



WushuOntario Sanda Program

As members of a National sport organization, we have the responsibility in our respective roles to help each of our members attain their own level of personal excellence. This tool entitled “Wushu Canada’s Long-Term Athlete Development Model “(WLTAD) will assist in this regard by presenting the “big picture” of Wushu in Canada.

WLTAD is a tool for coaches, clubs, volunteers, officials, professional staff, facility managers, and parents/guardians. It is meant to serve as a fundamental guide to assist Wushu athletes with the understanding and knowledge of core principles and stages incorporated into the sport of Wushu. It is a tool developed based on the principles of the Sport Canada Long-term Athlete Development Model with content derived from Wushu Ontario.

Wushu Canada’s Guide to Long-Term, Athlete Development tool will:

- Clearly outline the sport-specific skill expectations of athletes at each stage of development
- Outline both vertical and lateral progression, with suggestions to retaining participants longer within the sport
- Emphasize general physical literacy as well as personal development
- Clarify the critical role played by WushuCanada coaches at all stages of development
- Provide an overview of how all stakeholders fit together into a collaborative whole, with a common goal of helping athletes in their pursuit of personal excellence
- Provide a framework for key decision-making with respect to competition structure, program design, individual short and long-term training plans, infrastructure, rules and regulations

Principles and fundamentals of Sanda

Skills are the fundamental principle to the success of all athletes, from beginners to Olympians.

Skill development focuses on how participants and athletes can optimize their training to the fullest potential of development, if skills are introduced at the right critical stages in life. Developmental stages should recognize the important supporting roles of coaches, parents/ guardians, volunteers, officials, administrators, sponsors, sport medicine practitioners and sport scientists throughout the athlete’s development.

At the heart of Long-Term Athlete Development is the concept of physical literacy which incorporates 3 fundamental principles: competency in fundamental movement skills (run, jump, throw, swim); motor skills (ABCS: agility, balance, coordination, speed); fundamental sport skills (preferably before the age of



12). Skills that are taught, learned, developed and acquired through the education system enhance children's ability to acquire sport-specific skills quicker and easier.

The education of skills at the proper stages conditions the techniques that will be used in a typical Sanda match. Also a variety of exercises, stretches, and drills along with stamina conditioning is necessary in order to develop the Sanda athlete's ability.

Responses are conditioned through drills that form habits. Once a habit has been formed the response will become second nature. Repetition is the formula for creating a habit. Start by breaking down the drill in a teachable format, then step up the drill in increments co-ordinating with stages of development to produce the necessary fluidity and rhythm of the athlete.

Stances and techniques of Sanda support aspects such as body unity, balance, hip rotation, speed, power, defence and offence, which are all important for successfully participating in Sanda competitions at Wushu tournaments.

Conditioning of the athlete will support the application and success of the Sanda athlete during competition and is equally important in the athlete's success. Conditioning should also be developed in adherence to the proper stages.

Level progression: Ideally athletes are ready to progress to the next stage of development when they reach the upper age level of the age category. Also note that athletes starting Sanda at a later age are still taught the content of each level of the Program but will be taught at a different pace based on the age, commitment and ability of the participant.



Conditioning Resources

Exercises that can be used to achieve the proper physical condition. These are optional and can be selected as needed to fill the conditioning portion of the class structure.

List of conditioning exercises:

- 1) Push up.
- 2) Sit ups.
- 3) Deep squats (can be combined with kicks).
- 4) Kettlebells.
- 5) Medicine ball.
- 6) Dumbbell training.
- 7) Weights.
- 8) Abdominal roller.
- 9) Skipping.
- 10) Stride Jumps.
- 11) Heavy bag.
- 12) Static drills.
- 13) Leg raises.
- 14) Plank.
- 15) Sand bag.
- 16) Balance ball.
- 17) Weight wrist roll.
- 18) Shoulder raises.
- 19) Shadow boxing.
- 20) Pull ups.
- 21) Focus mitt.
- 22) Free sparring.
- 23) Games to introduce competition.



Training Curriculum

Level 1: Wushu Panda Program

(Active Start and FUNdamentals)

The first stage in Wushu Canada's LTADM, Wushu Panda Program, consists of two phases of development – Active Start and FUNdamentals. This stage lays the groundwork for future development both within our sport and in other sports as well. As an early specialization sport, Sanda participants will likely be entering club programs with minimal to no physical literacy. As such, there are many basic movement skills that must be introduced and acquired at this stage.

Philosophy

The philosophy of the Wushu Panda Program is to provide opportunities for all Canadians to learn Wushu in fun, safe, and engaging environments and to evoke interest for life long participation.

The chronological ages of participants in this stage are:

Wushu Panda Program	Female	Male
Active Start	4-6	4-7
FUNdamentals	6-8	6-9
Exit Point Achievement	Level 1 (Panda Completion)	Level 1 (Panda Completion)

Basic Hand Skills: High block right, left. Middle block right, left. Jab. Cross.

