



Introduction to Chinese Martial Arts “WUSHU” .

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Introduction:

Darwin used the phrase “Survival of the fittest” to describe how the natural selection worked. Survival of the fittest is commonly interpreted as the “survival of the strongest”. In fact if we search out human history of evolution, we would find that the most significant factor of this period has been human ability of movement which made his existence possible. Searching for food and feeding himself could not have been possible without that. The most dramatic change in the movement can be considered his ability to walk or move on two legs or bipedalism. Bipedalism was a behavioural innovation that led the way to making everything possible for our evolution. It was still the single step in our ancient past that led to the tool-making, brain enlargement, and intelligence that have led to our pre-eminence on the planet today.

In the dawn of the human race, physical fitness was motivated by survival needs. Through hunting and gathering, nomadic journeys, and labouring lifestyles, humans developed fit healthy bodies through daily tasks. Researchers recognize that primitive lifestyles dating required regular physical activity as a component of everyday life beyond just the pursuit of food, water, and shelter. Even the dancing rituals and cultural games of celebrating tribes were physically demanding and contributed to the necessity of a high level of physical fitness as well as being a factor for social acceptance. In essence, physical fitness in primitive cultures was a defining factor of human life.

For hundreds of thousands of years, human relied on hunting for gathering their daily food. Paleolithic people had a close relationship with the world around them, and over a period of time, they came to know what animals to hunt and what plants to eat. They gathered wild nuts, berries, fruits and wild grains and green plants. Around the world they captured and consumed different animals, including buffalo, bison, horses, reindeer and fish.

Can we imagine performing these activities without physical strength and fitness, certainly not? Actually that was the period which founded a strong base of human capabilities and abilities. Everything known about the evolution of human bodies reveals the idea that physical capabilities contribute to the ability to survive since the beginning of time. The more physical fitness one has the more adept he becomes at maneuvering the human form and leads to healthier each physiological system. These combined physical variables provide the greatest opportunity for surviving and thriving. Perhaps this is the reason that physical fitness appeals to something very deep in many people and has thus been correlated in numerous cultures with spiritual and mental development, and is, quite literally a foundation for living that is connected to all we do.

The means and the motivation for fitness have changed dramatically over time. It is however, important to note that from its earliest beginnings to the most current trends and fads, the functional need for a fit body has maintained an integral level of importance for us as humans.

Though the various weapons and other tools definitely have been a great assistance to the survival of human being yet they can't be replaced by the physical strength. Perhaps that has been the major factor which led the foundation of martial art system in different cultures.

Ancient Martial Arts:

While evidence show that martial arts have roots in prehistory, the earliest evidence of systematic training in specific martial arts traditions emerges in antiquity (late 1st millennium BC) in both Asia and Europe. But it was around 4000 B. C. when the first compound bow appeared which was made from more than one piece of wood or of material other than wood. After that we see a continuous use of various weapons and bare hands practices of different types of martial arts in various cultures.

All over the world, there are traditional styles of wrestling, and in some cases also stick fighting, rooted in local culture and folklore. Among the weapons that were used extensively by the Africans, one of the most important was the stick. Stick fighting, which is practiced in many cultures the world over, has especially been practiced in sub-Saharan Africa. In East and Southeast Asia, these are forms such as Korean, Khmer or Mongolian wrestling and Japanese Sumo, in South and Southwest Asia Indo-Persian *Pehlwani*, in Central and Western Asia Turkic (Uzbek, Tatar) styles; in Europe, there are Icelandic, Swiss and various English wrestling traditions. African folk wrestling includes the West African style of *Lutte Traditionnelle*.

While these arts are based on historical traditions of folklore, they are not "historical" in the sense that they reconstruct or preserve a historical system from a specific era. They are rather contemporary regional sports that coexist with the modern forms of martial arts sports as they have developed since the 19th century, often including cross-fertilization between sports and folk styles; thus, the traditional Thai style of *Muay Boran* developed into the modern national sport of *Muay Thai*, which in turn came to be practiced worldwide and contributed significantly to modern hybrid styles like kickboxing and mixed martial arts.

Indian Martial Arts:

The field of Indian martial arts is demonstrably rich and varied. The immense diversity in India's culture has contributed immensely to the great variety and ingenuity in the form, style and practice of the same. Over the years, there has been a revival of the art forms in various regions, and we see a resurgence of the traditional martial arts in the field of self-defence.

