td></td>
<td>30</td>
<td>Flying from kick / whirl wind kick / lotus kick</td>
</tr>
<tr>
<td></td>
<td>31</td>
<td>Flying front raise kick</td>
</tr>
<tr>
<td>Stance &amp; Footwork</td>
<td>50</td>
<td>Bow stance</td>
</tr>
<tr>
<td></td>
<td>53</td>
<td>Couch stance</td>
</tr>
<tr>
<td></td>
<td>54</td>
<td>Going forward step</td>
</tr>
<tr>
<td>Apparatus Technique</td>
<td>60</td>
<td>Upward parry &amp; uppercut \ Technique</td>
</tr>
<tr>
<td></td>
<td>71</td>
<td>Body touches out side carpet</td>
</tr>
<tr>
<td></td>
<td>72</td>
<td>Apparatus touch/body Blade off handle / Deformed</td>
</tr>
<tr>
<td>Other Errors</td>
<td>73</td>
<td>Torso shakes / Foot moves / Jumps</td>
</tr>
<tr>
<td></td>
<td>74</td>
<td>Extra support</td>
</tr>
<tr>
<td></td>
<td>76</td>
<td>Fall down</td>
</tr>
<tr>
<td></td>
<td>77</td>
<td>Apparatus fall</td>
</tr>
</tbody>
</table>

SCORING CRITERIA:

i) Scoring criteria for quality of movements when a competitor commits an error in regard to standards of movements, 0.1 point shall be deducted and 0.1 - 0.3 point shall be deducted for other errors.

ii) **Scoring criteria for overall performance:** The scoring for overall performance includes evaluation for grading and choreography of a routine.

iii) Evaluation for grading:

In regard to power, harmony, rhythm, style and musical accompaniment, overall performance is graded into three (3) level and nine (9) sub levels, with 3.08 - 2.51 points for superior, 2.50 - 1.91 points for "average" and 1.90 - 1.01 point for "inferior".

As a whole, a competitor is required to perform with standard movements, correct methods, full force flowing smoothly to the right points, good coordination between hands and eyes, between body and steps between apparatus and body for events with apparatus, distinct rhythm, conspicuous style and unison between movements and accompanying music. All these elements should be taken into consideration in grading the technical execution of a competitor's routine.

PLACINGS:

In the individual competition, the competitor with the highest score is the winner, the competitor with the next highest score is 2nd place and so on and so forth.
there are both preliminaries and finals the competitor with higher total points is placed at the top.

In the individual and alround team competition, placings are determined according to the provisions in the regulations of competition.

In case of a tie between two individuals or teams or among more than two, it shall be broken by the following means:

In case of a tie among individuals in an event:

a) The competitor whose valid score comes close to the average, the valid scorer shall be placed higher.

b) If the tie still remains, the competitor whose invalid score is lower shall be placed higher.

If the tie still remains, the tied competitor shall share the place with the next placed.

a) If the tie still remains and the competitor's rank/score is more in that event he shall be placed higher and so on and so forth.

b) In case of an equal ranking in all individual events, the tied competitors shall share the place.

c) In the team competition, the team ranked first in more individual events shall be placed higher.

d) If the tie still remains, the team ranked second in more individual events shall be placed higher and so on and so forth.

e) If in case of an equal ranking in all individual events, the tied teams shall share the place.
Competition Committee

The competition committee shall be composed of several persons appointed by the International Wushu Federation and the organizing committee.

a) Organising Committee, 
b) Technical Committee,
c) Financial Committee, 
d) Registration Committee

Jury of Appeal

The jury of appeal shall consist of one Chairman, One Vice Chairman and three, five or seven members.