Basic Kick Skills: Round house kick (High/Middle/Low). Axe Kick. Front kick. Side kick.

Basic Stances: Fighting stance right. Fighting stance left.

Drills: Applying blocks. Jab, Cross, Round house. Round house kick. Front kick. Axe kick. Side kick.

Protective equipment: Gloves 8 oz, Headgear, Shin guards, Hand wraps. Groin cup, Mouth guard.

Note: No sparing at this level, only drills with focus mitts, targets, and games that teach distancing.



Level 2: Learn to Train

The second stage in Wushu Canada’s LTADM is Learn to Train. In this stage we begin to see more differences between females and males in terms of growth, development, and maturation. Thus, training and coaching adaptations are necessary specific to age and biological sex. Continued development of basic fundamental movements and skills as well as the introduction of more complex skills are essential.

The chronological ages of participants in this stage are:

LTADM Stage	Female	Male
Learn to Train (Level 2)	7-11	8-12
Exit Point Achievement	Level 2 Certification	Level 2 Certification

Philosophy

In the Learn to Train stage athletes are encouraged to acquire a skill set that will allow them to reach the highest level of proficiency that their unique talent and commitment will allow. It is defined by technical development rather than chronological age. Technical development is the defining characteristic of this stage. All other development supports and accommodates technical development. The volume of training in the Learn to Train stage may not be greater than others but the range of skill acquired and personal growth attained is substantial.

Hand Skills: Slap block right, left. Low block right, left. Hook Punch (Long Range, Mid Range, Short Range)

Kick Skills: Front Push Kick. Inside Crescent Kick. Outside Crescent Kick. 180 Side kick. Hook kick.

Introduction to Break Falls: Rear break fall. Side break fall right/left. Rolling break fall right/left.

Sparring Drills: Introduce skipping. Jab, Cross, Hook punch. Slipping, blocking. Push kick. Side Kick turning side kick. Inside/Outside crescent kick, Axe kick.

Protective equipment: Gloves 8 oz, Headgear, Shin guards, Hand wraps. Groin cup, Mouth guard.

Note: Sparring from 7 – 10 yrs can occur only when athlete has demonstrated proper control to support light contact (in club only). Sparring from 10 – 12 light contact only.



Level 3: Learn to Compete

The third stage in Wushu Canada’s LTADM is Learn to Compete. In this stage we continue to see differences between females and males. These differences must be accounted for in programming and coaching. More complex Sanda skills are introduced and basic fundamental movements are consolidated.

The chronological ages of participants in this stage are:

LTADM Stage	Female	Male
Learn to Train	9-13	10-14
Exit Point Achievement	Level 3 Certification	Level 3 Certification

Philosophy

Athletes in this stage are exposed to greater performance and competition opportunities. The competitive experiences that occur during this phase focus on performance and not solely on outcome and/or results. Training plans become even further individualized to the needs and abilities of the athlete than in the previous stage. It is in this stage which the metamorphosis from participant to athlete occurs.

Hand Skills: Upper Cut (Long Range, Mid Range, Short Range).

Kicking Skills: 180 Inside Crescent Kick. 180 Outside Crescent Kick. 180 Hook kick. 180 roundhouse (middle or slant) kick.

Throwing Skills: Inside/Outside Sweep. Hip throw.

Sparring Drills: Jab, cross, hook, uppercut. Punching combination head to body. Slipping, blocking and countering. 180 Hook Kick. 180 Crescent kick. 180 roundhouse. Front kick, roundhouse kick, 180 hook kick, middle round house kick. Knowing the difference between Crescent kick and Hook kick. Sweep from round house counter. Sweep from front or side kick counter. How to integrate hip throw.

Protective equipment: Gloves 12 oz, Headgear, Shin guards, Hand wraps. Groin cup, Mouth guard.



Level 4: Train to Compete

The fourth stage in Wushu Canada's LTADM is Train to Compete. At this stage we begin to see progression to national-level competitions and, potentially, expose certain athletes to international opportunities. Coaches will begin to rely on and manage the expertise of other individuals to foster a solid support team for athletes.

The chronological ages of participants in this stage are:

LTADM Stage	Female	Male
Train to Compete	10-16	11-17
Exit Point Achievement	Level 4 Certification	Level 4 Certification

Philosophy

The Train to Compete stage emphasizes the pursuit of excellence at the national level. Athletes with the required abilities will also be exposed to the demands of international competitions.

Hand Skills: 180 spinning back fist.

Kick Drills: Jumping 180 side kick. Jumping 180 hook kick. Jumping 180 slant kick. Jumping 180 outside crescent kick. Jumping 180 inside crescent kick.

Throwing Skills: One leg take down. Two leg take down. Hip throw. Reaping throw.