The Sanskrit language term for martial arts is 'Dhanur Viddha', derived from the terms *dhanush* meaning 'bow' and *viddha* meaning 'knowledge'. Thus, it literally translates into the science of archery. Since ancient times, martial arts have constantly been referenced in various literary texts, indicating their long course of development and refining.

The history of martial arts can be traced over a greatly extended period of time. Early martial traditions go back to the 2nd millennium BC. The *Agni Purana* is arguably the earliest extant manual of Dhanurviddha which talks about the art of war in five detailed parts. It was duly mentioned in Vedic literature like the *Rig Veda*, *Yajur Veda* and *Atharva Veda*. The tome described how to improve a warrior's individual artistry and kill enemies using various different methods in warfare, whether a warrior went to war in chariots, elephants, horses, or on foot. Numerous references to Indian martial arts are found scattered throughout the Mahabharata. Vivid descriptions of martial artistry are found in the contest between *Arjuna* and *Karna*, who use bows and swords, trees and rocks, and eventually fists

in unarmed battle; and fighters boxing with clenched fists and fighting with kicks, finger strikes, knee strikes and head butts. Other boxing fights are depicted in the Ramayana. Among the various Indian martial arts, *Malla-yuddha* was regarded as prominent in that era. It is a form of combat wrestling codified into four forms which is described in the ancient Indian epics as the fighting style of warriors such as *Bhima*.

Indian martial arts display a great diversity in their form and type, in keeping with the country's rich and varied culture. Each region in India practices its own unique martial arts discipline with great vigour and enthusiasm. Broadly speaking, we can categorise them into the styles of Northern and Southern India. In northern India we see practices like *Pehlwani*, *Gatka* and the *Thang Ta* and *Sarit*. In the south, the most popular martial art forms are *Kalairpayattu*, *Silambam*, *Varma Ati* and *Mallakhamb*. These martial arts have evolved in different eras of India's history, often in response to socio-political situations. The *Gatka*, a Sikh martial art involving sticks, evolved from sword practice in the 19th century British Indian army, and the warriors of the Tamil rebel king *Veerapandi Kattabomman* relied largely on their *Silambam* skills in their rebellion against the British. The various styles range from wrestling techniques like those found in the *Pehlwani*, to a complete martial discipline, like that found in *Kalaripayattu*, originating from Kerala. With the advent of the Mughals, traditional and indigenous styles fused to create the popular *pehlwan* style. There was seen a gradual decline of the traditional Indian art forms during the British era. However, a resurgence of the various regional martial arts came about in the 1920's.

Modern Asian Martial Arts:

The foundation of modern Asian martial arts is likely a blend of early Chinese and Indian martial arts. During the warring states period of Chinese history (480-221 BC) extensive development in martial philosophy and strategy emerged, as described by Sun Tzu in *The Art of War* (350 BC). Legendary accounts link the origin of *Shaolinquan* to the spread of Buddhism from India during the early 5th century AD, with the figure of *Bodhidharma*, to China.

The modern martial arts introduced to the West came from the Eastern beliefs, culture and philosophy such as Taoism and Buddhism. Buddhism emphasizes the role of an individual seeking to attain self-mastery, self-realization, and enlightenment. Taoism seeks the use of certain physical exercises and breathing disciplines to attain similar enlightenment. The martial arts viewed in East Asia. Many people believe that what we today regard as the oriental martial arts have their roots in India, looking at such disciplines as yoga and breathing techniques that originated in India which have great similarity between those and many of the modern martial arts systems. It is so noted that the evolution of karate began over a thousand years ago as early as the 5th and 6th Centuries BC.

Actually if we try to see the whole Asian martial arts scenario, we would find that it was greatly influenced by the spiritual preaching of Buddhism. It is good to say by some extent that Asian martial arts were greatly modified and manifested by Buddhist monks. As Buddhism spread over the large Asian region and Buddhist monks had to travel to remote regions to spread the message of Lord Buddha so they adopted this defence mechanism of martial arts to defend themselves from robbers.

History of Chinese Martial Arts and Wushu

Wushu is the national game of China. It is one of the disciplines of Asian Games and Wushu is on the docket to become an Olympic sport and it was also an exhibition sport in 2008 Beijing Olympic Games. The beginning of Chinese martial arts is really hard to trace. Most probably it all started as tribal skirmishes or battles which, eventually modifies and various techniques were introduced to make it more effective and complex. From these battles, experiences were accumulated and new techniques were discovered which were passed down generation to generation.