Officials

The officials shall include:-

1. One Chief Referee, and Two Assistant Chief Referees.
2. For each “judges group”, one Head Judge, One Assistant Head Judge, Five Judges, One Routine Inspector, One Scorer, and One Timekeeper.
3. One arranging and recording Chief and two or three assistants for arranging and recording.
4. One Chief Registrar and two or three Registrars and
5. One or two Announcers.
Duties of the Officials

The officials shall work earnestly, consciously, impartially and accurately under the guidance of the competition committee. Their duties are as follows:-

Systems of Competition:

a. Systems of round-robin, knock-out or the knock-out with a repackage shall be used.

b. The system of winning two rounds out of three is adopted; each round lasts two minutes. There will be a one minute rest between two rounds.

Requirements:

a. The contestant must hold his own passport issued by the country region he represents.

b. To participate in the competition the contestant must produce his health certificate indicating such details as his electroencephalogram (EEG) electrocardiogram (ECG) blood pressure and heart rate, all of which should be taken within 20 days before his checking in at the place of competition.

c. The contestant shall be 18-35 years old.

d. The contestant must produce his insurance policy (against casualty) for the competition.

Weighing-in

a. Only contestants in keeping with the qualifications shall be weighed in.

b. The contestant shall bring his passport to the weighing in.

c. The weighing-in of contestants is handled by the head registrar in collaboration with the arranging and recording group under the supervision of the members from the Jury of Appeal.

d. Contestants shall be weighed only once before the whole competition or once on each day of competition at the designated time and place, and the weighing-in of each contestant shall be completed within an hour, contestants shall be naked or only have their pants on when being weighed.

e. The weighing-in on each day competition shall be completed two hours before the start of the first unit of the day's competition.

Contestant wear and protective Equipment:

a. During a fight, the contestant must wear unified boxing gloves, hamlet chest protector, shin guards and in guards (on’ bare feet). His shirt and trunks must be of the same colour as his protective equipment and he should use his own gum shield and jockstrap.

b. The colour of the protective equipment shall be either red or black.

c. Weight of the gloves: 230 grams for the 65 kg category and under 280 gms for the 70 kg category and above.
Competition Area

Competition shall be conducted on a carpet 14m in length and 8m in width, marked at the inner edge with a line 5cm in breadth and at the middle of both longer sidelines with a line 30cm in length and 5cm in breadth.

Other provisions relating to competition:

a. The judges of a competition should only concentrate on the competition and must not talk with other people. They should remain in the designated seats unless permission from the head judge to leave is available.

b. The contestants shall abide by the Rules of competition, respect the judges and obey their decisions. Wrongline crossing, throwing away protectors to show discontent and the like are strictly prohibited.

c. The coach and team doctor will remain in the designated seats: they are prohibited from shouting or dropping hints to the contestant during the fight. Advices and massage to the contestant are allowed during the rest time between two rounds. Infusion of oxygen, however is forbidden.

d. Doping is strictly prohibited.

Equipment:

1. Six in black plates
2. Six in red plates
3. Six half black and half red. The plates are indication of losing or winning or drawing of contestants as shown by the sideline judges. (Totaling 18, and each 20 cm in diameter with a wooden handle 20cm long.)
4. Two stop watches (one in reserve)
5. Two whistles (one with single pitch, the other with double pitches)
6. Three megaphones
7. A gong, a rack and hammer
8. Counter: 15-20 pieces
9. Two video cameras
10. Two metric scales
11. Six in Red & black chest guard
12. Six in Red & back chest guard
13. Four baskets & mug
14. Six in Red and black glouse
15. First Aid
16. Ice Pack
17. Sanshou arena
18. Two Mikes
19. One weighing machine
20. Paper, Pens, Calculator, Stapler
21. One Computer
TEAM COMPOSITION, SELECTION METHOD, MANAGEMENT OF THE TEAM IN WUSHU

WUSHU is divided into two parts 1. TAOLU, 2. SAN-SHOU

The competition is divided into 3 parts:
1. Individual competition
2. Team competition
3. Individual and Team competition

Competition classification by age:-
1. Adult (above 18 years)
2. Junior (12-18 years)
3. Sub-Junior (under 12 years)

