



## WushuOntario – Sanda Sport Definition

### DEFINITION

1. **Combative Sport: A sport that features a contest where participants use striking with fists, hands, feet or any other part of the body, throwing, grappling, wrestling, immobilization or submission techniques, or any combination of these techniques.**
1. A CONTEST in combative sport has the following characteristics:
  - a. Spectators are admitted, expressly or by implication, for a fee or for free; or
  - b. Athletes are required to directly or indirectly pay a fee to participate; or
  - c. The event is recorded for commercial broadcast; or
  - d. Any other circumstance prescribed by the Ministry of Tourism, Culture and Sport.

### WUSHU-SANDA AS A SPORT

2. Wushu (pronounced Woo-shoo) is a physical activity that in competition is contested between two or more participants for the purpose of determining a winner by fair and ethical means. Wushu encompasses all the traditional Chinese martial arts styles and is contested in two distinct categories, namely the **taolu** (routine) and the **sanda** (free fight) categories.
3. **Sanda (Free Fighting)**, is a combative sport developed from traditional Chinese martial arts:
  - a. In competition features a contest or match where participants striking with fists, hands and feet to regulated and defined targets, along with throwing and wrestling to attain points;
  - b. Competitors wear protective gear such as headgear, body armour, and gloves;
  - c. Matches or bouts are usually won through the majority of rounds which are timed in duration and recorded and judged by a panel of qualified officials;
  - d. Points are awarded for successful strikes the regulated targets such as head, body or legs, and for throwing or wrestling an opponent down on or off the competition area;
  - e. The coaching, programming and training in Wushu-Sanda requires the continued development of the sport in areas of bio-mechanics, sport psychology, nutrition, group dynamics, physiology, etc., and in the specific skills of the sport.
  - f. During a Wushu-Sanda contest or competition;
    - i. Spectators are admitted, expressly or by implication, for a fee or for free;
    - ii. Athletes are required to directly or indirectly pay a fee to participate;
    - iii. The event may be recorded for commercial broadcast;



"Home to Wushu  
in Ontario"

## WOP26-Sanda Sport Definition

*EFFECTIVE: July 1<sup>st</sup>, 2016*

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### GOVERNANCE

4. Wushu is governed nationally by WushuCanada (Confederation of Canadian Wushu Organizations) and internationally by the **International Wushu Federation (IWuF)**. The IWuF is the international federation (IF) governing Wushu in all its forms worldwide, which is recognized by the International Olympic Committee (IOC) and also a member of both ARISF and SportAccord.