

**Organised by the Hong Kong, China Wushu Union (HKWU)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Wushu**  
**Prospectus**

Type of Activity Key Information	Sport Demonstration (Taolu)	Outreach Coaching Programme		
		Non-School Team Training		
		Elementary Course	Intermediate Course	Advanced Course
Target Participants	Primary and secondary school students			
Outline	<p>Introduction to the development of Wushu in Hong Kong</p> <p>Brief introduction to taolu, elaboration on basic movements, movement demonstration and play-in session</p>	<p>The course outline is designed according to Level 1 to Level 5 of HKWU's Youth Wushu Badges Award Scheme. The contents are as follows:</p> <p>Stage 1: Hand forms, stances, hand techniques, leg techniques (1) and elementary Changquan taolu 1 (1<sup>st</sup> and 2<sup>nd</sup> segments);</p> <p>Stage 2: Leg techniques (2), practice on movement combinations, Wubuquan, revision on elementary Changquan taolu 1 (1<sup>st</sup> and 2<sup>nd</sup> segments);</p> <p>Stage 3: Practice on 5 types of stance combinations, elementary Changquan taolu 1 (3<sup>rd</sup> and 4<sup>th</sup> segments);</p> <p>Stage 4: Revision on elementary Changquan taolu 1 (3<sup>rd</sup> and 4<sup>th</sup> segments), consolidation practice on stances and Wubuquan.</p>	<p>This is the continuation training of the elementary course. Participants must have completed the elementary course. The course outline is designed according to Level 6 to Level 7 of HKWU's Youth Wushu Badges Award Scheme. The contents are as follows:</p> <p>Stage 5: Revision on contents and movement combinations of stage 1 to stage 4, practice on leg techniques and jumping, elementary Nanquan (1<sup>st</sup> and 2<sup>nd</sup> segments);</p> <p>Stage 6: Revision on contents of stage 5, practice on movements for run-up, and revision on elementary Nanquan (1<sup>st</sup> and 2<sup>nd</sup> segments);</p>	<p>Participants must complete/have completed the elementary and intermediate courses or the introductory course of the school Wushu club organised by HKWU. The course outline is designed according to Level 8 to Level 9 of HKWU's Youth Wushu Badges Award Scheme. The contents are as follows:</p> <p>Stage 1: Revision on contents of stage 1 to stage 4 of the elementary course, elementary Jianshu (1<sup>st</sup> and 2<sup>nd</sup> segments);</p> <p>Stage 2: Revision on stages 5 to 8, contents of the intermediate course, leg techniques for jumping movements (1) and revision on elementary Jianshu (1<sup>st</sup> and 2<sup>nd</sup> segments);</p> <p>Stage 3: Revision on leg techniques for jumping, movements (1), leg techniques for</p>

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		Non-School Team Training		
		Elementary Course	Intermediate Course	Advanced Course
		(The elementary course comprises 4 stages with 24 lessons in total. The course lasts for about 1 academic year)	Stage 7: Revision on movement combinations, practice on leg techniques, jumping and movements for run-up, steps; elementary Nanquan and 4 <sup>th</sup> segments);  Stage 8: Consolidation practice on movement combinations, leg techniques and jumping; practice on movements for run-up, and revision on elementary Nanquan.  (The intermediate course comprises 4 stages with 24 lessons in total. The course lasts for about 1 academic year)	jumping movements (2), elementary Jianshu (3 <sup>rd</sup> and 4 <sup>th</sup> segments) brief introduction to 8 form Tai Ji Quan;  Stage 4: Consolidation of leg techniques for jumping movements (1) and (2), consolidation of elementary Jianshu (3 <sup>rd</sup> and 4 <sup>th</sup> segments), and basic practice on 8 form Tai Ji Quan  (The advanced course 4 stages with 24 lessons in total. The course lasts for about 1 academic year)
Venue	Covered playground or School hall (with an area of not less than a basketball court)			
Fee	\$380 per session	\$1,200 per course		\$1,500 per course
Equipment to be provided by the school	Not applicable	Not applicable		15 to 20 bamboo swords ( <i>shinai</i> )
Duration	2 hours per session	Each course comprises 6 lessons, 1.5 hours per lesson each (9 hours in total)		
Estimated No. of Participants per Session /Course	40	35		20
Proposed Time of Activity	Monday to Sunday: 9 am to 6 pm			

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Skill Assessment	Not applicable	Badges Award Scheme (See Points to Note 4)		
Enrolment Form	Sport Demonstration Enrolment Form (P.188-189)	Outreach Coaching Programme Enrolment Form (P.206-207)		
How to Enrol	Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.			
Points to Note	<ol style="list-style-type: none"><li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li><li>2. Participants should wear proper sportswear and sports shoes.</li><li>3. To enable participants to complete the training systematically, schools are advised to arrange participants to attend the elementary, intermediate and advanced courses in a continuous manner.</li><li>4. Upon completion of Wushu training under the Outreach Coaching Programme, coaches will assess participants according to the required standards of Youth Wushu Badges Award Scheme (Level 1 to Level 9) set by the NSA. Those who wish to enrol for the Youth Wushu Assessment Day organised by the NSA at their own cost for the badges should contact their coaches or NSA directly. For details, please visit <a href="https://www.lcsd.gov.hk/en/ssp/badges.html">https://www.lcsd.gov.hk/en/ssp/badges.html</a>.</li><li>5. Priority will be given to schools which have participated in Wushu training under the Outreach Coaching Programme to take part in the “Outreach Coaching Wushu Competition 2025”. Details will be announced later.</li><li>6. If the NSA has arranged a coach for a school and the school eventually requests the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$210 per Sport Demonstration, \$420 per training course under the Outreach Coaching Programme) and refund the balance to the school.</li><li>7. If the NSA/LCSD fails to arrange the activity, the cheque submitted will be returned to the school.</li></ol>			
Enquiry Phone No./Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>			