









## ONE BELT ONE ROAD INTERNATIONAL WUSHU TOURNAMENT

Taolu, Sanda, Light Sanda, Point Fighting

6<sup>th</sup> -7<sup>th</sup> June 2020, Athens, Greece

# **ORGANIZERS**

### **CO-Organizers:**

- HELLENIC WUSHU KUNG FU FEDERATION
- CHINA CULTURE CENTER in Athens

## **Event Managers:**

SYMPRAXIS TEAM

General Director: Myron Tornesakis (Greece)

Technical Delegator: Haojun Zhuo (Germany)

# **REGULATIONS**

## **DATE**

Competition Dates: 5<sup>th</sup> - 8<sup>th</sup> June 2020

Preliminary Entry Deadline: 1st May 2020

Final Entry Deadline: 20th May 2020

## **LOCATION**

Galatsi Olympic Arena – Athens

## **COMPETITION SCHEDULE**

Friday 5<sup>th</sup> June 2020

Teams Arrival prior to 14:00

Saturday 6th June 2020

Taolu , Sanda arrival time 8:00 – start time 9:00

11:30 Opening Ceremony

Sunday 7th June 2020

Sanda , Light Sanda , Point Fighting arrival time 8:00 – start time 9:00

Monday 8<sup>th</sup> June 2020

Teams departure – all day

# **GENERAL INFORMATION**

## Contact

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#### Athens



Athens is the capital city of Greece with a registered metropolitan population of 3.7 million inhabitants, but indeed there are 5 million people estimated. It is in many ways the birthplace of Classical Greece, and therefore of Western civilization. The design of the city is marked by Ottoman, Byzantine and Roman civilizations. Today, greater Athens is by far the economic, political and cultural center of modern Greece, with nearly half of the country's population.

The sprawling city is bounded on three sides by Mt Ymettos, Mt Parnitha and Mt Pendeli; whilst inside Athens are twelve hills [the seven historical ones are: Acropolis, Areopagus, Hill of Philopappus, Observatory Hill (Muses Hill), Pnyx, Lykavittos (Lycabettus), Tourkovounia (Anchesmus)], the Acropolis and Lykavittos being the most prominent. These hills provide a refuge from the noise and commotion of the crowded city streets, offering amazing views down to Saronic Gulf, Athens' boundary with the Aegean Sea on its southern side. The streets of Athens (clearly signposted in Greek and English) now meld imperceptibly into <u>Piraeus</u>, the city's ancient (and still bustling) port.

Places of interest to travelers can be found within a relatively small area surrounding the city centre at Syntagma Square (*Plateia Syntagmatos*). This epicentre is surrounded by the districts of the Plaka to the south, Monastiraki and Thissio to the west, Kolonaki to the northeast and Omonia to the northwest.

- The <u>Acropolis</u>— The ancient "high city" of Athens, crowned by marble temples sacred to the city's goddess Athena.
- <u>Plaka, Monastiraki and Thissio</u>— Charming historic districts at the foot of the Acropolis, with restored 19th century neoclassical homes, pedestrianized streets, shops and restaurants, and picturesque ruins from the city's Roman era.