Sparring Drills: Jab, Cross, Spinning back fist. Kicking combination head to body. Jumping 180 hook kick. Jumping 180 Side kick. Jumping 180 Round house kick. Slant kick, Round House Kick, Spinning Hook Kick, Jumping slant kick, jumping 180 outside crescent kick (performed on the spot). Take down from shoot. Hip throw/Reaping throw from combination.

Off-Carpet Training

Athletes should be warming up at minimum 30 minutes per day, but optimally one hour per day. In addition to warm-up and cool-down periods, athlete's optimal off-carpet activity at this level ranges from four hours (for younger ages) to 13 hours (for older athletes). All off-carpet activity should be focused on enhancing on-carpet performance. This might include core strength conditioning, flexibility work, cardiovascular enhancement and overall strength training.

Protective equipment: Gloves 14 oz, Headgear, Shin guards, Hand wraps. Groin cup, Chest protector, Mouth guard.



Level 5: LEARN TO WIN/LIVE TO WIN

The fifth stage in WushuCanada's LTADM is Learn to Win/Live to Win. Only a small percentage of athletes will reach this stage of development. Coaches and support teams will require extensive knowledge of what is required to compete at the highest level of international competition (i.e. World Championships and World Games). Athletes play a significant role in their own development at this stage. Leadership and facilities must be completely integrated in order to provide full support to athletes in their pursuit of excellence at this most elite level.

The chronological ages of participants in this stage are:

LTADM Stage	Female	Male
Learn to Win / Live to Win	13-19	14-21
Exit Point Achievement	Level 5 Certification	Level 5 Certification

Philosophy

The athlete is fully prepared (physically, mentally, technically, strategically) with the confidence and attitude that they can win at the highest levels of international competition.

Throwing Skills: Suplex.

Sparring Drills: Punching combinations. Kicking combinations. Slipping, shooting, suplex. Study strategic sparring concepts of defence and counters.

On-Carpet Training

On and off-carpet training needs to relate to the specific phase of the yearly training plan. Adaptations should be made according to an athlete's/team's circumstances. The quality of work is far more important than the quantity of work. Rest and recovery must be allowed to maximize training and to prevent injuries, fatigue and/or illness.

Off-Carpet Training

All athletes should be participating in 10 to 14 hours of off-carpet training each week, for 48 weeks of the year. In general, off-carpet training needs to have the same commitment as on-carpet training and needs to include short, medium and long-term goals. Specific work done off-carpet must reflect the principles of periodization and take into account the age, growth and development of the athlete. Furthermore, at this level off-carpet programs should be very sport-specific and based on the individual needs and fitness test results of the athlete.



Strength and conditioning classes are also critical at this stage and should be scheduled five days per week.

As part of rest and recovery, regularly scheduled massage and/or chiropractic appointments are essential. All athletes need to continue to develop and consolidate the mental skills required for this level of competition.

Competition

At this level, it is about doing it when it counts—plain and simple. There must also be recognition that more is not better. Athletes often arrive at their peak events (i.e. Worlds) physically and mentally exhausted because adequate rest and recovery has not been taken following the national championships. Given the nature of the international event calendar, athletes, coaches and applicable leadership need to plan training, competition, and recovery wisely. This includes the establishment of realistic and attainable performance targets/goals.

Level 6: Active for Life

The sixth stage in Wushu Canada's LTADM is Active for Life. There is no specific age bracket for this particular stage; it includes all ages. Providing opportunities for athletes to remain active in Sanda for life not only helps promote general health and wellness, but also acts as a base from which to draw volunteers and officials.

Participants can enter this stage at essentially any age. According to LTAD, if children have been correctly introduced to activity and sport through Active Start, FUNdamentals and Learn to Train programs, they will have developed the necessary motor and fundamental movement skills (physical literacy) and confidence to remain Active for Life in virtually any sport they live. They may decide to continue participating in their sport at the recreational level, or they may become involved in the sport as an official or coach. They might also try new sports and activities; examples could be a Sanda athlete taking up golf or a tennis player starting to cycle.

Canada's sport system should encourage athletes to:

- ✓ Move from one sport to another. For example, a gymnast becomes an aerial skier
- ✓ Move from one aspect of sport to another. For example, skater to guide for blind athletes
- ✓ Move from competitive sport to recreational activities such as hiking and cycling
- ✓ Move from highly competitive sport to lifelong competitive sport through age group competition such as Masters Games
- ✓ Upon retiring from competitive sport, move to sport-related careers such as coaching, officiating, sport administration, small business enterprises or media
- ✓ Move from competitive sport to volunteering as coaches, officials, or administrators

Philosophy

The Active for Life stage is entirely focused on providing opportunity for lifelong participation in Wushu. Social, mental, and physical development are enhanced through involvement. Participants should understand the concept of physical literacy and experience gains in health, wellness and functionality.