



# 1<sup>st</sup> OPEN FLOGA WUSHU CHAMPIONSHIP

**Traditional – modern taolu, wing chun, light sanda**  
Under the auspices of the Hellenic Wushu Kung Fu Federation

**19 January 2020**  
**Melissia Indoor Hall**  
**Address: Samou & G. Gennimata, Melissia**  
**Athens, Greece**

**Free entrance**

Floga Wushu Team welcomes you to its First Open Championship, after successfully organising its internal Championship "Kung Fu for Friendship and Peace" on April 7th 2019, with athletes competing in traditional taolu, Parawushu and Light Sanda events. Our inclusive championship, with over 200 participants, participated in the Peace and Sport's White Card Campaign, managing to be in the short lists for two of its annual awards, amongst 2.960 sports events throughout 180 countries all over the world.

In our 1st Open Championship we have included traditional and competition taolu, wing chun, parawushu as well as light sanda events.

The National Shuai Jiao Team will also make a presentation during the championship.

## **PARTICIPATION ENTRIES**

You may enter your team entries on the following site <https://open.flogawushu.gr> (or [open.flogawushu.gr](https://open.flogawushu.gr)) starting Monday, December 23rd 2019 and ending on Sunday, January 12th 2020 at 23:59 p.m.

In case you have trouble finding a category, please contact our contact person, Apostolos Tsevas at the following telephone numbers and e-mail. All group events and duilian will be entered **only** through e-mail.

**Participation entries contact person:** Mr Apostolis Tsevas, tel: +0030 6909129762, +0030 6970027782, e-mail: [tolis\\_tsevas@hotmail.com](mailto:tolis_tsevas@hotmail.com)

Participation fee: Participation fee for each athlete is 25 Euros for 1 event, plus 10 Euros for a 2nd event and 5 Euros for every other event.

Registration: All non Greek teams will need to contact our contact person in order to receive more information on Accomodation costs.

**Registration and Accommodation Contact Person:** Mrs Marilena Kalogiannidou, tel: +0030 6974102192, e-mail: [kamarilena@hotmail.com](mailto:kamarilena@hotmail.com)

## **REQUIRED DOCUMENTS FOR NON GREEK COMPETITORS**

All competitors are required to hand in:

- National passport (original);
- Health certificates (including ECG). The Health Certificate is only valid if it has been issued within a period of 30 days prior to the competition;
- Valid Health Insurance Certificate;
- For Light Sanda athletes – health certificate showing electroencephalogram (EEG), Electrocardiogram (ECG), blood pressure and heart rate in a medical check-up taken within 30 days before registration should be submitted at the time of team registration;
- All names and surnames must be written in English.
- The GDPR document signed by all adult athletes or the parents/guardians of the under age athletes (sent to you upon request).

**Awards:** All athletes until the age of 10 will receive a participation medal and diploma. All athletes over the age of 10 will receive a participation diploma, and the winners of the first three (3) places in all categories will receive a medal.

## Competition Rules

### TAOLU

In all age categories until the age of 10, all athletes will compete in primary level taolu (unless stated otherwise), presenting only fist taolu. Over the age of 10, athletes can compete in primary level (C), middle level (B) and advanced level (A) categories.

**1) Age categories** (full age is determined based on the athletes' date of birth on the day of registration – January 19<sup>th</sup> 2020):

- a. up to 6 year old
- b. 6-8 years old
- c. 8-10 years old
- d. 10-13 years old
- e. 13-15 years old
- f. 15-18 years old
- g. 18-36 years old
- g. over 36 years old

For Para-Wushu categories, age groups are as follows:

- up to 15 years
- over 15 years old.

### **2) Traditional Taolu events**

group a. Traditional Tai Ji Quan. Traditional Tai Ji Quan including Chen, Yang, Wu (Hao), Wu, and other traditional styles, divided into quan, qixie, group events.

group b. Traditional Bagua, Xingyi, Bajiquan styles divided into quan, qixie, duilian events.

group c. Traditional southern styles. Traditional Hung Kuen, Choy Lee Fut, Fu Jow Pai, Hung Gar, and other traditional southern styles, divided into quan, qixie, duilian and group events.

group d. Traditional northern styles. Traditional Shaolinquan, Northern Shaolin, Eagle Claw, Praying Mantis and other northern styles, divided into quan, qixie, duilian and group events.

Group e. Chin Woo forms. Gung Li Quan, Jie Quan, Tan Tui.

Group f. Traditional Wing Chun. Siu Lim Tau, Chum Kiu, Biu Zhi for quan events. Bart Cham Do (Butterfly Knife), Lok Dim Poon Kwan (Long Pole) for qixie events.

**Time limits:** quan and qixie: 45" up to 2 minutes. Duilian and group events: 40" up to 2 minutes.

**Tai Ji Quan: Time limits** for quan, qixie: up to 4 minutes. Group event: 2:30" – 4 minutes.

### **Not allowed in traditional taolu**

- All standard and optional IWUF competition routines, including modern duilian
- Difficulty movements (except those present in the routines traditionally)
- Qigong routines

### **3) Competition routines**

group g. Basic taolu – C Category

In Category **C** athletes can choose between changquan (chuji yi duan-16 form and er duan) or nanquan (chuji, 16 form).

group h. Standard taolu – B Category

In Category **B** athletes can choose between changquan (san duan-32 form), nanquan (32 form), long weapons (Qianqshu, Gunshu, Nangun), short weapons (Daoshu, Nandao, Jianshu).

group i. Competition taolu – A Category

Athletes up to 15 years old can choose any standard taolu out of the following events. They may also choose any standard or nandu routine out of Changquan, Nanquan, Daoshu, Nandao, Jianshu, Qianqshu, Gunshu, Nangun.