- <u>Kolonaki</u>— Upscale residential area northeast of Syntagma with many cafes, boutiques and galleries.
- <u>Metaxourgeio</u>—The district of Metaxourgeio, located northwest of Psiri, has become a bohemian enclave as well as a haven for art and culture. As part of the area's continual transformation, the principal gallery of the city, The Municipal Gallery, was relocated in October 2010 to Avdi Square, which is the main square of the area. Avdi Square is a large, public space that is well suited to artistic expression of all kinds. Metaxourgeio is also the main red-light district of Athens, though not the only one.
- <u>Omonia</u>— Commercial area with a busy metro and one of the city's main hubs. Seedy in parts.
- <u>Exarcheia</u>— Bohemian area and home to Greece's students, anarchists, artists and intellectuals, as well as the celebrated National Archaeological Museum.
- <u>Pangrati and Mets</u>— These adjoining pleasant residential neighborhoods south of Lycabettos and east of the National Garden are rarely frequented by tourists, but they do include a few hotels and a number of good traditional tavernas.
- <u>Psiri</u>— Former industrial district located north of Monastiraki, now full of trendy and alternative restaurants, cafés, bars, small luxury hotels and shops.
- <u>Syntagma Square</u> (*Plateia Syntagmatos*) Dominated by the old Royal Palace
  which serves today as the Parliament building, Syntagma Square is the business
  district of Athens, complete with major hotels, banks, restaurants and airline
  offices.
- <u>Kifissia</u>— Suburb at the northern terminus of Line 1 (Green), known for its highend shopping.
- <u>Nea Smyrni</u>— Suburb about 5 km south of downtown Athens, known as a modern European district.
- <u>Piraeus</u>— The ancient port six miles southwest of Athens city centre, Piraeus is known today as one of the biggest ports in Europe, serves most of Athens passenger connections to Crete and the Aegean Islands.
- Zografou Suburb 5 km east of downtown Athens on the slopes of Imitos, known for the many university (NTUA) buildings and several quirky bars and taverns sprinkled about.
- Athens Riviera Some call it the \*Copacabana of Europe\*, the coastline of
  Athens southeast suburbs with lots of nice beaches, sea promenades, marinas
  and night clubs, starting from the Flisvos Marina and streching all the way to the
  suburb of Varkiza. During the summer season it becomes the "heart" of the city's
  tourism and night life.
- <u>Glyfada</u> Suburb in south Athens district connected by tram. Glyfada
   (Pronounced GLI'FADA) combines shopping with many small cafés and
   restaurants. Located along the ocean and sports some beaches and beach bars.

## **VENUE**

## Galatsi Olympic Arena – Athens



Galatsi Olympic Arena is an indoor multi-purpose gym in Galatsi, Athens. It was the venue for table tennis and rhythmic gymnastics during the 2004 Olympic Games. The capacity has 6200 seats.

Location: The enclosure is located next to Veikou Alley, in Galatsi, at the north of the center of Athens. Access by car is relatively straightforward, as the closed one is on main city road, Veikou Avenue. If you don't know Athens, use Attiki Odos and exit 12 'Kymi Avenue-Olive Stadium'. Keep heading south, with the OAKA on your left. You will reach outside of Galatsi Closed 3.5 km after you left Attica Road.

# **ACCOMODATION**



- 4 Star Hotel (lodging + 3 meals/day + transportation):
- https://www.alexander-beach.gr/

Alexander Beach Hotel (Address: 47th km Athens Sounio Avenue - Anavyssos),

Standard single room: 110 Euro per person per day.

Standard double room: 90 Euro per person per day.

Standard triple room: 75 Euro per person per day.

Only the official hotel will be used. Participants shall be required to use the official hotel as a condition of participation. Any extra costs associated with room shall be the responsibility of the individual.

If you need extra accommodation, pleases inform us a.s.a.p.

#### **PARTICIPATION**

- All applications shall bear the stamp and signature of the respective team manager.
- There are no limitations for the number of national teams and team size.

#### **WEIGHING - IN**

Friday 5<sup>th</sup> June 2020 at Hotel at 17:00 - 21:00 (during the registration)

#### **EVENT DURATION**

1. Sanda 2 Rounds of 2 minutes

2. Light Sanda 2 Rounds of 2 minutes (depends on the age)

3. Point Fighting 1 Round of 2 minutes

#### **ENTRIES**

- The preliminary forms should be sent before until 1st May 2020 22:00 to the Organizing Committee by e-mail onebeltoneroadgr@gmail.com
- The final entry forms should be sent not later than 20<sup>th</sup> May 2020 22:00 to the Organizing Committee by e-mail onebeltoneroadgr@gmail.com
- The on-line registration system will open at 1st May 2020

#### NOTE:

- One copy of the Final Entry Form must be brought with the team to the registration;
- Final Entry Forms are valid only when signed and stamped of the respective team manager;
- Final Entry Forms must be submitted only on original application form (self-made application forms are not accepted);
- All names and surnames must be typed in English.

