



## Cangzhou Qunying International Guo Shu Cup 2022 Traditional and Shaolin Kung Fu Division

The competition will be based on individual competitors. Each competitor may compete in a maximum of two individual categories : hand form, short weapon or long weapon. You may choose any combination of two. The Duida will be open to all competitors who wish to compete.

The competitors are divided by age (will be checked) and gender:

Males 10 - 16

Females 10 - 16

Males 17+

Females 17+

Males 40+

Females 40+

Each form must NOT be longer than 1 minute and 10 seconds.

The cost of this competition is 25,- euro for the first category and 10,- euro's for each category added.

Please remember all forms played must be traditional forms and be played with traditional weapons. The weapons must be rigid and not flexible like modern weapons (WILL BE CHECKED)

It is important to us that the competitors take into account the kind of forms they play. Please do not play a modern wushu form or a form that has modern elements added to it. This can only lead to disappointment on the part of the participant.

Registration deadline is 23<sup>th</sup> October 2022. Our medals need to be ordered from China so please honor this deadline!

Thank you. Schools should transfer the total competition costs of their students to:

NL 61 INGB 000 807 2232 Liu He Men Stichting Amsterdam

**Note: All funds must be transferred via bank, we will not accept cash at the door.**