Development of weapons definitely gave a sharp edge to these techniques. Different types and shapes of weapons were invented, until eventually metal was discovered. Following the advancement of weapon fabrication, new fighting techniques were created. Different schools and styles originated and tested one another. Many of these schools or styles created their forms by imitating different types of

fighting techniques from animals (tiger, panther, monkey, snake, or bear), birds (eagle, crane, or chicken), or insects (praying mantis). The reason for imitating the animals' fighting was that it was believed that, in order to survive in the harsh natural environment, all the animals still maintained a natural talent and skill for fighting. The best way to learn the fighting techniques was by studying and imitating these animals. For example, the sharp spirit of the eagle was adopted, the pouncing/fighting of the tiger and eagle's strong claws was imitated, and the attacking motions of the crane's beak and wings were copied.

Since the martial techniques first developed in very ancient times, gradually they became part of Chinese culture. The philosophy of these fighting arts and culture has in turn been influenced by other elements of Chinese culture. In all Chinese martial art Shaolin has its own place.

The Shaolin Temple

Shaolin Kung-Fu was created at the Shaolin Temple, Mount *Songshan*, in China. For generations, the techniques and knowledge of Shaolin Kung-Fu were handed down and preserved by guardian warrior-monks known as the *Sangha*. Today, Shaolin Kung-Fu is recognized as an invaluable and unique cultural heritage not only in China but for the whole of humanity. Buddhism travelled to China from Nepal/India during the Eastern Han Ming emperor period (58-76 A.D.). Several hundred years after this, as several emperors became sincere Buddhists; Buddhism became very respected and popular in China. It is estimated that by 500 A.D., there probably existed more than 10 thousand Buddhist temples. In order to absorb more Buddhist philosophy during these five hundred years, some monks were sent to India to study Buddhism and bring back Buddhist classics. Naturally, some Indian monks were also invited to China for preaching.

According to one of the oldest books *Deng Feng County Recording (Deng Feng Xian Zhi)*, a Buddhist monk name *Batuo* came to China for Buddhist preaching in 464 A.D. *Deng Feng* was the county where the Shaolin Temple was eventually located. The Shaolin Temple was built in 495 A.D., by the order of *Wei Xiao Wen* emperor (471-500 A.D.) to give respect to Buddhist monk *Batuo's* preaching. Therefore, *Batuo* can be considered the first chief monk of the Shaolin Temple.

However, the most influential person in this area was the Indian monk whose last name was *Sardili* and who was also known as *Bodhidharma* in India *Da Mo* or *Ta Mo* in Chinese and *Bodai Daruma* or *Daruma* in Japan. He was once the prince of a small tribe in southern India. He was of the Mahayana school of Buddhism, and was considered by many to have been a bodhisattva, or an enlightened being who had renounced nirvana in order to save others. *Bodhidharma's* name stands out amongst all Buddhist enlightened people second only to *Gautama Buddha*. *Bodhidharma* was the 28th patriarch or successor to Buddha. At the end of the of the 5th Century *Bodhidharma* on *Prapyatara's* influence a woman who was enlightened and also initiated him on the path of *Gautama Buddha* travelled from India to China where he is accredited with bringing Zen Buddhism to China. He arrived in China at Canton in 527 AD. From there he travelled to Nanjing where the Imperial Court stayed. He was greeted by the emperor *Liang Wu* who had thousands of scholars translating Buddhist scriptures from Pali into Chinese. The emperor had built thousands of temples and monasteries and donated large amounts of his wealth towards promoting the ideas and philosophies of Buddha. Emperor *Wu* was only promoting these deeds for self-gain in the hope of one day being reborn as a God in Heaven. After a disagreement with *Bodhidharma*, whose idea was not for self-gain; on the 17th October 527 A.C. *Bodhidharma* took sail in the *Yang Tze* river towards North, to the *Song* mountain the home of the *Shao Lin* Monastery. When *Bodhidharma* arrived he saw that the priests were weak and sickly, so he shut himself away to ponder the problem. When he emerged after nine years of self-seclusion and meditation, he wrote two classic books: *Yi Jin Jing (Muscle/ Tendon Changing Classic)* and *Xi Sui Jin (Marrow /Brain Washing)*. The *Yi Jin Jing* taught the priests how to build their *Qi* to an abundant level and use it to improve health and change their physical bodies from weak to strong. After the priests practiced the *Yi Jin Jing* exercises, they found that not only did they improve their health, but they also greatly increased their strength. When this training was integrated into the martial arts forms, it increased the effectiveness of their martial techniques. This