After the deadline the Competition Book system and the organizing team can't accept any other entry application and the penalty fee for any delayment and change will be 100€.

#### THE PARTICIPATION FEE

TAOLU: 25€ for the 1<sup>st</sup> event, 10€ for 2<sup>nd</sup> and if any;

• SANDA: 25€

LIGHT SANDA: 25€

POINT FIGHTING: 25€ for the 1<sup>st</sup> event, 10€ for 2<sup>nd</sup> and if any;

#### **AWARDING**

• All athletes until 12 yrs. will be awarded by medal.

• 13+ yrs. only the first 3 athletes will be awarded.

## **COMPETITION METHODS**

- Maximum entries for each athlete are not limited.
- The competition will be Individual Competition.
- In Sanda competition the single knockout system will be adopted. If the number of competitors is three (3) or less, a single round—robin method will be adopted.
- Following arrival and registration, the athletes will go through the initial weighing in and drawing lots formalities as stipulated in the schedule.

### **JUDGES**

- Each team may send a qualified judge.
- Judges will be paid depending on their duration of the employment

### **ACCREDITATION**

#### Each team is required to bring the following:

- 1. The original Final Entry Form
- 2. A USB flash drive with national Anthem

- 3. A national flag
- 4. For every competitor:
  - Copy of Citizen passport
  - Health certificates including ECG
  - Valid Life Insurance Certificate;
  - Waiver of Liabilities.
  - One color photo

# **TAOLU**

## **AGE CATEGORIES**

- 4 to 5 y.o. Children 'C'
- 6 to 8 y.o. Children 'B'
- 9 to 11 y.o. Children 'A'
- 12 to 14 y.o. Cadets
- 15 to 17 y.o. Juniors
- 18 to 35 y.o. Adults
- 36 to 60 y.o. Senior

#### TRADITIONAL TAOLU

Will be 2 different levels

A level: advanced taolu

B level: intermediate taolu

#### **Traditional Barehand Routines**

Group 1. Traditional Bagua, Xingyi, Bajiquan

- **Group 2.** Traditional Nanquan Baimeiquan, Wuzuquan, Hongjiaquan, Huangjiaquan, Mojiaquan, Lijiaquan, Cailifoquan, Huheshuangxingquan, Liujiaquan, Heihuquan, Yumenquan etc.
- **Group 3.** Yongchunquan (Wingchun) and Hequan Yongchunquan (Wingchun): 1<sup>st</sup>-6<sup>th</sup> Duan Routines, Traditional Yongchunquan barehand routines ((Xiaolianquan (xiunimtau), Xunqiao (Chumkiu), Biaozhi (Biuji)).
- **Group 4.** Imitation styles: all imitation routines including Houquan, Yinzhuaquan, Zuiquan, Tanglangquan, Ditangquan, Zonghequan, Minghequan, Heihuquan etc.

**Group 5.** Traditional Tongbei, Fanzi, Pigua, Chuojiao

**Group 6.** Traditional Shaolinguan.

**Group 7.** Wudang styles: Zhang Sanfeng Taijiquan, Songxi Neijiaquan, Baxianquan, Xuanwuquan, Wudang Baguaquan, Wudang Xingyiquan, Tayiwuxingquan etc.

Group 8. Chaquan, Huaquan.

**Group 9.** Other traditional styles: baoquan, baimei (pakmei), liuhequan, gongliquan, yuejiaquan, etc. not belonging to previous categories.

#### **Traditional Weapon Routines**

Group 1. Traditional Gunshu,

**Group 2.** Traditional Short Weapon,

**Group 3.** Traditional Long Weapon,

Group 4. Traditional Double Weapon,

Group 5. Traditional Soft Weapon,

**Group 6.** Traditional Yongchunquan (Wingchun) weapon routines (Hudie shuangdao, Liudianban gun),

#### **Traditional Duilian Events**

Group 1. Traditional barehand duilian events,

Group 2. Traditional duilian events with weapon.

#### **MODERN TAOLU**

### • Category "Children c" (age 4-6)

Basic sets: Changquan, Daoshu, Jianshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun (WuBuQuan - 8 forms).

