



**“Home to Wushu
in Ontario”**

WUSHUONTARIO

WOP26-Sanda Sport Definition

EFFECTIVE: May 1st, 2023

2370 Midland Ave, #B23-25, Scarborough, ON, M1S 5C6 416-801-5614 ontario@wushucanada.com www.WushuOntario.ca

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.



**“Home to Wushu
in Ontario”**

WUSHUONTARIO

WOP26-Sanda Sport Definition

EFFECTIVE: May 1st, 2023

2370 Midland Ave, #B23-25, Scarborough, ON, M1S 5C6 416-801-5614 ontario@wushucanada.com www.WushuOntario.ca

- 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;

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