change marked one more step in the growth of the Chinese martial arts: Martial Arts Qigong. Da Mo died in the Shaolin Temple in 536 A.D. and was buried on Xiong Er Mountain. Because the Xi Sui Jing was hard to understand and practice the training methods were passed down secretly to only a few disciples in each generation. The Chinese fighting styles of the five animals emerged with the Kalaprayat aryan style of martial arts, which is known today as Tai Chi Chuan.

During the revolutionary period between the Sui dynasty and the Tang dynasty, in the 4th year of Tang Gao Zu Wu De (621 A.D.), Qin King Li Shi-Ming had a serious battle with Zheng King Wang Shi-Chong. When the situation was urgent for Qin King, 13 Shaolin monks assisted him against Zheng. Later, Li Shi-Ming became the first emperor of the Tang dynasty (618-907 A.D.), and he rewarded the Shaolin Temple with 40 Qing (about 600 acres) of land donated to the temple. He also permitted the Temple to own and train its own soldiers. At that time, in order to protect the wealthy property of the Shaolin Temple from bandits, martial art training was a necessity for the monks. The priest martial artists in the temple were called "monk soldiers" (Seng Bing). Their responsibility, other than studying Buddhism, was training martial arts to protect the property of the Shaolin Temple. For hundreds of years, the Shaolin Temple legally owned its own martial arts training organization, and continued to absorb martial skill from outside the temple into its training system. Later, when Manchuria took over China and became the Qing dynasty, in order to prevent the Han race (pre-Manchurian) Chinese from rebelling against the government, martial arts training was forbidden for a long period of time (1644-1911 A.D.). In order to preserve the arts, Shaolin martial techniques spread to layman society. All martial arts training in the Shaolin Temple was carried out secretly during this time. Moreover, the Shaolin monk soldiers had decreased in number from thousands to only a couple of hundred, all trained secretly.

After 1911, the Qing dynasty fell in a revolution led by Dr. Sun Yat-Sen. At this time, the value of traditional Chinese martial arts was re-evaluated, and the secrets of Chinese martial arts were revealed to the public. From the 1920's to the 1930's, many martial arts books were published. However, this was also the Chinese Civil War period, during which Chiang Kai-Shek tried to unify the country. In 1928, there was a battle in the area of the Shaolin Temple. The Temple was burned for the last time by Warlord Shi You-San's military. The fire lasted for more than 40 days, and all the major buildings were destroyed. The most priceless books and records on martial arts were also burned and lost.

It was also during this period that, in order to preserve Chinese martial arts, President Chiang Kai-Shek ordered the establishment of the Nanking Central Guoshu Institute at Nanking in 1928. For this institute, many famous masters and practitioners were recruited. The traditional name "Wushu" (martial techniques) was renamed "Zhong Guo Wushu" (Chinese martial techniques) or simply "Guoshu" (country techniques). This was the first time in Chinese history that under the government's power, all the different styles of Chinese martial arts sat down and shared knowledge together. Unfortunately, after only three generations, World War II started in 1937 A.D., and all training was discontinued due to the war.

Martial Arts as World Sports:

The mid to late 19th century marks the beginning of the history of martial arts as modern sports developed out of earlier traditional fighting systems. In Europe, this concerns the developments of boxing and fencing as sports. In Japan, the same period marks the formation of the modern forms of judo, jujitsu, karate, and kendo (among others) based on revivals of old schools of Edo period martial arts which had been suppressed during the Meiji Restoration. Modern Muay Thai rules date to the 1920s. In China, the modern history of martial arts begins in the Nanjing decade (1930s) following the foundation of the Central Guoshu Institute in 1928 under the Kuomintang government. Western interest in Asian martial arts arises towards the end of the 19th century, due to the increase in trade between the United States with China and Japan. Relatively few Westerners actually practiced the arts, considering it to be mere performance. Edward William Barton-Wright, a railway engineer who had studied jujitsu while working in Japan during 1894 to 1897, was the first man known to have taught Asian martial arts in Europe. He also founded an eclectic style named 'Bartitsu' which combined jujitsu, judo, boxing, savate and stick

fighting.