#### • Category "Children B" (age 7-8)

Basic routines: Changquan, Daoshu, Jianshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun (16, 18, 20 forms).

## • Category "Children A" (age 9-11)

Compulsory routines: Changquan (No 3 Elementary Routine), Daoshu, Jianshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun (Elementary Taolu 32 form), Taijiquan (24 forms), Taijijian (32 forms).

#### **Dual events:**

- 1) barehand;
- 2) with weapons (Compulsory IWUF Intermediate Routines).

#### • Category "Cadets" (age 12-14)

Compulsory routines: Changquan, Daoshu, Jianshu, Qiangshu, Gunshu (1st Set of International Competition Taolu), Nanquan, Nandao, Nangun (International Competition Taolu), Taijiquan (24 forms), Taijijian (32 forms).

#### **Dual events:**

- 1) barehand;
- 2) with weapons (compulsory IWUF Intermediate routines).

#### Category "Juniors" (age 15-17)

Compulsory routines: Changquan, Daoshu, Jianshu, Qiangshu, Gunshu (1st Set of International Competition Taolu), Nanquan, Nandao, Nangun (International Competition Taolu), Taijiquan (24 forms), Taijijian (32 forms).

Optional routines: Changquan, Daoshu, Jianshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun, Taijijian.

Optional individual routines in junior competition will utilize the Non-Degree of Difficulty Scoring Method (comprising of A Group – Quality of Movements Scoring & B Group – Overall Performance Scoring only).

#### **Dual events:**

- 1) barehand;
- 2) with weapons (compulsory IWUF Intermediate routines).

#### • Category "Adults" (age 18-35)

Compulsory routines: Changquan, Daoshu, Jianshu, Qiangshu, Gunshu (1st Set of International Competition Taolu), Nanquan, Nandao, Nangun (International Competition Taolu), Taijiquan (24 forms), Taijijian (32 forms).

Optional routines: Changquan, Daoshu, Jianshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun, Taijiquan, Taijijian.

Optional individual routines in junior competition will utilize the Non-Degree of Difficulty Scoring Method (comprising of A Group – Quality of Movements Scoring & B Group – Overall Performance Scoring only).

#### **Dual events:**

- 1) barehand;
- 2) with weapons (compulsory IWUF Intermediate routines).

#### **TAIJIQUAN**

#### Taijiquan barehand routines

**Group 1.** New Standardized routines (Yang Style Taijiquan, Chen Style Taijiquan);

**Group 2.** Compulsory routines (Simplified 24 Movements Taijiquan, 42 Movements Taijiquan);

**Group 3.** Traditional Routines (Yang Style Taijiquan, Chen Style Taijiquan, Wu Style Taijiquan, Sun Style Taijiquan, Wudang Taijiquan, He Style Taijiquan).

#### Taijiquan weapon routines

**Group 1.** New Standardized routines (Yang Style Taijijian, Chen Style Taijijian);

**Group 2.** Compulsory routines (Simplified 32 Movements Taijijian, 42 Movements Taijijian);

Group 3. Taiji Fan

**Group 4.** Various Traditional Taiji Weapon Routines.

#### **Time limits**

For bare handed and apparatus routines:

- children up to 11 y.o. including no time limits
- cadets 12 14 y.o. not less than 50 sec.
- juniors from 15 y.o. and older not less than 1 min. and no more than 2 min.
- Taijiquan routine from 3 to 4 minutes
- Full age is determinate by the date shown in the passport on 1st June 2020.
- In case there are only one or two athletes are registered in the groups, the
   Organizing Committee has the right to combine with another group or style.

# SANDA – LIGHT SANDA

## **SANDA**

Ages 15 – 16

Men: 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg, 80kg

Women: 48kg, 52kg, 56kg, 60kg

Ages 17 yrs

Men: 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg, 80kg

Women: 48kg, 52kg, 56kg, 60kg

Ages from 18 to 35

Men: 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg,

90kg+

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

#### **LIGHT SANDA**

#### **Ages Junior - Cadets**

- 8 yrs
- 9 yrs
- 10 yrs
- 11 yrs
- 12 yrs
- 13 yrs
- 14 yrs
- 15 yrs
- 16 yrs
- 17 yrs
- 18 + yrs

For under 48 kg each category being in increments of 3 kg. After 48 kg the over 18's categories apply.

