



Organized by Wushu Federation of Asia

Undertaken by Chinese Wushu Association

2024 Asia Pair Taijiquan, Taijishan, Elementary Nanquan and Weapons Training Course

Regulation

- I. Course Objectives** : This systematic training course is dedicatedly organized to further standardize the technical standards and methods of Pair Taijiquan, Taijishan and Elementary Nanquan and weapons, improve the teaching capability of coaches and the technical level of athletes among Asian regions, and prepare for the upcoming Asian Wushu Championships and World Junior Wushu Championships.
- II. Course Content** :
 1. The basic movements and the 3rd set of international competition routines of Taijishan.
 2. Choreography of the degree of difficulty, rules, and judging methods of Pair Taijiquan, and its basic movements, Tuishou (Push-hands) and Duilian (Sparring).
 3. Elementary Nanquan, Nandao and Nangun
- III. Course Date** : July 3 to 5, 2024
- IV. Location** : Pegasus Watertown, Jiangyin City, Jiangsu Province, China
- V. Instructors** : Professional instructors and demonstrators from China.
- VI. Eligibility** :
 1. Member associations that have paid the 2023-2024 annual membership fee of the Wushu Federation of Asia can register to participate.
 2. Member associations that are applying to join the Wushu Federation of Asia May register to participate after their application for membership is approved by the Wushu

Federation of Asia.

3. The training course is open registration for member association under International Wushu Federation.
4. No limitation on the numbers of application from each member association (no limit to male or female)

VIII. Registration requirements

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1. All fees shall be paid prior to the registration deadline.
 2. Each team must print a copy of the registration form and keep it for registration on arrival.
 3. Applicants are required to complete the registration form (see attachment) and submit it along with the following required documents to secretariat@wfa-asia.org, 783006375@qq.com and wushu@wushu.com.cn.
 - Passport photo (2.5cm x 3cm);
 - Copy of ID card/passport;
 - Personal accident insurance;
 - Health certificate.
 4. Online registration system:
WFA Online Registration System
URL: <https://wfa.justtool.com/>
Email: wushu@justtool.com
Tel: +86-757 83991970
Fax: +86-757 83991970

IX. Lodging & Fees

- :
1. Hotel Name: Marrisle Hotel
Address: Marrisle Hotel, Xinqiao Town, Jiangyin City, Jiangsu Province, China
 2. Fees
Double room: US\$150/day/person
Single room: US\$180/day/person
Including accommodation, meals, training, certificates, activities organized by the OC, transportation, etc.
 3. Banking information as below:
Bank Name: Bank of China Jiangyin Branch
Bank Address: No.1 Middle Renmin Road, Jiangyin City, Jiangsu, P.R. China

Bank SWIFT Code: BKCHCNBJ95C

Account Name: Jiangyin Shengshi Sports Events Co. Ltd

Account Number: 496280307191

Beneficiary Address: Lijiatang A-001 Weili village, Xinqiao Town,
Jiangyin city, Wuxi City, Jiangsu, P.R. China, 214426

Contact Person: Ting Song

Telephone: 15061551571

Postscript: Name of the participant + participate in the
training course.

Remarks: A copy of the remittance shall be sent by email to
783006375@qq.com.

- X. Registration** :
1. Pick-up and drop-off ports: Shanghai Pudong International Airport, Wuxi Shuofang Airport, Wuxi East Railway Station and Zhangjiagang Railway Station.
 2. All participating teams are required to register at Marrisle Hotel on July 2nd, 2024.
 3. Teams that required transportation arrangement, shall fax or email travel itinerary, including arrival date and time, flight/train details and total number of people, to the Organizing Committee before June 15th, 2024. For port of entry and traffic routes, please refer to further notice.
- XI. Enquiries** :
- Address: Marrisle Hotel, Xinqiao Town, Jiangyin City, Jiangsu Province, China
Telephone: 15261609975
Email: 783006375@qq.com
- XII. Others** :
1. Participants are required to bring their own training clothes.
 2. Weapons used during the training will be provided by the OC.
 3. Further notice will be sent out on unaccomplished matters.



2024 年亚洲双人太极拳、太极扇、
初级南拳及器械培训班
2024 Asia Pair Taijiquan, Taijishan,
Preliminary Nanquan and Weapons Training Course

日程表 Program

一班：太极扇、双人太极拳

Class A: Taijishan & Pair Taijiquan

日期 Date	时间 Time	活动内容 Content	备注 Remarks
2024-07-02		报 到 Registration	
2024-07-03	08:30 - 11:30	开班仪式 Opening Ceremony 太极扇基本动作/第三套太极扇竞赛套路 Basic movements of Taijishan / The 3 rd set of International Competition Routine of Taijishan	技术培训 Technical Skills Training
	14:30 - 17:30	第三套太极扇竞赛套路 The 3 rd set of International Competition Routine of Taijishan	技术培训 Technical Skills Training
2024-07-04	08:30 - 11:30	第三套太极扇竞赛套路 The 3 rd set of International Competition Routine of Taijishan	技术培训 Technical Skills Training
	14:30 - 17:30	双人太极拳及其规则与裁判法介绍 Introduction of Pair Taijiquan and its rules and judging methods	理论讲座 Theoretical Lecture
2024-07-05	08:30 - 11:30	双人太极拳主要动作、难度编排演示 Demonstration of major movements and the choreography of degree of difficulty in Pair Taijiquan	技术培训 Technical Skills Training
	14:30 - 17:30	双人太极拳的推手与对练内容 Tuishou (Push-hands) and Duilian (Sparring) in Pair Taijiquan	技术培训 Technical Skills Training
	19:00 - 21:00	结业晚宴 Closing Dinner	
2024-07-06		离 会 Departure	



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日程表 Program

二班：初级南拳、刀、棍

Class B: Elementary Nanquan, Nandao, Nangun

日期 Date	时间 Time	活动内容 Content	备注 Remarks
2024-07-02		报 到 Registration	
2024-07-03	08:30 - 11:30	开班仪式 Opening Ceremony	
		初级南拳 Elementary Nanquan	技术培训 Technical Skills Training
	14:30 - 17:30	初级南拳 Elementary Nanquan	技术培训 Technical Skills Training
2024-07-04	08:30 - 11:30	初级南刀 Elementary Nandao	技术培训 Technical Skills Training
	14:30 - 17:30	初级南刀 Elementary Nandao	技术培训 Technical Skills Training
2024-07-05	08:30 - 11:30	初级南棍 Elementary Nangun	技术培训 Technical Skills Training
	14:30 - 17:30	初级南棍 Elementary Nangun	技术培训 Technical Skills Training
	19:00 - 21:00	结业晚宴 Closing Dinner	
2024-07-06		离 会 Departure	