



OSLOWUSHU OPEN 2017

BYGDØHUS, OSLO - NOVEMBER 18th
MODERN WUSHU | TRADITIONAL KUNG FU
TAIJI & INTERNAL STYLES | SANDA (QINGDA)



It's a pleasure to invite all our international Wushu friends to the 2017 Oslo Open International Wushu, Kung Fu, Tai Chi and Sanda/Sanshou (Qingda) Championships! In the previous editions we have had competitors from more than 20 countries, including both recreational athletes and European Wushu Champions and medalists. And this year we can already confirm the participation of several European champions and medalists!

The competition aim is to be a bridge between top level athletes and our new young Wushu generation in Norway for them to get inspiration and more knowledge about Chinese Martial Arts. We also want to build bridges with the modern, traditional and internal Wushu communities in Norway and abroad.

The competition is open for everyone, regardless of federation, club or national affiliation. Individuals may also register without a club. Oslo Wushu Team would like to welcome you all, and we also offer free accommodation at our Martial Arts institute; SANGROK KWAN LILLEAKER for those of you travelling on a budget.

DATE AND PLACE

The Oslo Wushu Open 2015 will be held on November 18th at Bygdøhus Sports Hall, Huk Aveny 45, 0287 Oslo.

COMPETITION CATEGORIES

Taolu (forms)

Childrens festival (6-10 yrs) open hand forms - modern, traditional, internal

Childrens festival (6-10 yrs) open weapons - modern, traditional, internal, short, long, flexible

Cadets (born 2003-2006) modern hand forms girls - Changquan, Nanquan

Cadets (born 2003-2006) modern hand forms boys - Changquan, Nanquan

Cadets (born 2003-2006) modern weapons girls - Dao, gun, jian, qiang, nandao, nangun

Cadets (born 2003-2006) modern weapons boys - Dao, gun, jian, qiang, nandao, nangun

Cadets (born 2003-2006) traditional & internal hand forms girls - Ex: Taiji, Hunggar etc

Cadets (born 2003-2006) traditional & internal weapons boys - Ex: Taijijian, Shaolingun etc

Juniors (born 2000-2002) modern hand forms girls - Changquan, Nanquan

Juniors (born 2000-2002) modern hand forms boys - Changquan, Nanquan

Juniors (born 2000-2002) modern weapons girls - Dao, gun, jian, qiang, nandao, nangun

Juniors (born 2000-2002) modern weapons boys - Dao, gun, jian, qiang, nandao, nangun

Juniors (born 2000-2002) traditional & internal hand forms girls - Ex: Taiji, Hunggar etc

Juniors (born 2000-2002) traditional & internal weapons boys - Ex: Taijijian, Shaolingun etc

Senior (born >1999) beginner forms open - Wubuquan, Yiluquan, Tantui etc (max 30 sec)

Senior (born >1999) modern hand forms women - Changquan, Nanquan

Senior (born >1999) modern hand forms men - Changquan, Nanquan

Senior (born >1999) modern weapons women - Dao, gun, jian, qiang, nandao, nangun

Senior (born >1999) modern weapons men - Dao, gun, jian, qiang, nandao, nangun

Senior (born >1999) traditional external hand forms women - Ex: Shaolin, Hunggar etc

Senior (born >1999) traditional external hand forms men - Ex: Shaolin, Hunggar etc

Senior (born >1999) traditional internal hand forms women: Wudang, Baji, Xingyi, Bagua

Senior (born >1999) traditional internal hand forms men: Wudang, Baji, Xingyi, Bagua

Senior (born >1999) traditional weapons women - Ex: Shaolingun, Shuangdao etc

Senior (born >1999) traditional weapons men - Ex: Shaolingun, Shuangdao etc

Senior (born >1999) taiji hand forms women - All traditional styles of Taijiquan

Senior (born >1999) taiji hand forms men - All traditional styles of Taijiquan

Senior (born >1999) taiji weapons women - All Taiji weapons: Dao, jian, shan

Senior (born >1999) taiji weapons men - All Taiji weapons: Dao, jian, shan

Junior/senior open (born >2003) Duilian women - Fight set forms

Junior/senior open (born >2003) Duilian men - Fight set forms

Sanda/Qingda (light contact free combat)

