

**SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS:PATIALA**

**ONLINE COACH EDUCATION PROGRAMME – SYLLABUS
WUSHU**

Sr. no.	Topics	Contents
1.	Taolu scoring criteria	<ul style="list-style-type: none"> • Quality of movement • Degree of difficulty • Overall performance
2.	Teaching principle	<ul style="list-style-type: none"> • Learning take place through activity • Uniformity and differentiation • Planned and systematic teaching • Clarity in teaching • Unity of education and performance development • Optimum difficulty of teaching • Stability of teaching • Harmony with other subjects area • Continues feedback from the students
3.	Wushu sanshou competition rules and regulation.	<ul style="list-style-type: none"> • Competition method • Prohibited method • Valid scoring area • Prohibited striking area • Scoring criteria • No point awarded • Foul and penalties • Personal fouls • Technical fouls
4.	Hand form and hand techniques of taolu	<ul style="list-style-type: none"> • Quan • Zhang • Gou • Huzhao • Arm circling • Figure of eight • Elbow strike

		<ul style="list-style-type: none"> • Stamping • Downward strike with fist one after another • Uppercut
5.	Leg techniques of taolu	Developmental process of different leg techniques <ul style="list-style-type: none"> • Front toe kick • Front heel kick • Side stretching kick • Outward to inward kick • Inward to outward kick • Front stretching kick • Oblique kick
6.	Developmental process of Taolu basic stances	<ul style="list-style-type: none"> • Mabu • Gongbu • Xubu • Pubu • Qilongbu • Diebu
7.	Development of taolu jumps basic to advance	<ul style="list-style-type: none"> • Front jump snap kick • Whirlwind • Lotus • Back flip • Cartwheel
8.	Competition area	<ul style="list-style-type: none"> • Sanda • Taolu
9.	General Fitness test for wushu	<ul style="list-style-type: none"> • 30 meter run for Speed • Boom range test for agility • Medicine ball throw for upper extremities • Standing broad jump for lower extremities • Stick drop test for reaction ability • 400, 600, 800 meter running for sub junior, junior and senior
10.	Compulsory movements of taolu events	<ul style="list-style-type: none"> • Changquan • Jianshu • Qiangshu