Martial arts as a performance of strength and vigour were entered at sports arena since the beginning of ancient Olympics games. In modern Olympics games they were further enhanced and motivated. Fencing and Greco-Roman wrestling was included in the 1896 Summer Olympics. FILA Wrestling World Championships and Boxing at the Summer Olympics were introduced in 1904. The tradition of awarding championship belts in wrestling and boxing can be traced to the Lonsdale Belt, introduced in 1909. The International Boxing Association was established in 1920. World Fencing Championships have been held since 1921. Brazilian Jiu-Jitsu, or Gracie Jiu-Jitsu, is an adaptation of pre-World War II judo developed by the brothers Carlos and Helio Gracie, who restructured the art into a sport with a large focus on groundwork. Jiu-Jitsu gained fame quickly in Brazil because of the popular fights with Capoeira fighters.

As Western influence grew in Asia a greater number of military personnel spent time in China, Japan, and South Korea during World War II and the Korean War and were exposed to local fighting styles. Jujitsu, judo and karate first became popular among the mainstream from the 1950s-60s. Due in part to Asian and Hollywood martial arts movies, most modern American martial arts are either Asian-derived or Asian influenced. The term kickboxing was created by the Japanese boxing promoter Osamu Noguchi for a variant of Muay Thai and Karate that he created in the 1950s. American kickboxing was developed in the 1970s, as a combination of boxing and karate. Taekwondo was developed in the context of the Korean War in the 1950s. The later 1960s and 1970s witnessed an increased media interest in the Chinese fighting systems, influenced by martial artist and Hollywood actor Bruce Lee. Jeet Kune Do, the system he founded, has its roots in Wing Chun, western boxing, savate and fencing. Bruce Lee is credited as one of the first instructors to openly teach Chinese martial arts to Westerners. World Judo Championships have been held since 1956, Judo at the Summer Olympics was introduced in 1964. Karate World Championships were introduced in 1970. During the 1990s Brazilian Jiu-Jitsu became popular and proved to be effective in mixed martial arts.

Wushu as Sports:

Amidst of all these martial arts Wushu has been at its own place. The meaning of Wushu as per Chinese vocabulary is; 'Wu' stands for martial/ war and 'shu' means art. Thus Wushu is a collective of all Chinese martial arts; in some parts of the world it is also known as Kung-Fu. In 1958, the government established the All-China Wushu Association as an umbrella organization to regulate martial arts training. The Chinese State Commission for Physical Culture and Sports took the lead in creating standardized forms for most of the major arts. During this period, a national Wushu system that included standard forms, teaching curriculum, and instructor grading was established. Wushu was introduced at both the high school and university level. In 1979, the State Commission for Physical Culture and Sports created a special task force to teaching and practice of Wushu. Wushu literally means "martial methods". In 1986, the Chinese National Research Institute of Wushu was established as the central authority for the research and administration of Wushu activities in the People's Republic of China. Changing government policies and Master Yanlong Li attitudes towards sports in general lead to the closing of the State Sports Commission (the central sports authority) in 1998. This closure is viewed as an attempt to partially de-politicize organized sports and move Chinese sport policies towards a more market-driven approach. As a result of these changing sociological factors within China, both traditional styles and modern Wushu approaches are being promoted by the Chinese government. The sport of Wushu is both an exhibition and a full-contact sport derived from traditional Chinese martial arts. It was created in the People's Republic of China after 1949, in an attempt to nationalize the practice of traditional Chinese martial arts. Most of the modern competition forms (Taolu) were formed from their parent arts by government-appointed committees. The rest of world recognized Wushu for the first time when Chinese Wushu team gave a demonstration in Berlin Olympics in 1936. Since then it has spread like wild fire across the globe with many International Associations and Championships. Today 119 Associations are working for International Wushu Federation for their countries. "The International Wushu Federation" (IWUF) was set Wushu event which was officially introduced in 1990 Asian games continued as an official event in all the Asian games including 1994 Hiroshima, 1998 Bang-

kok, 2002, Busan and 2006 Doha Asian games. International Wushu Federation has held 10 world Wushu championships in Beijing, China, Malaysia, U.S.A., Italy, Hong Kong, America, Macau and Vietnam. In contemporary times, Wushu has become an international sport through the International Wushu Federation (IWUF), which holds the World Wushu Championships every two years; the first World Championships were held in 1991 in Beijing and won by Yuan Wen Qing. Nowadays Wushu has become a competitive event at International level. Modern Wushu has shifted its emphasis from combat to performance, and it is practiced for its method of achieving health, self-defence skills, mental discipline, recreational pursuit and competition. Wushu is characterized by its dynamic and fluid motions along with its aerial kicks, rolling techniques and weapons.

