



2025 年亞洲武術培訓班  
2025 ASIAN WUSHU TRAINING COURSE  
參加細則 | REGULATIONS

中國吉林  
2025 年 6 月 27 日至 7 月 3 日

## 聯合主辦 | Co-Organizer

國際武術聯合會及亞洲武術聯合會

International Wushu Federation (IWUF) and Wushu Federation of Asia (WFA)

## 承辦單位 | Host

中國武術協會

Chinese Wushu Association (CWA)

## 培訓班日期 | Course Date

2025 年 6 月 27 日至 7 月 3 日

June 27 – July 3, 2025

## 目的 | Purpose

本次培訓班，旨在提升亞洲地區武術裁判員及教練員專業知識水平，通過系統培訓，使參加培訓人員深入了解掌握國際武聯 2024 年版本的武術套路、散打競賽規則與裁判法，全面提高亞洲地區裁判員、教練員的執裁和執教能力。

This training course aims to enhance the professional knowledge and skills of Wushu judges and coaches in the Asian region. Through systematic training, participants will develop a thorough understanding of the 2024 edition of the IWUF Wushu Taolu and Wushu Sanda competition rules and judging methods, thereby significantly improving their officiating and coaching capabilities throughout the region.

## 對象 | Target

亞洲武術聯合會會員協會所指派的運動員、教練員及裁判員

Athletes, coaches and judges assigned by WFA Members

## 課程分類 | Course Division

- 武術套路教練員班 | Wushu Taolu Coaches Course
- 武術套路裁判員班 | Wushu Taolu Judges Course
- 武術散打教練員班 | Wushu Sanda Coaches Course
- 武術散打裁判員班 | Wushu Sanda Judges Course

## 地點 | Location

中國吉林省松原市

Songyuan, Jilin Province, China

## 導師 | Instructor

聘請中國專家授課，擬定陳國榮、林小美、呂韶鈞、劉志鋼、黃建剛、高楚蘭、代林彬、蔡仲林、趙斌、李傑、蘇健蛟、仲叢陽等。

Professional instructors from China, tentative instructors: Chen Guorong, Lin Xiaomei, Lu Shaojun, Liu Zhigang, Huang Jiangan, Gao Chulan, Dai Linbin, Cai Zhonglin, Zhao Bin, Li Jie, Su Jianjiao, Zhong Congyang, etc.

## 參加辦法 | Application Method

- 已繳交亞洲武術聯合會 2024-2025 年度會費的會員協會均可報名參加。  
Member associations that have paid the 2024-2025 WFA annual membership fee are eligible to enroll.
- 正在申請加入亞武聯協會，在其入會申請經亞武聯批准後，方可報名參加。  
Associations that are in the process of applying to join the WFA may enroll after their application for membership has been approved by the WFA.
- 各會員單位報名學員人數和性別不限。  
No limit to the number of participants and gender that each member association can enroll.

## 報名日期 | Application Period

於 2025 年 5 月 22 日 23:59 (北京時間) 截止。

Deadline due on May 22, 2024, at 23:59 (Beijing time).

## 報名要求 | Application Requirements

- 須在截止報名日前繳納全部費用。  
All fees must be paid before the application deadline.
- 各隊列印報名表一份，留做隊伍報到憑證。  
Each team should print out one copy of the application form as proof of registration.
- 參加培訓學員需由亞武聯會員協會通過線上報名系統提交資料。報名資料包括：  
Participants need to submit their application by WFA Member Associations through online registration system. The application materials include:

- 報名表 | Application form ;
  - 免冠照片 | Photo ;
  - 身份證 / 護照副本 | Identity card or passport copy ;
  - 人身意外保險 | Life insurance ;
  - 健康證明 | Health Certificate °
- \* 線上報名系統信息稍後公佈。
- \* The information of online registration system will be announced later.

### 費用 | Fees

- 單人間 | Single room USD1,080.00 ( 每人六晚 | Six nights per person )
- 雙人間 | Double room USD900.00 ( 每人六晚 | Six nights per person )

\*包含住宿、膳食、訓練、證書、大會統一組織的活動、交通和宴會等費用。

The fees cover accommodation, meals, training, certification, activities organized by the conference, transportation, banquets, and other related expenses.

\*無法通過國際銀行轉帳支付費用的隊伍必須提前通知亞洲武術聯合會及組委會，在獲得批准後，必須在報到時全額支付費用。

\*Teams unable to pay by international bank transfer must inform both WFA and the Organizing Committee in advance, and with approval, payment must be paid in full upon arrival registration.

