



You are welcome to 5th International Wushu Conference

Conference's motto

*The only one way for
improving and develop
the knowledge is to
share and discuss the
knowledge*

4th International Wushu Conference is an annual international meeting where to show the last ideas, to share the current knowledge and to promote the research about wushu.

Over the last years, the number of wushu students in Europe has been increased. This increase has been achieved due the well done work carried out by teachers, students and others involved within the environment of wushu. According that, it has appeared new ways of training and teaching that nowadays lead the current wushu development. International Wushu Conference born in order to become the meeting where to update this development.

From the Organization, we have worked for showing the last wushu updating. You will learn from international recognized teachers, with a long wushu experience both as players and teachers. We hope the Conference will be useful for improving your practice, and we wish you a great time in Toledo.

Honorary Guests

Wu Yongmei



She started practising Wushu intensively from earliest childhood on. As a teenager, she also added Taiji to her training routine. After her active time as athlete, she studied Sports, mastering Wushu and Taiji at the Sport university in Guangzhou/China. Nowadays, she is still attending international education courses in China every year.

Since 1998, Wu Yongmei is active internationally as a referee on several annual competitions.

She is holding the highest international referee license "Grade A".

Since 1999 she is also Head Coach of the Swiss National Team and lead many Swiss Athletes to international success.

Xu Hao



Graduated in Pedagogy of Physical Education in the Chengdu Sport University (P.R.China) achieved in the month of July 1983 with excellent mark.

The first touch with chinese martial arts when he had 7 years old. Form the 1972, he started his agonistic Career of routine (taolu) obtaining various achievements in the regional and honorable places also in the Chinese National Championship untill 1987.

In the 1987, he, with a researching group of wushu promoted by Chinese Wushu Association, have written the "Zhong Hua WuShu Quan Xie Lu" (the encyclopedia of all the styles of bare-hand and weapons of Chinese Martial Arts)

Since 1990, he has been going in for the dissemination of Wushu in England and Italy.



Program

Friday, 29th

14.00 h

PRESENTATION OF THE CONFERENCE

Pick up the credentials and brief presentation of program and teachers.

16.00 – 20.00 h

WORKSHOP TOURNAMENT OF WUSHU

Jibengong workshop

- Changquan, Nanquan y Taijiquan

Tournament workshop

- **Taolu:** Changquan, Nanquan, Daoshu, Jianshu, Nandao, Taijiquan, Taijijian.
- **Traditional taolu:** Northern fist, Southern fist
- **Junior (aged 12 to 15):** Northern fist, Southern fist, Short weapon, Long weapon.

The competitors must specify at the registration, which taolu routines are they going to compete. You can only compete in two categories of taolu.

Saturday, 30th

10.00 / 13.30 h

SEMINARIES OF WUSHU

Seminary of Nanquan

Teacher: Ms. Wu Yongmei

- Jibengong of Nanquan
- Compulsory and free exercises of Nanquan
- Nanquan International Performance

Seminary of Jianshu

Teacher: Mr. Raúl Estévez

- Jibengong of Jianshu.
- Compulsory and free exercises of Jianshu
- Jianshu International Performance

Seminary of Sanda and Qingda

Teacher: Mr. Ramón Quina

- Sanda, technics and applications

Seminary of Taiji Dongyue

Teacher: Mr. Xu Hao

- Jibengong of Taiji
- Taiji Dongyue Performance

14.00 / 16.00 h

LUNCH

16.00 / 18.00 h

SHORT COMMUNICATIONS

18.30 / 20.00 h

Continuation SEMINARIES OF WUSHU

Sunday, 1st

10.00 / 12.00 h

Continuation SEMINARIES OF WUSHU

12.30 / 14.00 h

MASTERLY LECTURES

14.00 h

CLOSING CEREMONY



Registration

← <http://sites.google.com/site/4thwushuconference/files>

PAPERS

For a complete registration you should have the following papers:

1. Registration form completed
2. Receipt of bank payment

Send it by email to: JoseManuel.Garcia@uclm.es

or if you prefer it, to the next address:

José Manuel García García

Universidad de Castilla La Mancha

Facultad de Ciencias del Deporte.

Avda. Carlos III s/n. Campus Tecnológico. Ed.Sabatini despacho 1.64

SPAIN - TOLEDO 45071

FEE

Adults

Until March 15th: 70 euros

Until April 15th: 85 euros

In situ: 95 euros

Under-16s

Until March 15th: 40 euros

Until April 15th: 50 euros

In situ: 60 euros

The fee include:

Attendance to **one wushu seminary** and the speeches

Attendance and participation in the tournament

On Saturday, lunch in the University

Certificate of the Conference

IF YOU ARE A TEACHER, AND YOU REGISTER 10 PARTICIPANTS IN THE CONFERENCE, YOUR FEE WILL BE FREE.

METHODS OF PAYMENT

Total amount of the deposit has to be done only at:

Bank: Caja de Castilla la Mancha
IBAN: ES9221050137831242014494

You must indicate de following information:

- To the order of: 5th International Wushu Conference
- To: Tatami Universitario
- Your name:
- Seminary you will participate (only one of the following): Nanquan / Taiji / Jianshu / Sanda

YOU CAN ALSO PAY AT THE MOMENT ONCE YOU BE THERE (95€ FOR ADULTS - 60€ UNDER-16s).



Abstract submission is open

Would you like to share your knowledge at the Conference?

Registered participants have the opportunity to show their own work by short communication or poster; both possibilities are allowed. Short communications should last up to 15 minutes, including time discussion. The classroom is equipped with a standard computer and projector. Please, save your presentation on a memory stick or CD. The poster must be in order the following measures: 150cm height x 100cm width. It must be legible since 2 meters. The author/s must be available to present the poster according to the established program. Deadline for submitting abstracts is April 1st. Abstracts submitted after this date cannot be considered. The Committee will notify authors the acceptance/rejection of their abstracts, no more than fifteen days after the reception.

Abstracts of short communications must be written in English. The abstract text should contain:

1. Introduction
2. Goals
3. Material and methods
4. Results
5. Discusion
6. Conclusions
7. References

Please, send your abstract to: 5th.icwushu@gmail.com

PLEASE, CHECK OUT AT THE WEBSITE FOR KNOWING EVERYTHING ABOUT THE 5TH INTERNATIONAL WUSHU CONFERENCE.

The screenshot shows the website for the 5th International Wushu Conference. The header includes the logo and a search bar. The main content area has a 'Welcome Page' section with the following text:

5th International Wushu Conference

Welcome Page

Over the last years, the number of wushu students in Europe has been increased. This increase has been achieved due the well done work carried out by teachers, students and others involved within the environment of wushu.

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The sidebar contains a navigation menu with the following items:

- 5th International Wushu Conference
- Honorary Guests
- Registration
- Abstract Submission
- Scope of the Conference
- Venue & Date
- Files
- Lectures
- Workshops
- Program
- Join Email List
- Organization
- Contact Us
- Sitemap

Related Sites:

- UCLM Sport Sciences Faculty
- International Wushu Conference
- Official Website

At the bottom, there is a footer with the text: "Web optimized for a screen resolution of 1152 x 864 pixels" and a navigation bar with links: "Acceder", "Actividad reciente del sitio", "Condiciones", "Informar de abusos", "Imprimir página", and "Tecnología de Google Sites".