

Summer Update:

NEWS – EVENTS – DEVELOPMENT

Brasilia, Brazil – July 2018 – The 7th World Junior Wushu Championships has successfully concluded with participation from 39 countries and over 450 athletes from around the globe. WushuCanada sent a delegation of 30 people including 12 athletes led by Coaches, Fang Wu and Wayland Li. Also attending were a group of enthusiastic parents and friends along with IWuF expert commentator Alan Tang from Toronto, who delivered the live stream broadcast of the event. We congratulate the WushuCanada delegation who brought home 5 medals including 1 gold, 2 silver, 2 bronze, and multiple top 8 placements during the competition. Here are the official results by our Canadian Athletes:

Winnie Cai – Calgary – **JS A: 9.32, 1st** – **QS A: 9.05, 2nd** – CQ A: 9.00, 10th

Virginia Cai – Calgary – **QS C: 8.83, 2nd** – CQ C: 8.57, 10th

Kai Hsin Chang – Ontario – **DS C: 8.68, 3rd** – CQ C: 8.31, 14th

Adam Shaltout – Ontario – **GS C: 8.62, 3rd** – CQ C: 8.31, 17th

Tiana Tran – Ontario – DS C: 8.53, 4th – CQ C: 8.12, 19th

Erica Li – Ontario – QS B: 9.02, 5th – CQ B: 8.71, 7th – JS B: 8.95, 7th

Emma Elkerton – Ontario – ND A: 8.87, 6th – NQ A: 9.00, 8th – NG A: 8.85, 9th

Skylar Tran – Ontario – ND B: 8.50, 6th – NQ B: 8.50, 8th – NG B: 8.45, 9th

Rasa Rahnema – Ontario – NQ A: 8.90, 7th – NQ A: 8.93, 7th – NG A: 9.00, 8th

Caleb Akai – GS B: 8.53, 7th – DS B: 8.70, 9th

Zeina Shaltout – Ontario – QS B: 8.81, 8th – JS B: 8.90, 9th – CQ B: 8.10, 14th

Rex Lam – Ontario – DS A: 9.00, 9th – GS A: 8.87, 9th – CQ A: 8.71, 13th



Pordenone, Italy – June 2018 – The IWuF International Wushu Judges Training & Certification Course

successfully certified 26 taolu and 41 sanda officials. WushuCanada sent a delegation of 4 participants including Mohammad Al-Kadri, Andre Jagon, Rosalynn Kwok and Jenny Yee. Congratulations to their participation and commitment to the continued development of Wushu in Canada.



UPCOMING EVENTS:

Alberta's Tsang headlines Team Canada roster at first World University Wushu Championship

TORONTO – July 31, 2018 – **Megan Tsang**, a fourth-year accounting student at the University Alberta, highlights the Canadian roster set to compete at the inaugural World University Wushu Championships beginning Thursday.

Tsang, who will represent the U SPORTS International program for the second straight year, placed seventh at the 2017 FISU Summer Universiade in the Taolu Taijiquan & Taijijian event. A member of the national wushu team, Tsang also came fourth at the 2016 World Taijiquan Championships.

The men's team consists of MacEwan's **Johnny Choi** for Sanda competition and UBC's **Ryan Chan**, who competed at the 2016 World Junior Wushu Championships. Alberta's **Jason Leung** will serve as team official and be the coach of the team.

The [2018 World University Wushu Championship](#) will be held Aug. 2-5 in Macau, China.

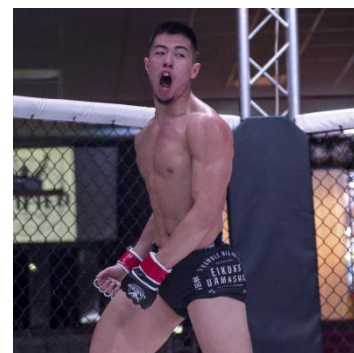
TEAM CANADA ROSTER:



Megan Tsang – University of Alberta: TaijiQuan / Taijijian



**Ryan Chan – University of British Columbia:
ChangQuan / DaoShu / GunShu**



**Johnny Choi – MacEwan University
Men's Sanda 70Kg**

August 11th, 2018 – World Wushu Day

In celebration of the World Wushu Day, WushuOntario will be hosting the 1st Wushu Warrior Challenge which will take place at L'Amoreaux Community Centre on Saturday, August 11th, 2018.

The event will commemorate the physical development and uniqueness that Wushu training provides and will be set up in team and individual development challenges with prizes and trophies for participants according to their achievements. Open to all athletes from all martial art backgrounds.

Where: L'Amoreaux Community Centre – 2000 McNicoll Ave, Scarborough, Ontario M1V 5E9

Time: 12pm-6pm

Cost: Subsidized For All Registered Members – **No Cost**

Pre-registration only, limit to 10 participants per age and gender group for Warrior Circuit and Sanda Development Event.

Seminars are **FREE** for all members – Non-members \$30.00

Wushu Warrior Circuit Training Challenge – noon-2pm

Age Groups: 6 and under / 7-9 / 10-12 / 13-15 / 16 and over

Divisions: Boys and Girls

Testing your skills in: Jumping, Sprinting, Stances, Strength, Balance in a TIME TRIAL CIRCUIT

How to Prepare:

Strength: Clean Push Ups, Leg Drops and Leg Lifts, Stance Holds, Chin Pull Ups

Speed and Agility: Short Distance Sprints, Continuous Tuck Jumps

Balance: Single Leg Balances, Jumping into balances

Jumping Ability: Side to Side Jumps, Scissor High Jumps, Left/Right alternating leg jumps

Prizes: Team Trophies – for best team results – NOTE: Teams will be drafted on day of event

Individual Trophies – Highest combined individual results (Fastest Time Trial)

Individual Events – Highest selected event results

SANDA Development Bouts – 2pm-3pm

Developmental events – Light Contact 2 x 1 minute round sparring drills for youth.

All Ages and Genders, Participants will be matched accordingly upon registration.

What to Bring: Shorts, Rash Guard or Tank Top, Mouth Guard, Groin Protector, Great Attitude.

KUNG FU Seminars and Information Session: 3pm-6pm

Prior to the Events, WushuOntario will be hosting 3 seminars and lectures conducted by Wushu

Professor Lin XiaoMei – IwuF Chief Referee for Taolu: 30 Minute Lecture on High Performance competition preparation and Wushu history.

Master Chen Gou – Renown Wushu Coach from China: Kwan Dao (Big Broadsword)

Master Jiang FatMing – KungFu Master from southern China: White Eyebrow KungFu (Pak Mei Style)

The development and importance of Traditional KungFu will become a pillar both globally and in Canada over the next few years. The IWuF will be introducing KungFu specific events in future world championships and this series of seminars will in no doubt motivate and aid in its development.

What to Bring: Comfortable training clothes, staff or kwan dao for training, Great Attitude.