

Safe Wushu Guide



Think Safe. Play Safe. Stay Safe.

A Sport Safe Singapore

Sport Singapore (SportSG) recognises that safety must be a fundamental component of a sporting culture and a prerequisite for every healthy lifestyle. Therefore, Sport Singapore has set a corporate goal of zero injuries, in the belief that all accidents are preventable. Emphasising the need for personal accountability, SportSG also urges people to be responsible for the safety of others. ActiveSG's first Sport Safety Division was formed in 2006 directly under the purview of the CEO's office. It is tasked to promote safety throughout Singapore's sporting community and inculcate a safety-first mentality in the minds of every stakeholder. For more information, please visit <http://www.sportsingapore.gov.sg/sports-education/sports-safety>

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Another initiative by the Safety Management Division, ActiveSG

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INTRODUCTION

Wushu is both a full contact and performing sport. Wushu is derived from Chinese martial arts and it teaches 武德 (WuDe), which is the martial code of conduct. Wushu is a sport which requires flexibility, speed, strength, coordination and endurance. Wushu instils discipline and respect for others and for oneself. Even though Wushu is not a popular sport in Singapore as compared to Taekwondo, it is still widely practised among the young and old in Singapore.



TYPES OF WUSHU

Traditional Wushu

People have been practising traditional Wushu as a form of exercise for health, as well as self-defence or a leisure activity.

Traditional Wushu has 3 key purposes:

1. Used in combat
2. Promote health
3. Retain the rich Chinese culture

Traditional Wushu routines consist of: 长拳 (Changquan), 南拳 (Nanquan), 太极拳 (Taijiquan), 象形拳(Xiangxingquan), 八卦掌 (Baguazhang), 八级拳(Bajiquan), 短器械(Short weapons), 长器械(Long weapons), 双器械(Double weapons), 太极短器械(Taji Short weapons), 太极长器械(Taji Long weapons).

Competition Wushu

In competition Wushu, it is classified into competition routines and sparring.

Competition routines involve martial arts movements for which every competition routines have a grading standard. The higher the difficulty in the movement, the higher the score. Competition routines consist of 长拳 (Changquan), 南拳 (Nanquan), 竞赛四十二式太极拳 (International

Standard 42 Taijiquan) , 刀术(Daoshu), 剑术(Jianshu), 南刀(Nandao), 四十二式太极剑术 (International Standard 42 Taiji Jianshu), 棍术(Gunshu), 枪术(Qiangshu) and 南棍(Nangun).

Sanda is a face-to-face sparring competition. It is a contact version of Wushu influenced by traditional Chinese boxing, wrestling or grappling methods. It is important to take note that the protective gear is a very important attire of sanda as it ensures the safety of competitors.



BASIC TECHNIQUES

Learning the basic techniques of Wushu is important before you start learning the kicks and routines. This is to make sure that you can safely perform all the moves.

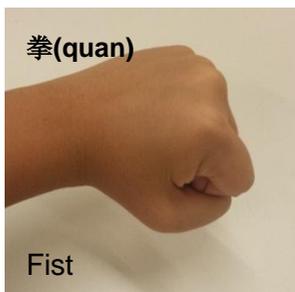
Stances

There are 4 basic stances in Wushu which are widely used in routines.



Hand

There are 3 basic hand movements in Wushu which are 拳 (quan), 掌 (zhang), 勾 (gou), which means fist, palm and hook.



ENVIROMNMENT AND EQUIPMENT

Training ground



The actual training ground of Wushu consists of 2 competition carpets. However, many Wushu practitioners also practise Wushu without them. Wushu can be practised anywhere as long as the training ground is even, spacious and has no obstruction. Some people practise Wushu on tatami mats which cushion the ground. It may also be practised on cement grounds or in sports hall that usually have timber flooring.



Attire and Equipment

Comfortable shirt, long stretchable pants and Wushu shoes should be worn for Wushu practice. It is also important to make sure that all accessories are removed before starting any practice session. Always check that all equipment such as weapons is in good condition before using it to prevent any injury or accidents. Be alert of the surroundings when holding on to a weapon to prevent any accidents from happening.



Weather Conditions

Wushu can be practised indoors and outdoors. Before practising Wushu outdoors, ensure that the weather conditions are conducive. In the case of bad weather outdoors, find an alternative indoor venue to practise the activity. Extreme weather could cause heat-related illness such as heat stroke and dehydration.

WUSHU FOR HEALTH

Wushu is a sport that works out the whole body and helps one to stay active. Wushu helps to develop strength, flexibility, coordination, power, speed and balance. Practising Wushu helps anyone of all age levels to stay active and healthy. Many people are starting to practise Taiji, another form of Wushu to strengthen their body. Taiji helps in increasing lung capacity, balancing and in reducing stress.



COMMON INJURIES

Sprains

A sprain is one of the most common injuries. Wushu practitioners usually suffer from ankle sprains due to the landing pressure from the jumps. Sprains in Wushu are also caused by overstretching the ligaments of the feet. When one is injured, a “pop” sound can also be heard.

Symptoms of swelling:

- Limited mobility
- Inflammation
- Pain
- Swelling
- Bruising

Hamstring Strain

Hamstring strains happen when the muscle gets stretched too far, and in serious cases, it might even tear.

Possible reasons in getting a hamstring strain:

- Lack of warm-up and stretching before exercise
- Accidentally over stretching a hamstring during exercise

Symptoms of a hamstring strain:

- Slight pain in the area around the hamstring

- Bruising
- Sudden and severe pain during exercise
- Pain in the back of thigh and lower butt when walking

Knee Injury

Knee Injury is also one of the very common injuries of martial arts. Repeated strain to the knee will cause an injury called the jumper's knee. This injury is common in Wushu as it consists of much jumping and landing, and changing of direction which will cause the tendons in the knee to be stressed out.

Symptoms:

- Pain under and on the knee cap
- Stiffness in the knee after exercising
- Knee pain before and after training

Prevention:

- Warm up before workout
- Stretch before workout
- Use knee support
- Strengthen the muscles and tendon around the knee

WARM-UP, COOL-DOWN AND STRETCHING

Warm-up

Warm-up is the most important aspects of all sports. It is important to warm up fully before the start of a physical activity.

Warming up helps to:

- Prevent injuries
- Prepare the body for the activity
- Increase heart rate and body temperature

It is also important to take note that a warm-up should not just consist of static warm-up but also dynamic warm-up. Always have at least 10 minutes of warm-up before the start of an activity and it should be done from the lowest intensity to highest intensity.

Cool-Down

Cool-down is also an important step which many people missed out on. There should be a minimum of 5 to 10 minutes of cool-down after every activity.

There should be a gradual decrease of exercise in the cool-down. Some cool-down exercises may include slow jog, walk, or static stretching.

Benefits of cooling down after exercise:

- Allows the heart rate and breathing to return to normal
- Helps reduce muscle soreness
- Allows the core body temperature to go back to normal

Stretching

Stretching can be done as a warm- up and as a cool- down. Stretching should include all parts of the body focusing on muscle groups that are used mainly for the activity. Stretching is important in Wushu as flexibility is key.



COMPETITION ATTIRE



As shown in the photo, a complete set of competition attire consists of the shirt, pants with a belt tied around the waist and a pair of shoes designed for Wushu.

Having proper attire and footwear helps to ensure your safety when competing in Wushu competitions.

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