

1st U.S. Sanda & Kickboxing Development Seminar and 1st U.S. Sanda & Kickboxing Coaches and Judges Training Course

1. Preface

Wushu is a cultural treasure and emblem of the Chinese people. Wushu originated in China, but belongs to the world.

For decades, generations of wushu practitioners have traveled to the United States, promoting the art of wushu with sincere dedication, making important contributions to the understanding and integration of differing cultures.

In this new era, where diverse sports and cultures flourish, the development of wushu faces new challenges and opportunities. Practitioners of wushu must unite their strengths, expand their horizons, improve their skills, and embrace change and a new era.

In light of this, a joint initiative has been launched by Malee Khow, Vice President of the United States Wushu Kungfu Federation and famous wushu practitioner; Guojun Zou, President of the Hero Legends World Professional Combat League; and a number of experienced wushu practitioners in the U.S. This initiative aims to officially establish Sanda/Freestyle Kickboxing competition at the 13th New England International Chinese Martial Arts Championships on November 11, 2023, and hold a seminar on project development along with an inaugural coaches and judges training program.

This initiative aims to empower wushu training schools and institutions to enhance their teaching methods and strengthen their competitiveness in the market through the upcoming Championships.

2. Organizers

(A) The Organizing Committee of the 13th New England International Chinese Martial Arts Championships; Malee Khow, Tournament Director

(B) Hero Legends World Professional Combat League; Guojun Zou, President

3. Date and Fees

September 2-4, 2023

Forum and Course Fee (does not include room and board): \$499

Registration deadline: August 31, 2023

4. Location:

Malee's School of Tai Chi & Kung Fu, 249 Broad Street, Manchester, CT 06040.

5. Topics

(A) Forum

- i. Bottlenecks to the Development of Chinese Martial Arts and Their Solutions
- ii. The Significance of Promoting Sanda/Kickboxing as a Competitive Combat Sport and Its Impact on Market Competitiveness

(B) Training

- i. Advanced Coach and Judge Certification
- ii. General Assistant Coach Training and Certification

6. Coach and Judge Training Course Content

- i. Historical Evolution, Current Status, and Future Trends of Combat Sports such as Sanda/Kickboxing
- ii. Definition and Differences between Professional Competitions and Amateur (Championship) Matches
- iii. Rules of Freestyle Kickboxing Competitions
- iv. Principles and Guidelines of Judging
- v. Platform Judge and Sideline Judge Responsibilities
- vi. Organization and Teaching Methods for Youth/Children's Combat Training

- vii. Targeted Teaching Methods for Personal Training in Combat Sports
- viii. Safety Factors and Control in Combat Sports Instruction
- ix. Fundamental Techniques and Tactics of Combat Sports

7. Participants and Qualifications

For the forum and advanced coach and judge training program, participants include managers and coaches of wushu/kickboxing training institutions, martial arts athletes, and other professionals with a solid foundation in the field.

For the general assistant coach training and certification, participants include martial arts enthusiasts and regular practitioners.

The inaugural Sanda/Kickboxing Coaches and Judges Training Course will be personally taught by Zou, who won the Chinese Sanda Kickboxing Championships seven times in the 52kg and 56kg weight categories, as well as three international championships. We warmly welcome all Sanda/Kickboxing enthusiasts to sign up for this course. Outstanding participants may have the opportunity to be selected to serve as judges at the 13th New England International Chinese Martial Arts Championships, to be held in South Windsor, Connecticut, on Saturday, November 11, 2023. The Championships Organizing Committee will provide for accommodation and meals on November 10 and 11.

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Schedule

Day 1: Saturday, September 2, 2023

2:00 PM - 3:00 PM

Forum and Workshop Opening Ceremony

1. Welcome speech by the organizers

(Introduction of the delegates)

2. Address by expert representatives
3. Group/team formation

3:30 PM - 5:30 PM

Wushu taolu and the bottlenecks and constraints in the development of sanda

1. Speaker: [To Be Determined]

Evolution and developmental trends in the history of world combat sports

1. Speaker: Guojun Zou

6:00 PM - 7:00 PM

Dinner

7:30 PM - 9:30 PM

Forum Topics

1. Experience in promoting wushu outside of China and recommendations
2. "Americanization" of wushu sport and culture

Day 2: Sunday, September 3, 2023

9:30 AM - 11:30 AM

Kickboxing/Sanda Training Session

1. Basic techniques (Comparison of training in kickboxing vs sanda)
2. How to hold targets
3. Understand the basic equipment for combat training
4. Teaching methods for kickboxing training

12:00 PM - 1:00 PM

Lunch

1:30 PM - 3:20 PM

1. The difference between professional sports and recreational sports, and the differences in training philosophies and target audiences.
2. Fundamental principles and organizational methods in combat sports instruction:

Goal-oriented

Physical indicators

Specific qualities

Repetitive practice method

Interactive practice method

3:45 PM - 5:30 PM

1. Group classes and private instruction in combat sports

2. How to design trial classes and acquire customers
3. How to enhance student retention and loyalty
4. How coaches without a combat sports background can quickly grasp teaching methods and abilities
5. Safety factors in combat training and injury prevention

6:00 PM - 7:00 PM

Dinner

7:30 PM - 9:30 PM

Kickboxing/Sanda Judges Training

1. Learning combat rules
2. Watching match videos to learn scoring

Day 3: Monday, September 4, 2023

9:30 AM - 11:30 AM

1. Review of basic techniques
2. Practical combat and tactics
3. Guiding principles off the ring
4. Practical exercises for judges
 - (a) In-the-ring/out-of-the-ring judging and check-in procedures
 - (b) In-the-ring judges commands and gestures

12:00 PM - 1:00 PM

Lunch

1:00 PM - 2:30 PM

1. Coaching basic techniques and target holding examination

2:30 PM - 4:00 PM

2. Judges scoring and officiating examination

4:00 PM - 4:30 PM

1. Graduation and award ceremony
2. Group photo

5:00 PM

Farewell dinner/Departure

All who participate in the training and pass the assessment will be awarded the International B/C Level Kickboxing Judges Certificate and the Kickboxing Coaches Certificate by the Legend of Heroes World Professional Boxing Federation/New England International Chinese Martial Arts Championship organization.

Note: It is recommended that this forum and training activity pave the way for the establishment of the "North America Sanda/Kickboxing Association." The representatives/institutions attending this event should serve as joint founders and council units, actively promoting the development of Sanda/Kickboxing in the United States, staying with the times, enhancing the social influence and market competitiveness of Chinese martial artists in the US, and pioneering a new phase in the development of wushu.