TAOLU competition events:
1. CHANG QUAN (ONG RANGE FIST)
2. NAN QUAN (SOUTHERN STYLE FIST)
3. TAIJI QUAN (TAIJI BOXING)
4. DAOSHU (BROAD SWORD)
5. JIAN SHU (STRAIGHT SWORD)
6. NAN DAO (SOUTHERN STYLE BROAD SWORD)
7. TAIJI JIAN (TAIJI SWORD)
8. QANGSHU (SPEAR)
9. GUN SHU (CUDGEL)
10. NAN GUN (SOUTHERN STYLE CUDGEL)
11. DUILIAN (DUEL EVENTS)

Sub divided into duilian without weapon, with weapon, bare hands against weapon.

SAN SHOU WEIGHT CATEGORIES

SENIOR

<table>
<thead>
<tr>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Below 48 kg</td>
<td>Below 45 kg</td>
</tr>
<tr>
<td>2. Below 52 kg</td>
<td>Below 48 kg</td>
</tr>
<tr>
<td>3. Below 56 kg</td>
<td>Below 52 kg</td>
</tr>
<tr>
<td>4. Below 60 kg</td>
<td>Below 56 kg</td>
</tr>
<tr>
<td>5. Below 65 kg</td>
<td>Below 60 kg</td>
</tr>
<tr>
<td>6. Below 70 kg</td>
<td>Below 65 kg</td>
</tr>
<tr>
<td>7. Below 75 kg</td>
<td>Below 70 kg</td>
</tr>
<tr>
<td>8. Below 80 kg</td>
<td>Below 75 kg</td>
</tr>
<tr>
<td>9. Below 85 kg</td>
<td></td>
</tr>
<tr>
<td>10. Below 90 kg</td>
<td></td>
</tr>
<tr>
<td>11. Above 90 kg</td>
<td></td>
</tr>
</tbody>
</table>
**JUNIOR**

<table>
<thead>
<tr>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Below 45 kg</td>
<td>Below 45 kg</td>
</tr>
<tr>
<td>2. Below 48 kg</td>
<td>Below 48 kg</td>
</tr>
<tr>
<td>3. Below 52 kg</td>
<td>Below 52 kg</td>
</tr>
<tr>
<td>4. Below 56 kg</td>
<td>Below 56 kg</td>
</tr>
<tr>
<td>5. Below 60 kg</td>
<td>Below 60 kg</td>
</tr>
<tr>
<td>6. Below 65 kg</td>
<td></td>
</tr>
<tr>
<td>7. Below 70 kg</td>
<td></td>
</tr>
<tr>
<td>8. Below 75 kg</td>
<td></td>
</tr>
<tr>
<td>9. Below 80 kg</td>
<td></td>
</tr>
</tbody>
</table>

**SUB JUNIOR**

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Below 24 kg</td>
<td>Below 24 kg</td>
</tr>
<tr>
<td>2. Below 28 kg</td>
<td>Below 28 kg</td>
</tr>
<tr>
<td>3. Below 32 kg</td>
<td>Below 32 kg</td>
</tr>
<tr>
<td>4. Below 36 kg</td>
<td>Below 36 kg</td>
</tr>
<tr>
<td>5. Below 40 kg</td>
<td>Below 40 kg</td>
</tr>
<tr>
<td>6. Below 44 kg</td>
<td></td>
</tr>
<tr>
<td>7. Below 48 kg</td>
<td></td>
</tr>
<tr>
<td>8. Below 52 kg</td>
<td></td>
</tr>
</tbody>
</table>

Players selected first in District Level Championship. District Level Medalists are selected in STATE LEVEL CHAMPIONSHIP. STATE LEVEL MEDALIST is selected in NATIONAL CHAMPIONSHIP. The players selected in the TAOLU 8 MALE & FEMALE in all events. The SANSHOU player selected in 8 Male in each one weight categories. The female selected in 5 each one weight categories.

This rule is followed in Junior, Sub-Junior and Senior events also.

The team go to the championship in Junior, Sub-Junior, Senior in Championship 8 Taolu players, 13 Sanshou players 2 Team Managers, 2 Coaches.

