

WUSHU

POWER · SPIRIT · RESPECT



IWUF

INTERNATIONAL WUSHU FEDERATION

IWUF Official Events

The IWUF's group of official world championship-level events, each held biennially, include:



World Wushu
Championships
(WWC)



World Junior Wushu
Championships
(WJWC)



World Kungfu
Championships
(WKFC)



World Taijiquan
Championships
(WTJQC)



Sanda World Cup
(SWC)



Taolu World Cup
(TWC)

Wushu in Multi-sport Games

Since IWUF's inauguration in 1990, wushu has successfully been included as a competition or exhibition sport in multi-sport games, including:



Asian Games



2009, 2013 World Games



World Combat Games



2017 Summer Universiade



2018 World University Championships



2018 African Youth Games



Islamic Solidarity Games



Asia Pacific Masters Games

ABOUT IWUF



Yu Zaiqing

President of IWUF, Vice President of IOC

The International Wushu Federation (IWUF), which was established on October 3rd, 1990, is the international federation (IF) that governs wushu in all its forms worldwide. Currently, IWUF has 152 members across five continents.

Recognized by



INTERNATIONAL
OLYMPIC
COMMITTEE



ARISF
Association of Realizing International Sports Federation



Global Association
of International
Sports Federations

In Partnership with



**WORLD
ANTI-DOPING
AGENCY**



FISU

152 IWUF Members



Africa

01. ALG	09. COM	17. LBR	25. NGR	33. TAN
02. BEN	10. EGY	18. MAD	26. RSA	34. TOG
03. BDI	11. ETH	19. MAR	27. RWA	35. TUN
04. BOT	12. GAB	20. MAW	28. SEN	36. UGA
05. CGO	13. GAM	21. MLI	29. SEY	37. ZAM
06. CIV	14. GUI	22. MOZ	30. SLE	38. ZIM
07. CMR	15. KEN	23. MRI	31. SOM	
08. COD	16. LBA	24. MTN	32. SUD	

Americas

01. ARG	06. CAN	11. DOM	16. MEX	21. URU
02. BAR	07. CHI	12. ECU	17. PAR	22. USA
03. BER	08. COL	13. GUY	18. PER	23. VEN
04. BOL	09. CRC	14. JAM	19. PUR	
05. BRA	10. CUB	15. LCA	20. TTO	

Asia

01. AFG	09. IRI	17. LAO	25. PAK	33. TJK
02. BAN	10. IRQ	18. LBN	26. PHI	34. TKM
03. BRU	11. JOR	19. MAC	27. PLE	35. TPE
04. CAM	12. JPN	20. MAS	28. PRK	36. UZB
05. CHN	13. KAZ	21. MDV	29. SGP	37. VIE
06. HKG	14. KGZ	22. MGL	30. SRI	38. YEM
07. INA	15. KOR	23. MYA	31. SYR	
08. IND	16. KUW	24. NEP	32. THA	

Europe

01. AND	09. CRO	17. GEO	25. LAT	33. NED	41. SMR
02. ARM	10. CYP	18. GER	26. LTU	34. NOR	42. SUI
03. AUT	11. CZE	19. GRE	27. LUX	35. POL	43. SVK
04. AZE	12. ESP	20. HUN	28. MDA	36. POR	44. SWE
05. BEL	13. EST	21. IRL	29. MKD	37. ROU	45. TUR
06. BIH	14. FIN	22. ISL	30. MLT	38. RUS	46. UKR
07. BLR	15. FRA	23. ISR	31. MNE	39. SRB	
08. BUL	16. GBR	24. ITA	32. MON	40. SLO	

Oceania

01. AUS	03. NCL	05. PNG	07. SOL
02. FIJ	04. NZL	06. SAM	

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 routines and the other a full-contact combat sport. Worldwide wushu practitioners, athletes, and fans number in the millions.



Traditional Wushu

Traditional wushu, often referred 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.

A wide variety of styles and practices can be found, some featuring mainly hand techniques, others focusing on leg techniques, while others feature wrestling; some focus on attack and defense while others strive to promote and preserve health and well-being. Traditional wushu also includes a vast array of traditional weaponry handed down from the age of cold weapons with methods preserved by subsequent generations. With numerous clans, sects, family systems and styles, traditional wushu is practiced by people from all walks of life, irrespective of race, gender, age, social class, or physical condition. Kungfu is a cultural and sporting gem of all people.

IWUF continues to preserve and promote traditional wushu as the practice has steadily entered the realm of sport for all.



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 balances; likewise, some taolu events focused on implementing a wide range of weaponry. Taolu includes individual routines and group routines, as well as partner/duel 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



Taijijian



Daoshu



Jianshu



Gunshu



Qiangshu



Nandao



Nangun



Duilian



Baguazhang



Shuangjian



Shuangdao



Xingyiquan

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.

Men's categories

48kg; 52kg; 56kg; 60kg; 65kg; 70kg; 75kg; 80kg; 85kg; 90kg; 90kg+

Women's categories

48kg; 52kg; 56kg; 60kg; 65kg; 70kg; 75kg

3

Rounds

2

Minutes Per Round

1

Minute Rest Between Rounds

WINNER

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.



WUSHU: An Aspiring Olympic Sport

Wushu is an aspiring Olympic sport. The Beijing 2008 Wushu Tournament was held in conjunction with the 2008 Summer Olympic Games, and the Nanjing 2014 Youth Wushu Tournament was held in conjunction with the 2014 Youth Olympic Games, both as official Culture Programs.








Wushu was also one of eight sports shortlisted for the Tokyo 2020 Olympics both for the Summer Games and as an Additional Sport.





Milestones

- 1990** IWUF founded on October 3rd
- 1991** 1st World Wushu Championships held in Beijing, China
- 1994** IWUF accepted as a GAISF member
- 2001** IWUF signs WADA agreement
- 2002** IOC officially recognizes the IWUF during its 113th session
-
- 1st Sanda World Cup held in Shanghai, China
- 2004** 1st World Traditional Wushu Festival, known today as World Kungfu Championships, held in Zhengzhou, China.
- 2006** 1st World Junior Wushu Championships held in Kuala Lumpur, Malaysia
- 2008** Beijing 2008 Wushu Tournament held in conjunction with the 2008 Summer Olympic Games
- 2011** Wushu shortlisted for inclusion in the Tokyo 2020 Summer Olympic Games
- 2014** Nanjing 2014 Youth Wushu Tournament held in conjunction with the 2014 Youth Olympic Games
-
- 1st World Taijiquan Championships held in Chengdu, China
- 2015** Wushu shortlisted as an Additional Sport for the Tokyo 2020 Summer Olympic Games
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- IWUF signs cooperation convention with FISU
- 2016** 1st Taolu World Cup held in Fuzhou, China
- 2017** Wushu's inaugural inclusion in the 2017 Summer Universiade program in Chinese Taipei
- 2018** Celebration of 1st World Wushu-Kungfu Day
-
- Wushu's debut in the World University Championship held in Macau, China

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