



WUSHU SMART LAB

COACHING

SEMINAR

6-8 AUGUST 2021 DROHOBYCH-UKRAINE



REGULATIONS

ENGLISH VERSION

01 GENERAL INFORMATIONS

Wushu Smart Lab Coaching Seminar

Seminar Objectives

- Improve the technical standard of wushu coaches;
- Popularization of wushu;
- Provide tools to schools to attract students;
- Implementation of scientific methodology within wushu.

OGANISERS

Main organizer: Wushu Smart Lab
Local organizer: Lviv Regional Wushu Federation

DATE AND PLACE

Date: 6 - 8 august 2021.

Theoretical course: (to be appointed later)

Practical course: (to be appointed later)

ELIGIBILITY OF PARTICIPANTS

Any person from any country, city or club who is involved in wushu, kungfu may participate in the seminar.

ENTRIES

Final Entries

All final entries must be submitted through the WSL Online Registration. All sections of the online entry must be completed in full. Each participant must print a copy of the WAIVER OF LIABILITIES submitted and present it upon arrival and registration for the relevant seminar.

The deadline for the final entry to be submitted is: 24:00 (Paris Time) on July 30th, 2021

WSL Online Registration URL:

<https://forms.gle/2NMSRCF4vEyQ5fWE6>

CONTACT

Main organizer:
Email: wushusmartlab@gmail.com
Tel: +33 643 688 998
Local organizer:
Email: osotrykhina@gmail.com
Tel: +380509686470

ARRIVAL & REGISTRATION

All participants are required to arrive at the designated location by their own means and register with the local organizers no later than: 9:30 (Kiev Time) on August 6th, 2021 (you can get detailed information on local transport from local organizer.)

Upon arrival, all participants are required to pay the relevant participation fees in full in the event that they have not already paid online on our website.

Travel between the hotel and the place of the course must be carried out by the participant himself. The city of Angers is very small and it's very easy to get around.

CERTIFICATION

Every participant will receive a participation certificate from Wushu Smart Lab.

FINANCIAL CONDITIONS

The international airfare and related travel expenses, as well as accommodation/participation fees of all participants shall be borne by the participants themselves.

Seminar Fees: 190 euros

Accommodation (Our suggestions):

For booking accommodation and meals, you can contact the local organizer.



NOTE:

We suggest you several options that are in the vicinity of the seminar. We are not responsible for your accommodation, difficulties, disputes that you may have at the hotel.

Accompanying persons will not be permitted to attend seminar lectures and training sessions and will not be issued teaching materials and participation certificates.

Payment Methods

Participants are required to pay all their relevant participation fees in total in Euros to the organizing committee upon arrival.

Online payment is possible as well as cash payment on arrival.

OTHER MATTERS

All participants are required to abide by the conditions stipulated by the WSL and the organizing committee.

The WSL reserves the right to deny participation in the course to those participants who fail to complete the registration. All costs related to this shall be borne by the participants.

All participants must have with them: sports shoes (for practicing wushu) and comfortable sportswear. The seminars will be conducted in accordance with local laws regarding COVID-19. All participants are required to wear relevant masks provided by themselves.

02 GENERAL PROGRAM

Wushu Smart Lab Coaching Seminar



Theory :

- How to attract more practitioners to your school
- How to retain your practitioners
- How and why to assess your practitioners
- Competition as a development tool for your school
- Training structure and components at Wushu Smart Lab
- The basic principles of training

Practical Pedagogy :

- 4 warm-up models : theory and practice
- How to teach and make the practice of basic exercises more motivating
- How to teach basic combinations and how to adapt them to different age groups

- How to teach martial applications to different age groups
- How to teach sparring gradually and in a safe environment
- How to develop basic motor skills in children ages 4-6 using Wushu
- How to approach physical preparation with children aged 7 to 8
- How to organize effective physical preparation with children aged 9 to 15
- How to optimize strength and conditioning with adolescents & adults
- 4 Cool down models: theory and practice.