The players are to compulsorily submit age proof certificates, Medical certificate and two Passport size photos.

Go to the team in competition entry the our Team total strength and pay the entry fees and I.D. Card fees. Then the organizing group will give the room.

The competitor must wear proper uniforms in TAOLU & SANSHOU.
General Fitness

General fitness is the fitness done for both non-sportsperson and athlete.

For non-sportsperson, they do general fitness mainly to maintain physical and mental fitness. But, for athlete, this general fitness is very much important to perform the main task and to be ready for the specific.

It consists of warming up where warming up is done to heat up the body to be ready for other tasks.

For Wushu, general fitness is very much important to loosen the joints part, stretch muscles to prevent from injury.

General fitness can be improved by using the five motor abilities such as; strength, speed, endurance, flexibility and coordinative abilities.

Some of the main types of strength are:

General strength, maximum strength and explosive strength.

a. General Strength

It is the strength where we do the workout against normal resistance.

e.g. Daily routine workout, jogging, walking etc.

It is not specific for wushu games. It is mainly done by the non-sportsperson.

b. Maximum Strength

Doing any kind of workout against the maximum resistance is called maximum strength.

To improve maximum strength, given below are the methods of training:
**Repetition Method:**

- Set: 3-7 set
- Repetition: 10-30 times
- Recovery: Complete 2-3 sec.
- Intensity: Low
- Volume: Medium

**Internal Method:**

- Set: 3-5 set
- Repetition: 15-35 times
- Recovery: Incomplete
- Intensity: Medium
- Volume: Medium

This ability is required for making the best for specific motor ability which is used in Wushu.

c. **Explosive Strength:**

The ability to do workout against the resistance with high speed.

It can be divided into three: start strength, speed strength and strength speed.

(i) **Start Strength**

The ability to develop the maximal muscle force during the starting phase of the movement.

 e.g. Starting movement of the strength, Hopping in sitting condition with single leg.

(ii) **Strength speed**

The ability to overcome heavy resistance with high speed. Also known as power.

 e.g.- different throws of Sanshou and different jumps of routine (Taolu).

(iii) **Speed Strength**

The ability to overcome lower resistance with high speed. e.g.: - low weight category below 45 kg of Sanshou, jumps of Sub-junior and junior Taolu.

**Methods to develop:**

a. **Interval Method (intensive)**

- Set: 3-5
- Repetition: 10-15 times
- Recovery: 90-100 sec
- Intensity: Medium 70-75%
- Volume: Low

(ii) Using special competitive exercise with change resistance.
Exercise to improve General Strength:
Bench exercise, Multigym exercise with light weight and high speed on body weight, exercise with high speed and less repetition.
The ability to cover a certain distance with a minimum possible time.
e.g.: 100m sprint run within 10 seconds.
This speed is very important for Wushu game both for Sanshou and Taolu.
e.g.: Punching, kicking and throwing within a second in Sanshou.

Moving of body or steps in Taolu.
Some of the abilities of speed use in wushu game:-

(i) **Acceleration Ability**
   It can be improved by directly or indirectly improving explosive strength technique and flexibility.

(ii) **Speed Endurance:**
   It can be improved significantly through speed in training. When we are under condition of fatigue over a certain distance with a minimum possible of time.

Methods to improve:
- Intensive interval method
- Repetition method

The ability to use sports movements with the desired quality and speed under condition of fatigue.

Types:-
i. According to nature of activity:
   a) **Basic Exercise:**
      It is the ability to do sports movements of general nature under condition of fatigue. It is the combination of aerobic and anaerobic metabolism.
e.g. - Taiji-quan and Taiji-jian for aerobic.
      Sudden throw in Sanshou for anaerobic.

   b) **Specific endurance:**
      Ability to do sports movements of a particular sport under condition of fatigue.
e.g.: Sanshou.
      Flexibility is the ability to execute the movement with greater amplitude or range.
      Flexibility is very important for wushu player mainly for Taolu players.
Two types of flexibility:

(i) **Passive Flexibility:**
Ability to do movement with greater amplitude with external help.