The main styles of Wushu are:

Bare hands: Changquan (Long fist), Nanquan (Southern Fist), Taijiquan (Taiji Quan)

Short Weapons: Dao (single-edged sword), Jian (double-edged sword), Taijijian (Taiji double-edged sword), Nandao (Southern single-edged sword)

Long Weapons: Gun (Staff), Qiang (Spear), Nangun (Southern Staff) There are Two major categories in Wushu sports viz. Sanda or Sanshou and Taolu which can be described as the two sports events of Wushu.

Sanda (also called San-shou) – The meaning of 'san' is a combination of three fighting techniques viz. kick, punch and throw and 'shou' means art. Thus 'san-shou' is a martial art form which combines three fighting techniques mentioned above. Sanda (sanshou or Lei tai) is a modern fighting method and sport influenced by traditional Chinese boxing, Chinese wrestling methods called Shuai jiao and other Chinese grappling techniques such as Chin Na. It has all the combat aspects of Wushu. Sanda appears much like Kickboxing or Muay Thai, but includes many more grappling techniques. So the Sanshou actually includes free combat style which includes the combination of Kick, Punches, Hold, Push & Throwing techniques under certain conditions and fixed rules. As a sports event Sanshou includes the following competition events.

Competition events of sanda or sanshou:

(a) Sanshou (Senior)

Male: 48Kg, 52 Kg, 56 Kg, 60 Kg, 65 Kg, 70 Kg, 75 Kg, 80 Kg, 85 Kg, 90 Kg, and 90+ Kg.

Female: 45 Kg, 48 Kg, 52 Kg, 56 Kg, 60 Kg, 65 kg, 70 Kg and 70 +kg

(b) Sanshou (Junior)

Boys: 45 Kg, 48Kg, 52 Kg, 56 Kg, 60 Kg, 65 Kg, 70 Kg, 75 Kg,

Girls: 45 Kg, 48 Kg, 52 Kg, 56 Kg, 60 Kg, 65 kg, 70 Kg

(c) Sanshou (Sub Junior)

Boys: 20 Kg, 24 Kg, 28 Kg, 32 Kg, 36 Kg, 40 Kg, 44Kg, 48Kg, 52Kg

Girls: 20 Kg, 24 Kg, 28 Kg, 32 Kg, 36 Kg, 40 Kg, 44Kg, 48Kg, 52Kg

Taolu – The meaning of 'Taolu' is routine exercises just like the floor exercises in Gymnastic. Taolu involve martial art patterns and manoeuvres for which competitors are judged and given points according to specific rules. The forms comprise basic movements (stances, kicks, punches, balances, jumps, sweeps and throws) based on aggregate categories traditional Chinese martial art style and can be changed for competitions to highlight one's strengths. Competitive forms have time limits that can range from 1 minute and 20 seconds for some external styles to over five minutes for internal styles. Modern Wushu competitors are increasingly training in aerial techniques such as 540 and 720 degree jumps and kicks to add more difficulty and style to their forms. In these routine there are three major categories

1. Changquan (Long range boxing) – The core of Changquan / Long Fist was developed in the 10th century by Zhao Kuangyin, founding Emperor of the Song Dynasty (960–1279). His style was called Taizu Changquan, which means "the Long Fist style of Emperor Taizu." In semi-legendary "classic" writings transmitted by Taijiquan's Yang family, their martial art is referred to by the name

Changquan in one of the received texts. These texts can only be reliably dated to the second half of the 19th century. Changquan is the most widely-seen of the Wushu forms, and includes speed, power, accuracy, and flexibility. Changquan is difficult to perform, requiring great flexibility and athleticism, and is often practiced from a young age. The forms of the Long Fist style emphasize fully extended kicks and striking techniques, and by appearance would be considered a long-range fighting system. In some Long Fist styles the motto is that "the best defence is a strong offense," in which case the practitioner launches a preemptive attack so aggressive that the opponent doesn't have the opportunity to attack. Others emphasize defence over offense, noting that nearly all techniques in Long Fist forms are counters to attacks. Long Fist uses large, extended, circular movements to improve overall body mobility in the muscles, tendons, and joints. Advanced Long Fist techniques include qin na joint-locking techniques and shuai jiao throws and takedowns.

