

Wushu

Originated from China, Wushu is the collective term for Chinese martial arts. Over its long history, Wushu has morphed into various schools of distinctive styles, each of which is renowned for its own techniques, tactics, principles and methods, as well as use of a variety of traditional weaponry. Nowadays, Wushu has developed as a global modern sport, with tens of millions of practitioners and fans across the world.

Traditional Wushu

Wushu is derived from traditional martial arts. In the prehistoric period, our ancestors developed and practised various basic fight skills, which have morphed over time into an array of schools of Wushu and various types of martial arts. Nowadays, traditional martial arts have become a hugely popular sport for people of all ages.



The Spirit of Wushu

The character “武” (Wu) is made up of two characters “止” (to stop) and “戈” (war), which essentially mean “using force to put an end to violence, rebellions and wars rather than abusing such power for destruction”.

For thousands of years of Chinese history, etiquette and morality have been the core of Wushu. It is the tradition of Chinese Wushu to uphold Wude (or martial virtues) as a prerequisite for learning and teaching Wushu.

Wude refers to the spirit of advocating both martial arts and the virtues behind. It is a code of conduct commonly shared among practitioners in the martial arts circle. Wushu practitioners rely on it for cultivation of their body and mind, governing their behaviour and determining good and evil.



Sport Wushu

Sport Wushu can be categorised into two forms of presentation, namely Taolu (i.e. Routines Competitions) and Sanda (i.e. Free-Fighting Competitions).

Wushu Taolu

Wushu Taolu consists of technical movements of distinctive styles, with elements of both attack and defense, and full of philosophical notions. It brings immensely great pleasure to practitioners and audiences alike.

In recent years, Sport Wushu has developed rapidly in a way that gradually combines with the competition elements of western sports, with its competitive systems having become fully-fledged. Nowadays, Sport Wushu has become a modern international sport.

Wushu taolu can be divided into individual routine events, group routine events and Duilian. Its competitions are held in a specialised arena of 14 m long and 8 m wide, with a safety area of at least 2 m wide in periphery. The athletes will be judged and scored against such criteria as the quality of movements, overall performance and degree of difficulty.

Competition Events

Changquan, Nanquan, Taijiquan, Daoshu, Jianshu, Nandao, Taijijian, Qiangshu, Gunshu, Nangun, Duilian, Baguazhang, Shuangjian, Shuangdao and Xingyiquan.



Wushu Sanda

Wushua Sanda is a modern unarmed fight sport deriving from traditional martial arts techniques, which primarily include punching, kicking, throwing, wrestling and defensive skills. The athletes will fight each other with bare hands in a “Leitai” during competitions.

Competitions are held in an elevated platform known as a “Leitai” of 80 cm high, 8 m wide and 8 m long, on the surface of which a frame with a canvas cover can be found. On the ground surrounding the platform is a protective cushion of 30 cm high and 2 m wide.

Competitions are conducted on a best-two-out-of-three basis, with each round lasting two minutes. There will be a one-minute rest period between rounds. During competitions, the athletes are only allowed to validly strike heads, legs and various parts of trunks including chests, abdomens, waists and backs. Upon completion of competitions, the athletes will be judged and scored by adjudicators, and those winning 2 out of the 3 rounds will be declared winners.

The Sanda competitions are categorised based on body weights of athletes, generally including 11 weight categories for men and 7 weight categories for women.



Wushu Etiquette

Wushu emphasizes the advocacy of both martial arts and the virtues behind. “Fist-palm salute” is a basic etiquette that Wushu practitioners adopt to greet and show respect to each other. In doing the salute, the left hand is open with the thumb extended outwards and bent, the other four fingers straight and pressed together; the right hand is closed into a fist. The first sections of both thumbs are against each other, while the inner side of the left palm touches the surface of the right fist. The lower arms rotate inward, so that the centres of the palms are turned facing front and downward. Both arms are naturally bent and the hands are raised to the chest level.

The palm and fist should be about 20 to 30 cm away from the chest. With the left palm representing literary arts and courtesy, and the right fist martial prowess and bravery, the gesture symbolises the coming together of literary and martial artistry.

The bent thumb signifies modesty, and the embracing arms around the chest stand for a united society.