### 匯款 | Bank Transfer

銀行名稱：中國建設銀行松原分行營業部

Bank Name: China Construction Bank Songyuan Branch Business Department

銀行地址及電話號碼：松原市寧江區文化路

Bank Address: Wenhua Road, Ningjiang District, Songyuan City

銀行電話 | Bank Telephone : +86 4386821220

國際匯款代碼 | BIC/ SWIFT : PCBCCNBJHLJ

賬戶名稱：松原市文化廣播電視和旅游局

Account Name: Songyuan City Bureau of Culture, Radio, Television, and Tourism

賬戶號碼 | Account No. : 22050167363600001200

地址：松原市松原大路 2799 號

Address: 2799 Songyuan Avenue, Songyuan City

聯絡人：王欣元

Contact person: Wang Xinyuan

電話號碼 | Telephone : +86 18643859900

電郵地址 | Email : 287680532@qq.com

## 報到 | Arrival

接送口岸：吉林長春龍嘉國際機場（CGQ）及吉林松原查干湖機場（YSQ）。

Pick-up and drop-off ports: Jilin Changchun Longjia International Airport (CGQ) and Jilin Songyuan Chaganhu Airport (YSQ).

請各隊伍於 2025 年 6 月 27 日報到。

Teams are required to arrive on June 27, 2025.

需要接送的隊伍，請於 2024 年 6 月 5 日 23:59（北京時間）日前，務必將抵達的日期和時間、航班或車次及人數，以傳真或電子郵件告知組委會，以便接待。

For teams requiring transportation, please be sure to inform the Organizing Committee of your arrival date and time, flight number, and number of people before June 5, 2025, at 23:59 (Beijing time). This information is necessary for our reception arrangements.

## 其他 | Others

學員需自行預備訓練服。於培訓期間，所有所需器材將由主辦方統一提供。對於其他未盡事宜，將另行通知。

Participants are required to prepare their own training attire. During the training period, all necessary equipment will be provided by the organizer. For any matters not covered here, further notifications will be issued.

## 查詢 | Inquiry

亞洲武術聯合會（秘書處）

Wushu Federation of Asia (Secretariat)

地址：澳門塔石體育館 B2 層 B225 室

Address: Tap Seac Stadium, B2 Floor, Room B225, Macao

電話 | Phone : +853 2878 9106

傳真 | Fax : +853 2853 0685

郵箱 | E-mail : secretariat@wfa-asia.org

2025 亞洲武術培訓班組織委員會

Organizing Committee of the 2025 Asian Wushu Training Course

地址： 中國吉林省長春市南關區自由大路 2692 號

( 吉林省體育局乒乓球曲棍球籃球武術運動管理中心 )

Address: No. 2692 Ziyou Dalu, Nanguan District, Changchun City, Jilin Province, China

(Table Tennis, Hockey, Basketball and Wushu Sports Management Center of Jilin Provincial Sports Bureau)

電話 | Telephone : +86 43189622681

傳真 | Fax : +86 43185697991

郵箱 | E-mail : pqlwzx@163.com

## 武術套路教練員班日程

### Schedule for Wushu Taolu Coaches Course

日期 Date	套路教練員 Taolu Coaches
27/06/2025	報到 Arrival
28/06/2025 上午 Morning	開班儀式 Opening ceremony 武術基礎理論 Basic theory of Wushu
下午 Afternoon	競賽規程與裁判法 ( B 組評分 ) Competition Rules and Judging Methods (Group B)
晚上 Night	長拳類項目技術訓練 Technical training on Changquan types
29/06/2025 上午 Morning	競賽規程與裁判法 ( A 組評分 ) Competition Rules and Judging Methods (Group A)
下午 Afternoon	南拳類項目技術訓練 Technical training on Nangquan types
30/06/2025 上午 Morning	競賽規程與裁判法 ( C 組評分 ) Competition Rules and Judging Methods (Group C)
下午 Afternoon	太極拳類項目技術訓練 Technical training on Taijiquan types
晚上 Night	長拳類、南拳類及太極拳類項目基礎理論 Basic theories on Changquan, Nanquan and Taijiquan types of event
01/07/2025 上午 Morning	體能訓練實操 Physical training practices 運動損傷與預防實操 Sports injury and prevention practices
下午 Afternoon	比賽心理調節 Competition psychological adjustment 反興奮劑講座 Anti-doping seminar
02/07/2025 上午 Morning	技術考試 Technical exam
下午 Afternoon	結業禮 Closing ceremony
03/07/2025	離會 Departure
	第一屆武術套路及第二屆武術散打亞洲杯報到 Registration for the 1 <sup>st</sup> Wushu Taolu and the 2 <sup>nd</sup> Wushu Sanda Asian Cup