03 SCHEDULE OF THE SEMINAR

Wushu Smart Lab Coaching Seminar

FRIDAY AUGUST 6TH	
MORNING (REGISTRATION)	AFTERNOON (THEORY)
9h00 : Registration	14h00 : Start of the 2nd training session
10h00 : Start of the 1st training session	Theme 3 The basic principles of Wushu Training
Theme 1 : Wushu Development Analysis	Theme 4 Wushu Warm ups basic principles
Theme 2 : Training structure and components	Theme 5 How to attract and retain your practitioners
12h00 : Opening Ceremony Coaching Seminar	Theme 6 How and why to assess your practitioners
12h30 : Lunch	Theme 7 Competition as a development tool for your school
	19h00 : End of the session
SATURDAY AUGUST 7TH	
MORNING (PRACTICAL PEDAGOGY)	AFTERNOON (PRACTICAL PEDAGOGY)
9h00 : Start of the 3rd training session	14h00 : Start of the 4th training session
Theme 8 warm-up model N ° 1: theory and practice	Theme 13 warm-up model N ° 2: theory and practice
Theme 9 How to teach and make the practice of basic exercises more motivating	Theme 14 How to teach basic combinations and how to adapt them to different age groups
Theme 10 How to develop basic motor skills in children ages 4-6 using Wushu	Theme 15 How to approach physical preparation with children aged 7 to 8
Theme 11 Cool down model N ° 1: theory and practice	Theme 16 Cool down model N ° 2: theory and practice
Theme 12 Discussion and answer to questions	Theme 17 Discussion and answer to questions
12h00 : Lunch	19h00 : End of the training session
SUNDAY AUGUST 8TH	
MORNING (PRACTICAL PEDAGOGY)	AFTERNOON (PRACTICAL PEDAGOGY)
9h00 : Start of the 5th training session	14h00 : Start of the 6th training session
Theme 18 Warm-up model N ° 3: theory and practice	Theme 23 Warm-up model N ° 4 : theory and practice
Theme 19 How to teach martial applications to different age groups	Theme 24 How to teach sparring gradually and in a safe environment
Theme 20 How to organize effective physical preparation with children aged 9 to 15	Theme 25 How to optimize strength and conditioning with adolescents & adults
Theme 21 Cool down model N ° 3: theory and practice	Theme 26 Cool down model N ° 4 : theory and practice
Theme 22 Discussion and answer to questions	17h30 : End of the seminar
12h00 : Lunch	

WAIVER OF LIABILITIES

Participant's Name :

Date of Birth :
D D M M Y Y Y Y

Gender : Male Female

I hereby discharge the members of the bureau of Wushu Smart Lab, and Lviv Regional Wushu Federation for All of any responsibility during the seminar for the and coaches which will take place in Drohobych, Ukraine from August 6 to 8, 2021.

I renounce to assert any claim, of any nature whatsoever, with Wushu Smart Lab and the Lviv Regional Wushu Federation. This concerns in particular cases of accident, injury, theft, damage to personal property or others occurring during my participation in the training sessions referred to above.

I acknowledge having read the rules of the seminar and I accept them without any conditions. I am informed that it is my responsibility to personally take out health / accident and civil liability insurance.

I agree to be excluded from the seminar without any financial compensation if I show a lack of respect towards the organizers or other participants also cause disturbances during the seminar.

I also provide financial guarantee in the event of voluntary degradation that I may cause during these sessions.

The refusal to sign this disclaimer or the non-presentation thereof, reserves the right to Wushu Smart Lab and the Lviv Regional Wushu Federation to exclude my participation in the seminar.

Date :

Signature :

PHOTO & VIDEO IMAGES CONSENT FORM

Participant's Name :

Date of Birth :
D D M M Y Y Y Y

Gender : Male Female

At Wushu Smart Lab and Lviv Regional Wushu Federation, photos and video images may be taken and used for display, promotional purposes and as a coaching aid during the seminar which will take place in Drohobych, Ukraine from August 6 to 8, 2021.

In accordance with our Welfare Policy and Photographic & Video Images Policy we will not permit photographs or video images of our students to be taken without their written consent.

To be completed by the participant :

- I give permission for my photograph to be used within Wushu Smart Lab and AKWA for display purposes
- I give permission for my photograph to be used within other printed publications
- I give permission for my photograph to be used on Wushu Smart Lab's website
- I give permission to be videoed for use on the Wushu Smart Lab website and youtube page
- I give permission for my photograph to be used on the Wushu Smart Lab's social media pages
- I give permission to be videoed for use on the Wushu Smart Lab social media pages
- I give permission for my photograph to be used as a coaching aid by Wushu Smart Lab
- I give permission for videos to be used as a coaching aid by Wushu Smart Lab

All permissions must be given to Wushu Smart lab and the Lviv Regional Wushu Federation in order to participate in our seminar which will take place in Drohobych, Ukraine from August 6 to 8, 2021.

Date :

Signature :