



IWUF INTERNATIONAL WUSHU COACHES TRAINING COURSE 2024

General Schedule – Taolu

Date	Morning (09:00-12:00)	Afternoon (14:30-17:30)	Evening (18:30-21:30)
27 th June Thursday	Arrival		
28 th June Friday	<ol style="list-style-type: none"> Opening Ceremony Introduction to Wushu 	<ol style="list-style-type: none"> Formulation and Implementation of Training Plan Rehabilitation and Prevention of Sports Injuries 	Watch China National Wushu Taolu Championships
29 th June Saturday	<ol style="list-style-type: none"> Theory and Means of Physical Training Pre-competition Psychological Adjustment 	<ol style="list-style-type: none"> Basic Theory of Changquan, Daoshu, Jianshu, Qiangshu, Gunshu Technical Training of Changquan, Daoshu, Jianshu, Qiangshu, Gunshu 	Watch China National Wushu Taolu Championships
30 th June Sunday	Competition Rules - Group A Officiating	<ol style="list-style-type: none"> Basic Theory of Nanquan, Nandao, Nangun Technical Training of Nanquan, Nandao, Nangun 	Anti-doping Lecture
1 st July Monday	Competition Rules - Group B Officiating	<ol style="list-style-type: none"> Basic Theory of Taijiquan, Taijijian, Taijishan Technical Training of Taijiquan, Taijijian, Taijishan 	Self-study
2 nd July Tuesday	Competition Rules - Group C Officiating	Examination Awarding & Closing Ceremony	Departure
3 rd July Wednesday	Departure		



IWUF INTERNATIONAL WUSHU COACHES TRAINING COURSE 2024

General Schedule – Sanda

Date	Morning (09:00-12:00)	Afternoon (14:30-17:30)	Evening (18:30-21:30)
27 th June Thursday	Arrival		
28 th June Friday	<ol style="list-style-type: none"> Opening Ceremony Introduction to Wushu 	<ol style="list-style-type: none"> Formulation and Implementation of Training Plan Rehabilitation and Prevention of Sports Injuries 	Self-study
29 th June Saturday	<ol style="list-style-type: none"> Theory and Means of Physical Training Pre-race Psychological Adjustment 	Basic Theory of Wushu Sanda	Self-study
30 th June Sunday	Competition Rules and Judging Methods	Technical Training	Anti-doping Lecture
1 st July Monday	Technical Training	Training Load Monitoring and Method	Self-study
2 nd July Tuesday	Technical Training	<ol style="list-style-type: none"> Examination Awarding & Closing Ceremony 	Departure
3 rd July Wednesday	Departure		