2. Nanquan (Southern style boxing) – This technique is known for vigorous, athletic movements with very stable, low stances and intricate hand movements. This Wushu form is a modern style derived from movements of these and other traditional southern styles. Nanquan typically requires less flexibility and has fewer acrobatics than Changquan, but it also requires greater leg stability and power generation through leg and hip coordination. This event was created in 1960. Signature hand techniques of Nanquan are the consecutive downward strikes of the left and right fist called Gua Gai Quan and consecutive upper cut while driving forward called Paoquan. There are relatively few kicks in. Nanquan also has its own contemporary weapons - the southern broad sword (Nandao) and southern staff (Nangun), which were included in the International Wushu competition in 1999. In 2003, the International Wushu Federation (IWUF) changed the rules of contemporary Nanquan to make jumping techniques mandatory in Nanquan routines. Jump kicks spinning in mid-air between 360 and 720 degrees before touching the ground are now used in all Nanquan forms along with Stationary Back Flip and Single Step Back Tuck for advanced competitors.

3. Taijiquan or commonly known as Tai Chi (Shadow boxing) - is a Wushu style famous for slow, relaxed movements, often seen as an exercise method for the elderly, and sometimes known as "Tai chi" in Western countries to those otherwise unfamiliar with Wushu. This Wushu form is a modern recompilation based on the Yang style of Taijiquan, but also including movements of the Chen, Wu, and Sun styles. The philosophy of Tai Chi Chuan is that, if one uses hardness to resist violent force, then both sides are certain to be injured at least to some degree. Such injury, according to tai chi theory, is a natural consequence of meeting brute force with brute force. Instead, students are taught not to directly fight or resist an incoming force, but to meet it in softness and follow its motion while remaining in physical contact until the incoming force of attack exhausts itself or can be safely redirected. In the 11th Asian Games of 1990, Wushu was included as an item for competition for the first time with the 42-Form being chosen to represent tai chi.

In these all categories an athlete has to demonstrate different attacking and defensive movements in limited arena of 14x8 meters and within a limited time period with or without weapons. On the basis of his performance the judges give the score out of ten points. The competition events in male and female categories are as follows:

Competition events of Taolu: (One bare-hand & one apparatus routine) for all age group	
Male	Female
Nanquan and Nandao or Nangun	Nanquan and Nandao or Nangun
Changquan and Daoshu or Gunshu	Changquan and Daoshu or Gunshu
Taijiquan and Taijijian	Taijiquan and Taijijian
Changquan, Jianshu or Qiangshu	Changquan, Jianshu or Qiangshu
Dual Event	Dual Event

Wushu in India:

Wushu first came to India in 1989 with the formation of the "Wushu Association of India" (WAI) by the sincere efforts made by Late Sri Anand Kacker the founder General secretary of the Wushu Association of India, with a view to spread Wushu as a popular sport amongst the masses. WAI organized the first national Wushu championship in 1989 in Lucknow and since then nineteen Senior National Wushu championships has been conducted. The Indian Wushu Team has reg-

ularly been participating in International Championship since 1989. The Ministry of HRD, Government of India, officially recognized WAI in 1993. WAI also got a provisional affiliation from the 'Indian Olympic association' in January 2004. The Sports authority of India (SAI) has started a year diploma course and six week certificate course in Wushu sports coaching. Wushu was included in the School national games & Assam national games 2006 as a regular discipline. The sport has bagged lots of medals (Gold, Silver and Bronze) in various International meets.

Conclusion:

All Wushu sports events require a great amount of fitness and optimal level of health to perform and achieve excellence in the competition. This is the reason all Wushu training programme lay stress to achieve the maximum health as well as motor fitness level. Health related fitness components are the fundamental fitness components to assess if one is physically fit, examples of health related fitness components comprise of body composition, cardiovascular endurance, muscular strength, muscular endurance and flexibility.

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