

Organised by the Hong Kong Wushu Union (HKWU)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Wushu
Event Information

Brief Information	Type of Activity	Outreach Coaching Programme	
		Introductory Course	Progressive Course
Target Group	Primary and secondary students		
Content	<p>The training is based on Levels 1 to 5 of the Youth Wushu Badges Award Scheme (the Scheme) of the HKWU. The content is as follows:</p> <p>Stage 1: Hand forms, steps, hand positions, footwork and elementary Changquan style 1 levels 1 and 2;</p> <p>Stage 2: Footwork (2), practices on movements combination and Wubuquan, as well as revision on elementary Changquan style 1 levels 1 and 2;</p> <p>Stage 3: Practices on 5 types of steps combination and elementary Changquan style 1 levels 3 and 4;</p> <p>Stage 4: Revision on elementary Changquan style 1 levels 3 and 4, footwork strengthening and practices on Wubuquan.</p> <p>(The introductory course consists of 24 lessons and lasts for about 1 academic year)</p>	<p>As this is continuation training for the introductory course, participants must complete the introductory course. The training is based on Levels 6 to 7 of the Scheme of the HKWU. The content is as follows:</p> <p>Stage 5: Revision on stages 1 to 4 and movements combination, footwork, jump exercise and elementary Nanquan levels 1 and 2;</p> <p>Stage 6: Revision on stage 5, run-up, stepping and jump exercise and revision on elementary Nanquan levels 1 and 2;</p> <p>Stage 7: Revision on movements combination, footwork, jump exercise, run-up, stepping and jump exercise and elementary Nanquan levels 3 and 4;</p> <p>Stage 8: strengthening of movements combination, footwork, jump exercise, run-up, stepping and jump exercise and revision on elementary Nanquan.</p> <p>(The progressive course consists of 24 lessons and lasts for about 1 academic year)</p>	
Badges Award Scheme	At the end of the course, coaches will assess participants' skills according to the requirements of the Scheme organised by the HKWU. Students who wish to undergo the assessment should contact their coaches or the HKWU direct.		

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	Introductory Course	Progressive Course
Venue Requirement	Covered playground or school hall (A venue with an area of not less than 112 square metres; the venue size should increase in proportion to the number of participants)	
Fee	\$770 per course	
Course Arrangement	1.5 hours per lesson, 9 hours in total (6 lessons per stage)	
No. of Participants per Class	25 – 35 persons	
Proposed Date / Time	Monday to Sunday: 9 am – 6 pm	
Enrolment Form	Outreach Coaching Programme Enrolment Form	
Enrolment Method	<ol style="list-style-type: none"> 1. Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form for each course/activity, together with a cheque for full payment of the course/activity fee payable to the “Hong Kong Wushu Union Limited” and with the school name marked clearly on the back, should be sent to the School Sports Programme Unit of the LCSD by post (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin). 2. If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 3. Should any school cancel the activity after the HKWU has arranged coaches according to its application, the HKWU will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct. 4. Schools should submit their enrolment forms before the respective deadlines, otherwise their applications may not be processed on time. 	
Enquiries / Website	2601 7602 / http://www.lcsd.gov.hk	

- Notes:
1. In order to provide an opportunity for participants to pit their skills against each other and enhance the standard of the sport among primary and secondary students, Wushu Competition 2008 will be jointly held by the HKWU and the LCSD on 1 June 2008. Participants of the programme are welcome to participate in the Competition. Enrolment details will be announced later.
 2. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 3. Students should put on sportswear and sports shoes during lessons.
 4. To enable students to complete the training systematically, schools are advised to arrange students to receive the introductory or progressive course of 4 stages continuously.