## 武術套路裁判員班日程

### Schedule for Wushu Taolu Judges Course

日期 Date	套路裁判員 Taolu Judges
27/06/2025	報到 Arrival
28/06/2025 上午 Morning	開班儀式 Opening ceremony 武術基礎理論 Basic theory of Wushu
下午 Afternoon	競賽規程與裁判法 ( B 組評分 ) Competition Rules and Judging Methods (Group B)
晚上 Night	錄像評分實操 ( B 組評分 ) Video judging (Group B)
29/06/2025 上午 Morning	競賽規程與裁判法 ( A 組評分 ) Competition Rules and Judging Methods (Group A)
下午 Afternoon	錄像評分實操 ( A 組評分 ) Video judging (Group A)
30/06/2025 上午 Morning	競賽規程與裁判法 ( C 組評分 ) Competition Rules and Judging Methods (Group C)
下午 Afternoon	錄像評分實操 ( C 組評分 ) Video judging (Group C)
01/07/2025 上午 Morning	複習備考 Review and prepare for exams
下午 Afternoon	理論考試 Theory exam
02/07/2025 上午 Morning	錄像評分考試 Practical examination - Video judging
下午 Afternoon	結業禮 Closing ceremony
	第一屆武術套路亞洲杯報到 Registration for the 1 <sup>st</sup> Wushu Taolu Asian Cup
03/07/2025	離會 Departure
	第一屆武術套路亞洲杯裁判員學習 Judges refresher course for the 1 <sup>st</sup> Wushu Taolu Asian Cup



## 武術散打教練員日程

### Schedule for Wushu Sanda Coaches Training Course

日期 Date	散打教練員 Sanda Coaches
27/06/2025	報到 Arrival
28/06/2025 上午 Morning	開班儀式 Opening ceremony 武術基礎理論 Basic theory of Wushu
下午 Afternoon	武術散打訓練計畫制定與實施 Wushu Sanda training plan formulation and implementation
29/06/2025 上午 Morning	武術散打競賽規則與裁判法 Wushu Sanda competition rules and judging method
下午 Afternoon	武術散打技術專項訓練 Specialized training in Wushu Sanda techniques
30/06/2025 上午 Morning	訓練負荷監控與方法 Training load monitoring and methods
下午 Afternoon	武術散打技術專項訓練 Specialized training in Wushu Sanda techniques
晚上 Night	武術散打技術專項訓練 Specialized training in Wushu Sanda techniques
01/07/2025 上午 Morning	體能訓練實操 Physical training practice 運動傷害復健與預防實操 Sports injury rehabilitation and prevention
下午 Afternoon	比賽心理調節 Psychological adjustment for competition 反興奮劑講座 Anti-doping seminar
02/07/2025 上午 Morning	理論、技術考試 Theoretical and technical examinations
下午 Afternoon	結業禮 Closing ceremony
03/07/2025	離會 Departure
	第一屆武術套路及第二屆武術散打亞洲杯報到 Registration for the 1 <sup>st</sup> Wushu Taolu and the 2 <sup>nd</sup> Wushu Sanda Asian Cup

## 武術散打裁判員日程

### Schedule for Wushu Sanda Judges Training Course

日期 Date	散打裁判員 Sanda Judges
27/06/2025	報到 Arrival
28/06/2025 上午 Morning	開班儀式 Opening ceremony 武術基礎理論 Basic theory of Wushu
下午 Afternoon	武術散打競賽規則與裁判法 Wushu Sanda competition rules and refereeing methods
29/06/2025 上午 Morning	台上裁判員基本要求與裁判方法 Basic requirements for platform referees and judging
下午 Afternoon	台上裁判口令與手勢練習 Practice of platform referee commands and gestures
30/06/2025 上午 Morning	邊裁判員基本要求與裁判方法 Basic requirements and judging methods for sideline judges
下午 Afternoon	錄影評分實操 Video judging
01/07/2025 上午 Morning	複習備考 Review and prepare for exams
下午 Afternoon	理論考試 Theory exam
02/07/2025 上午 Morning	台上裁判口令與手勢考試 Platform judges commands and gestures exam 錄影評分考試 Practical examination -Video judging
下午 Afternoon	結業禮 Closing ceremony
	第二屆武術散打亞洲杯報到 Registration for the 2 <sup>nd</sup> Wushu Sanda Asian Cup
03/07/2025	離會 Departure
	第二屆武術散打亞洲杯裁判員學習 Judges refresher course for the 2 <sup>nd</sup> Wushu Sanda Asian Cup