#### **MEN - WOMEN**

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

Men: 52kg (no less than 48kg), 56kg, 60kg, 65kg, 70kg, 75kg,

80kg, 85kg, 90kg, 90kg

# **POINT FIGHTING**

- Boys Girls 5-8 y.o.
- 1 fight Beginners Advanced All the athletes will be awarded with medal
  - Boys Girls 9-10 y.o.
- 1 fight Beginners Advanced All the athletes will be awarded with medal

## • BOYS 10-12 y.o.

BEGINNERS	ADVANCED	BROWN/BLACK
(1) -37 kg	(4) -37 kg	(7) -32 kg
(2) -47 kg	(5) -47 kg	(8) -37 kg
(3) +47 kg	(6) +47 kg	(9) -42 kg
		(10) - 47 kg
		(11) +47 kg

## • GIRLS 10-12 y.o.

<b>BEGINNERS</b>	ADVANCED	BROWN/BLACK
(12) -45 kg	(14) -45 kg	(16) -45 kg
(13) +45 kg	(15) +45 kg	(17) +45 kg

## • BOYS 13-15 y.o.

BEGINNERS	ADVANCED	BROWN/BLACK
(18) -47 kg	(22) -47 kg	(26) -47 kg
(19) -57 kg	(23) -57 kg	(27) -52 kg
(20) -69 kg	(24) -69 kg	(28) -57 kg
(21) +69 kg	(25) +69kg	(29) -63 kg
		(30) - 69 kg
		(31) +69 kg

## • GIRLS 13-15 y.o.

<b>BEGINNERS</b>	ADVANCED	BROWN/BLACK
(32) -55 kg	(34) - 55 kg	(36) -50 kg
(33) +55 kg	(35) +55 kg	(37) -55 kg
		(38) -60 kg

## • JUNIORS BOYS 16 - 18 y.o.

<b>BEGINNERS</b>	ADVANCED	BROWN/BLACK
(40) -70 kg	(43) -70 kg	(46) -63 kg
(41) -80 kg	(44) - 80 kg	(47) -69 kg
(42) +80 kg	(45) +80 kg	(48) -74 kg
		(49) -79 kg
		(50) -84 kg
		(51) +84 kg

## • JUNIORS GIRLS 16 - 18 y.o.

BEGINNERS	ADVANCED	BROWN/BLACK
(52) -55 kg	(54) -55 kg	(56) -55 kg
(53) +55 kg	(55) +55kg	(57) -60 kg
		(58) -65 kg
		(59) +65 kg

# • MEN (19+)

<b>BEGINNERS</b>	ADVANCED	BROWN/BLACK
(60) -70 kg	(63) - 70 kg	(66) - 57 kg
(61) - 80 kg	(64) - 80 kg	(67) - 63 kg
(62) + 80 kg	(65) +80kg	(68) - 69 kg
		(69) - 74 kg
		(70) - 79 kg
		(71) -84 kg
		(72) - 89 kg
		(73) - 94 kg
		(74) + 94kg

# • WOMEN (19+)

<b>BEGINNERS</b>	ADVANCED	BROWN/BLACK
(75) - 55 kg	(77) - 55 kg	(79) - 50 kg
(76) + 55 kg	(78) + 55 kg	(80) - 55 kg
		(81) - 60 kg
		(82) - 65 kg
		(83) - 65+ kg

# • VETERANS 35+yrs

## BEGINNERS ADVANCED

(84) -75 kg (85) + 75 kg

## **PROTECTIVE GEAR**

Competitors **shall wear their** boxing gloves, headgear and chest protectors and **use their own** gum shields and cup protectors (under their trunks). Competitors' wear and protective gear shall be either red or black.

Female competitors may wear close-fitting undergarments.

