 

**Cangzhou Qunying International Guo Shu Cup**

**Sunday 21 of May 2023 Modern Wushu** **Division**

**A) Taolu Junior (age up to12, boys and girls)**

1. Intermediate routines.
2. 1st- 3d set of IWUF compulsory Routines

**B) Taolu Juniors (age 13 - 15)**

1.Intermediate routines.

2.1st- 3d set of IWUF compulsory Routines:

**C) Taolu Adult Category (16+ years)**

1. Intermediate routines.
2. 1st- 3d set of IWUF compulsory Routines:
3. Optional Routines (with no difficulty degrees).

# D) Taiji (All ages)

# 1. Optional form

# 2. IWUF classical Chenstyle

# 3. IWUF classical Yang style

# 4. IWUF 3rd Generation

# 5. Taiji 42

# 6. Taiji Jian 32-42-Iwuf Classicals and 3RD Generation.

# Note: participants in any age group are only allowed to compete in 2 disciplines!

1. Fist form
2. Short weapon or long weapon

Male and female will compete together only if there are less than 3 participants in a category!

In Taiji divisions will be separated in male and female only in less than 3 participants or less in Style divisions will be put together.

People competing in the Modern Wushu Division may not compete in the Traditional Kung Fu Division and visa versa.

**Cost:** (no cash at the door, all funds by bank)

€ 25,- for one category € 35,- for two categories .
 **Registration deadline is the 7 of May 2023.**

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.**



Liu He Men Stichting Lizzy Ansinghstraat 88 1072 RD Amsterdam Nederland LiuHeMen.nl

GuoShuCup@LiuHeMen.nl