Juniors (born 2000-2002) girls -55 kg, +55 kg

Juniors (born 2000-2002) boys -60 kg, -70 kg, -80 kg, +80 kg

Senior (born >1999) women -55 kg, -65 kg, +65 kg

Senior (born >1999) men -60 kg, -70 kg, -80 kg, -90 kg, +90 kg

**in case less than 3 athletes are registered in a category it will be merged together with the nearest possible category according to age and gender. If a merge still is impossible the category will be cancelled and coaches will be notified the day after the registration deadline on November 2nd.*

COMPETITION RULES AND FLOOR

NKF (Norwegian Martial Arts Federation) rules for Taolu will be implemented at this competition. The NKF competition rules for Wushu Taolu is based on the 1999 set of IWUF rules. Optional forms with Nandu can be performed but there will be no marks for difficulties or transitions. The score of each athlete will be announced on a TV-screen after each performance.

For Sanda the special edition for Norwegian competition in light contact Sanda (Qingda) will be implemented. Meaning hard contact but no KO's to the body is allowed and no contact to the head. Other than this IWUF rules for points will apply.

Floor

The NKF Taolu carpet will be used at the competition. This is a thin carpet surface with a thick soft layer underneath, similar to the carpets used in cheerleading and gymnastics. For Sanda regular competition mats for Taekwondo will be used.

AWARDS

Children 6-10 yrs

According to Norwegian sports law children below 11 years can't be ranked in competitions. There will be no scores given for children from 6-10 years and all will receive medals and certificates at the awarding ceremony after the competition. However, scores will be noted for all children and can be sent to coaches by request after the competition.

Cadets and juniors 11-17 yrs

All cadets and juniors receive certificates for participation, the top three ranked athletes in each category will also receive gold, silver and bronze medals.

Seniors +18 yrs

All top five athletes will receive certificates, the top three ranked athletes in each category will also receive gold, silver and bronze medals.

Best association

A special award will be given to the federation/club with the highest total ranking for all athletes and categories combined. A gold medal gives 10 points plus the amount of competitors in that category, silver medal 7 points and bronze medal 5 points. If an athlete wins silver medal in a category with 8 athletes the club will receive 15 points (7 points for silver and 8 points for number of athletes in the category).

Best athlete - "Grand Champion"

The overall best athlete with the highest total individual score as described in the "Best association" column will be awarded an exclusive special award as the Oslo Wushu Open "Grand Champion".

SCHEDULE

November 2nd

REGISTRATION DEADLINE, TO BE SENT BY EMAIL

Friday November 17th

13:00-20:00: Arrival, registration and payment in for all athletes at Bygdøhus Sports Hall, Huk Aveny 45, 0287 Oslo

Saturday March 14th

9:30 March in for all athletes at Bygdøhus
10:00-12:30 Taolu competition hand forms
13:00-14:30 Taolu competition weapons and duilian
15:00-16:30 Sanda (Qingda) competition

ACCOMMODATION

All hotels in the city centre area are easily accessible to the arena by bus and metro. Oslo Wushu Team also offers free accommodation in our gym, located in the western suburbs of Oslo. Surrounded by grocery stores, shopping mall, public transportation etc. The gym can house up to 30 people and we have changing rooms, shower, WC and WiFi, just bring a sleeping bag and you have a free place to sleep!

For booking of accommodation at Sangrok Kwan Lilleaker or for further information about other possibilities in Oslo, please contact competition organiser Kim Gibson: gibson@wu7.no

REGISTRATION AND FEES

The registration fee is NOK 200,- (ca 23 EUR) for one event, and an additional NOK 100,- per extra event. 3 events = NOK 400,- (200 + 100 + 100). The registration fee is to be paid in cash during the registration on November 17th.

Registration deadline is MARCH 1ST! To make it as easy as possible for everyone registration may be sent by email to gibson@wu7.no using this template:

Federation/club:

Coach:

Contact email:

Contact mobile:

Athlete 1 name:

Athlete 1 birth date:

Athlete 1 categories: (Example; Taolu junior traditional hand forms girls)

Athlete 2 name:

Athlete 2 birth date:

Athlete 2 categories: ...

CONTACT DETAILS

Competition organiser Oslo Wushu Team Manager Kim Gibson

Email: gibson@wu7.no

Mobile: +47 46931026

Free accommodation at Sangrok Kwan, Address: Lilleakerveien 31, 0283 Oslo

Competition venue: Bygdøhus Sports Hall, Huk Aveny 45, 0287 Oslo (Bus line 30 from Oslo City Hall towards Bygdøy, the stop is called Bygdøhus)