### **4) Para-Wushu Events**

group j. Northern – southern styles, quan, no time limit. Categories: a) neuro-biological and sensory disorders and b) kinetic disabilities.

group k. Northern – southern styles, qixie, no time limit. Categories: a) neuro-biological and sensory disorders and b) kinetic disabilities.

*\*In case there is a limited number of athletes competing in one category, then two or more categories can be merged and the new category will be named **mixed quan category** or **mixed qixie category**. This concerns categories sharing common characteristics, but of the same sex (except Para-Wushu categories).*

### **GENERAL RULES & PROTOCOL**

**1.** All athletes are required to be in the indoor hall and at the designated warm-up area:

- 30' for the first check before competition begins
- 10' before competition begins for the final check

If the athletes are not present during the final check or are absent during the event, they will lose the right to participate and therefore will be **disqualified**.

**2.** Upon hearing their name being called, the athletes must salute the head judge with the palm-fist salute. They may start their routine wherever they wish on the carpet and finish their presentation facing the same side where they started (only for traditional taolu).

After finishing their routine, they must turn towards the head judge and salute.

### **Prerequisite weapon lengths:**

- Gun shouldn't be shorter than the athlete's own height.
- Dao and Jian should touch the top tip of the athlete's ear.
- Qiang shouldn't be shorter than the athlete's fingertips when standing tall having the left arm over his/her head.

### **Clothing:**

- All types of flat shoes/wushu shoes are allowed.
- Athletes are allowed to wear wushu uniforms, with short or long sleeves, or no sleeves for southern styles. Uniforms can be made of any material or color. Color combinations are allowed, as well as patterns conforming to wushu spirit, as well as sports clubs logos. Sports clubs uniforms are allowed too. Other sports uniforms are not allowed.

## **LIGHT SANDA**

1. **Weigh-in:** Weigh-in for Light Sanda categories will be conducted in the indoor hall on the day of competition, before competition starts, and only if there is any doubt about the athletes' weight. If the weight difference exceeds 1 kilogram, the athlete in question will be moved to the right category, if there is one.

Kilogram based separation is per **3kg up to 48kg**.

### **Over 48kg:**

WOMEN–MEN

Women: 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg

Men: 52kg (no less than 48), 56kg, 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg, +90kg.

2. **Age groups** for children, cadets, juniors:

8 years old  
9 years old  
10 years old  
11 years old  
12 years old  
13 years old  
14 years old  
15 years old  
16 years old  
17 years old

3. **Contact in all techniques is allowed at a maximum strength limit of 30% per kg category.** Up to two (2) consecutive blows to the face are allowed. For the rest of the rules, the **Qingda - "EWUF 2012"** will be valid. **Kicks to the head are forbidden** to juniors, cadets and children.

4. **Clothing:** Blue, red or black color trunks, or wushu long, black trousers. Athletes can

wear their club's shirt.

5. **Gear:** Athletes must provide their own gear, mouth guards, groin guards, 10 oz gloves, helmet, shin and step guards, protective vest (protective vests will be provided by the organising committee).

**JUDGES & REFEREES:** All taolu and sanda judges and referees are certified by the Hellenic Wushu Kung Fu Federation and are appointed by the Hellenic Federation Technical Committee.

All non Greek judges and referees who wish to participate, may do so after contacting the organisers.

### **Competition Protocol – Recommendations**

Coaches, escorts and parents must be aware that, at entering the indoor hall, they must follow the indications of the volunteers who are responsible for guiding the younger athletes to the warm-up area. Medal ceremonies will take place right after the conclusion of each category. Younger athletes will be escorted back to their parents waiting for them at the entrance of the competition area by the volunteers.

All coaches and athletes must obey the judges' and referees' decisions.

Coaches are not allowed to enter the competition area, except for the Light Sanda coaches (only in the Light Sanda area) and the Para-Wushu athletes and coaches. There will be a coaches only designated seating area.

Athletes, coaches and escorts/parents/fans behavior must be governed by sportsmanship. No insulting or unsportsmanlike behavior towards other coaches, athletes, judges/referees is allowed.

Taking photographs and/or videotaping are not allowed by athletes or coaches from inside the competition area. Taking photographs and/or videotaping is allowed from the spectators' area.

For any information and/or questions, you may address:

### **Floga Wushu Team**

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### **Organisers:**

#### **FLOGA WUSHU TEAM**

Shaolin Wu Gong – Kung Fu Songshan Sports and Cultural Club, Melissia, Athens

Chinese Martial Arts Sports Club Pyrgos

Traditional Chinese Martial Arts Sports Club Acharnes, Athens

Find more information about Floga Wushu Team on *Facebook*:

- OpenFloga WushuChampionships
- Parawushu Greece
- Kung Fu Acharnes (@kungfuacharnes), Konstantinos Athanasiou
- Kung Fu Pyrgos (@WushuOlympia), Grigoris Stamatopoulos
- Shaolin-kung-fu Μελισσίων Πεντέλης Κηφισιάς (@shaolinkungfu.com.gr), Apostolis Tsevas