



新加坡武术龙狮总会
SINGAPORE WUSHU DRAGON & LION DANCE FEDERATION
50 Serangoon Ave 2 #04-01, Singapore 556129 Tel.: 65-6382 3638 Fax: 65-6747 5977
Website: www.wuzong.com Email: info@wuzong.com UEN No.: S68SS0017F

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INVITATION TO PARTICIPATE IN SELECTION FOR NATIONAL WUSHU TEAM

In recent years, the rules of international Wushu competitions have been revised to include complex high-level difficulty movements. Hence, the focus of Wushu performance at competitions has been on successfully completing difficult movements and improving the quality and performance of movements.

In aligning to revisions on these rules of international Wushu competitions and adopting a more objective selection for / grooming Wushu talents, the Singapore Wushu Dragon and Lion Dance Federation (SWDLDF) will be conducting a nationwide Selection for its new team of National Wushu athletes.

This nationwide Selection process will be conducted in phases in view of the current Safe Management Measures (SMMs) for COVID-19.

Phase 1 - Members of SWDLDF are invited to take part in the Selection by recommending potential athlete(s) to submit a video featuring approved Wushu routine. The video should clearly demonstrate the athlete's overall physique as well as a brief demonstration of their fundamental Wushu skills. There is **no limit** to the number of athletes recommended.

Phase 2 - shortlisted athlete(s) from Phase 1 will be invited for further Evaluation at the Federation Training Hall.

Phase 3 - shortlisted athlete(s) from Phase 2 will be invited to attend a 3 to 6 months of Training in High Performance environment and maintain an attendance rate of at least 80%. A final Selection trials and successful athletes will be invited to join as member of our Singapore Wushu Team.

Members of SWDLDF who are interested to recommend potential athlete(s) to take part in the Selection 2021 please refer to the Information on Selection 2021 appended.

Thank you and we look forward to your active participation in the Selection 2021.



Lukas Cheng
Chairman of Wushu Sub-Committee
Singapore Wushu Dragon and Lion Dance Federation





Information on Selection 2021

How to Participate:

Application and Fee

1. Submit a Registration Form (fully-filled) with endorsement from the Member club. There is no limit on the number of forms submitted nor restriction on the gender of athletes for the Selection.
 - a. The softcopy of registration form(s) (in MS Word format) and the video to be submitted before **24 September 2021** by email to Info@wuzong.com.
 - b. The **Fee** for Registration is **\$38.00(Member) / \$68 (Non-Member)** per Form. Applicants are encouraged to pay the Fee and submit the video in person with a hardcopy of the registration form at the Singapore Wushu Dragon and Lion Dance Federation before **24 September 2021**.

Serialised Numbering of Videos

2. Video can be recorded separately and compiled to one full video for submission. Please follow the numbering of the required movement and submit the compiled video by the registration deadline **24th September, 2021** via email to Info@wuzong.com.
 - a. Athlete to start the recording by stating audibly clearly: "I am [name], [age this year], is participating in the Singapore National Wushu Team open selection", followed by the recording of the required movement sequence.
 - b. Please remove any redundant movements (such as resting) from the video through simple video editing. There should not be accompaniment music or sound effect of sorts.
 - c. Athlete(s) is expected to wear appropriate training attire or standard competitive Wushu costume.
 - d. Please ensure that the recording device is secured steadily to ensure video stability.

Remarks:

1. Athlete(s) must be a Singapore Citizen.
2. The Singapore Wushu Dragon and Lion Dance Federation reserves the right to amend or edit the Rules and Regulations.