Active Flexibility:
Ability to do movement with greater amplitude without external help.

Methods for improvement of Flexibility:

i. **Ballistic Method:**
In this method the joint is stretched rhythmically to its minimum range.
The stretching movement is done with a swing.

ii. **Slow stretch and hold method:**
In this method the joint is slowly stretched to the maximum limit and is held for few seconds before returning to the normal position. For best effect the stretch must be held for a maximum of 3-8 sec. Longer duration do not increase the effect.
This method is mostly used in wushu game at Taiji event for balance by leg rising.

iii. **Pos Iso-metric Method:**
This method is based on the principle of prospective neuromuscular facilitation. According to this principle, the muscle is contracted maximally for a few seconds. If stretched it gives very low resistance in it. This procedure is to be repeated 4-8 times for 8-10 seconds.

Co-ordinative Ability:
Co-ordinative ability is primarily dependent on the motor control and the regular process on CNS. The movement quality depends to a great extent on co-ordinative abilities. The rhythm flow accuracy, constancy, amplitude of a movement are expressions of motor coordination and highly dependant on coordinative ability.
Some of the coordinative abilities:

i) **Differentiation ability:**
The ability to achieve a high level of fine tuning and harmony of individual movements. It finds expression in high degree of accuracy and movement economy. It depends on conscious and precise perception of temporal dynamic and spatial parameter of movement execution. It is useful for wushu Taolu.
ii) Reaction ability:

It is the ability to react quickly or effectively to signal. In sports, signal can be of different types, visual, tactile and acoustic.

Performance pre-requisites are primarily determined by the mechanisms involved in the control and regulation of movement. It depends upon the coordinative process of Central Nervous System and on the functional capacity of the various sense organs important for movement control and regulation.

SPECIFIC FITNESS

INTRODUCTION

Specific fitness or specific exercise is done after finishing general fitness. It is done for the development of specific technique or main task and to be ready for higher performance.

Specific fitness is done only by the sports person for their main task. It helps to develop the training schedule day by day.

Below given are the use of specific fitness in the development of movements of leg technique, hand forms etc.

Leg Technique:

i. Front toe kick:

To develop the kick, flexibility and strength is needed. Stretching must be proper front split and side split.

Strength of adricep group of muscle, hamstring of illiouscious muscles and strengthening of lower back muscle.

ii. Front stretching kick:

To develop this kick, flexibility for hamstring group of muscle as well as strength is needed.

iii. Inward outward cresent kick:

To develop this kick flexibility and strength are required.

- Strength of the abductor and adductor group of muscles.
- Swing of leg by tying ankle weight.

iv. Oblique kick:

We can develop this kick by using the method of flexibility like stretching of hamstring of both leg at waist level. And strength exercise like squatting for quadriceps group of muscle, back leg raise for lower back and hip muscles.
v. **Side kick:**
To improve this kick, flexibility of hip joint, back leg raise to strengthen lower back and squatting free hand or with weight to strengthen quadriceps group of muscles are required.

vi. **Front sweep:**
To develop this technique, squatting with or without weight to strengthen quadriceps group of muscles and back leg raise for lower back and gluteus maximus.

Heel raise exercise with or without weight to strengthen Soleus and calf muscle (gastrosoleus)

Stretching side split for hamstring.

Stretching of the adductor group of muscle.

vii. **Back sweep:**
To develop back sweep we can use the specific exercise like heel raise and squatting with or without weight to strengthen gastrocinnimus and soleus muscles and quadriceps group of muscles.

**Hand Techniques:**

i. Using the specific exercise like shoulder stretching, back pull up to strengthen trapezius muscle. Back leg raise to strengthen lower back muscle.

ii. **Arm circling:**
To develop this, movement specific exercise like flexibility of shoulder joint is required. Exercise for deltoid and electra spine muscle.

iii. **Stamping technique:**
Using specific exercise, we can develop this movement as flexibility of shoulder joint.

