

Sport Terminology

Terminologie du sport

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Term	Definition
Wushu	A traditional sport which originated in China, also known as "Chinese Kungfu" in films. Today's wushu falls into two categories: competitive wushu and traditional wushu. Competitive wushu includes two disciplines, taolu and sanda. Taolu emphasizes performance while sanda focuses on combat.
Taolu	A wushu form that includes competitive taolu and traditional taolu. Competitive taolu mainly consists of changquan, nanquan and taijiquan, with performances evaluated on the basis of quality of movements, overall performance and degree of difficulty. Traditional taolu features 129 distinctive forms, each with its own style and approach to attack and defence.
Changquan	A modernised style based on several traditional hand forms. Its techniques include Four Strikes, Eight Methods and Twelve Forms. Changquan is characterised by relaxed and expansive postures, quick and powerful movements and a clear, rhythmic flow.
Gunshu	A long apparatus routine. Major techniques include sweeping, chopping and cloud waving. It requires the use of both the handle and the tip with the power extending to the tip. Characterised by bold, fast and dynamic movements, the cudgel can strike across a wide area.
Taijiquan	A traditional hand form rooted in the philosophical concepts such as taiji and the balance between yin and yang. It features mild, slow and circular movements combining softness and strength. Taijiquan can cultivate one’s mind and build up the body, as well as be applied in attack and defence. It has been inscribed on the Representative List of the Intangible Cultural Heritage of Humanity.
Taijishan	A short apparatus routine in taijiquan, known for its dynamic variations. Blending strength with softness, the opening and closing of the fan showcase its graceful yet powerful style. It is a fitness sport that is also pleasant to watch.

Note:
For further information please consult: http://www.iwuf.org

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