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此致新加坡武术龙狮总会会员：

国家青少年队集训队海选活动

这些年来，国际武术套路竞赛规则进行了一系列的修改。修改后的竞赛规则对武术套路运动员科学的选材带来了新的挑战，选材的重要性也越来越突出。现代高水平的武术运动员必须完成复杂的高难度动作，才能在比赛中获得高分。在以往武术运动员选材要求的基础上，现代武术运动员选材需要更加全面的评定预选对象的条件。

为配合国际武术套路竞赛规则进行的一系列改革，更为客观的发现适合从事现代专业武术套路运动的优秀人才加以培养，新加坡武术龙狮总会将举办国家青少年队集训队海选活动。

有鉴于冠病疫情的影响，本次集训队海选将以视频方式及分阶段进行：

第 1 阶段 - 贵团体可以自行推荐身体运动条件好，武术基础较强的运动员参加。人数不限。

第 2 阶段 - 通过**第 1 阶段** 被选中的运动员将受邀到武总进行复试。

第 3 阶段 - 通过**第 2 阶段**被选中的运动员将受邀进行为期三至六个月的集训。在集训结束前，武总将邀请出席率达标（80%）的运动员参加测试。测试被选中的运动员将正式进入新加坡国家青少年武术套路队。

有意派运动员参加 2021 国家青少年队集训队海选活动的武总会员请参阅附上的“海选活动讯息”。

期待大家踊跃派运动员参加国家青少年队集训队海选活动。谢谢。

新加坡武术龙狮总会
武术主任钟佳峰 启



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2021 国家青少年队集训队海选活动讯息

参加办法：

申请与收费

1. 请填写参加海选申请表格。申请选拔人数与性别不限但须获得团体盖章及负责人签名。
 - a. 请将表格(微软 **MS Word Format**) 并于 2021 年 9 月 24 日前电邮至 info@wuzong.com。
 - b. 报名费为新元 38 元(会员) / 68 元(非会员) (每张申请报告/每位运动员)。请贵团体自行打印表格并于 2021 年 9 月 24 日前连同报名费递交新加坡武术龙狮总会。

视频编号

2. 海选采用视频录像方式，按照海选视频动作及要求表内的动作顺序及要求为运动员录制视频。请按照报名表编号顺序为每位运动员录制一份单独的视频并将视频文件于 2021 年 9 月 24 日前电邮至：info@wuzong.com。
 - a. 录制视频时，运动员需先行抱拳礼并清楚报出：“本人 xxx，今年 xxx 岁，参加国家队海选活动”，然后按照测试内容表内的动作顺序及要求开始演练。
 - b. 请将视频中运动员演练时稍作休息的部分剪辑删除，视频不能后期添加配乐与特效等。
 - c. 运动员演练时必须穿武术训练服或比赛服。
 - d. 录制视频时，请尽量保持摄影器材平稳，避免视频晃动模糊。

备注：

1. 运动员必须是新加坡公民。
2. 本会保留权力进行任何更改和修改活动章程及条例。



海选视频动作及要求

视频动作	右竖叉	左竖叉	横叉	正踢腿	侧踢腿	外摆腿	里合腿	腾空飞脚
视频动作要求	1. 侧面拍摄视频 2. 前后腿保持在直线上，双手抱脚，脚尖触碰头。 3. 上半身直立，两臂平举立掌	1. 侧面拍摄视频 2. 前后腿保持在直线上，双手抱脚，脚尖触碰头。 3. 上半身直立，两臂平举立掌	1. 侧面拍摄视频 2. 左右腿在直线，上半身直立，两臂平举立掌。	1. 侧面拍摄视频 2. 左右腿各踢三次。	1. 侧面拍摄视频 2. 左右腿各踢三次	1. 侧面拍摄视频 2. 左右腿各踢三次。	1. 侧面拍摄视频 2. 左右腿各踢三次。	1. 侧面拍摄视频 2. 做两次
测试项目	腾空旋风脚	腾空外摆莲	旋子	侧空翻	自选难度动作	拳术套路前半套	器械套路(前半套)	
视频动作要求	1. 侧面拍摄视频 2. 做两次	1. 侧面拍摄视频 2. 做两次	1. 侧面拍摄视频 2. 做两次	1. 侧面拍摄视频 2. 做两次	运动员可以选做任何自选长拳，南拳，太极拳的难度动作亦可不选做。	选择录制的拳术套路必须是：段位制套路，国际竞赛套路或自选套路。	选择录制的器械套路必须是：段位制套路，国际竞赛套路或自选套路。	