Strengthening exercise for deltoid and electra spine muscle.

**Jump Technique:**

i. **Lotus kick:**
To develop this jumping lotus kick, we do specific exercise like squatting for quadriceps group of muscles, hamstring muscle stretching, heel raise for calf muscle, soleus and gastrocinnimus muscle, back leg raise for strengthening of lower back muscle and hip.

Jumping exercise like box jumping, jumps from spring board.

Twist exercise of 180° and 360° so on.
ii.  *Flying front raise kick:*

We can develop this jumping technique by using specific exercise of quadriceps, hamstring, abdomen and lower back muscle to strengthen. Quadriceps and hamstring group of muscles can be developed by squat and leg raise with ankle weight or without. Abdomen can be strengthened by sit up, both leg raise exercise, and back leg raise for strengthening of lower back exercise.

iii.  *Ariel or Ariel Twist*

Using specific exercise like heel raise of calf muscle, soleus and gastrocnemius. Squatting exercise for strengthening of quadriceps group of muscle, which helps in take off the body from the ground.

**Conclusion:**

Thus this specific fitness is very much important in every event or movement of wushu. While doing this exercise every athlete must take care of the self to prevent from injury. Specific fitness should be always done after general warming up or if the competition is near then only specific exercise is needed to improve the performance of the athletes.

1.  *Chang Quan Player*

Wushu has explosive movement, with their required jumps, tumbling and weapon technique. While we are analyzing the requisites of a wushuist we need to emphasize on scientific background so that we clarify each and every point which is required in one game.

The scientific background to specific motor component physiological requirement and anthropometrical requirements biomechanical requirement and the requirement of sports medical and psychological. This sequence is systematic on the basis of requirement of wushuist. These specific motor components in our game is explosive strength, strength endurance, speed endurance, flexibility and coordination. All the characteristics of wushuist are dependent upon them.

**Anthropometrical Requirement:**

Chang group wushu players body composition is ectomeso-morphic. In this body composition body mass and muscle mass is greater than fat mass. The trunk and lower extreme are equal and height is near about 5' - 6" and the body weight is 58-62 kg.

**Judgement:**

The self judging capacity is essential to keep the clarity performance. It will help to capture the faults and to find out their solution. For this thorough self observation of movement is required.
2. NANGUAN

Anthropometry:
Body composition is endo-meso-morphic. In this composition fat mass and muscle mass is equal. Trunk & lower extremities have to be equal in life.

Muscle composition:
Slow twitch and fast twitch muscle fibres have to be in a ratio in which slow twitch is more.
- Height 5’ 3” - 5’ 6” (nearly)
- Weight 55 - 60 kg (nearly)

Physiological Requirement:
- Athlete heart
- Heterochonaity

Psychological Requirement:
- Enthusiasm
- Persistency
- Optimum arousal
- Judgement

3. TAIJI

Anthropometry:
Ecto-meso-morphic lower and upper body extremities almost same in size.
- Height 5’ 6” - 5’ 8” (nearly)
- Weight 58 - 62 kg (nearly)

Physiological requirements are same as that of Nan, Chan group.
Fast and slow twitch muscle fibres are in the same ratio, since it contains both explosive and endurance movements.

Psychological:
Enthusiasm, Persistency, Optimum arousal, judgement.

Mental Balance:
Highly balanced body movements are possible only when the mind is in a balanced stage in which it is able to resist all external disturbances. The extremist level of concentration will help to keep the coordination and balance of NMS (NeuroMuscular-junction system).
Stability is slow speed balance and rhythm is the peculiarity of Taiji. The physical fatigue is as a result of mental fatigue. The capacity through connection under the movement through concentration under the fatigue condition also needed for Taiji player.

**Self Judgement:**

The slow balanced Taiji movement required self experiencing for its perfection. The player has to experience and know the movements deep and then only the movements will end in its clarity. Self observation, judgment and corrections are also required for the best performance of Taiji.