

## **The Selection criteria for the National Coaching camp or for Foreign Exposure Training /Competition.**

The Selection trial is being held in 02 phases, firstly to shortlist the National campers or best probable's for the NCC. The national medallists of the current National championship are invited through state units for the participation moreover In case if any outstanding player due to exam or any exigency, didn't participate in the national championship, or the player is of international stature, he will be allowed to take part in the selection trial provided his state unit has sought permission from the President or Chairman of the selection committee.

secondly, the selection trial take place to shortlist the National team amongst the national campers, who are already in the National wushu coaching for the participation for the international events. The Technical committee has formulated 02 tests for the selection trial, which the player has to undergo for the selection in the NCC or Indian team.

The players has to undergo Physical and Specific test. In Physical test, player has to go through JMG test, Chin Ups, 800 Meter Run. In JMG Test the player performs three exercises for 1Minute each (A total of 3 Minutes) Tunnel Jump, Sit Ups & Jumping from one side to other of a 30 cm bench. In Specific test, he has to undergo sparring with other competitors of same weight. In sanda and Taolu has to perform his Solo event either bare hand or with weapons.

### **The Selection committee members for the NCC/Foreign exposure training or competition**

<b>1. President of WAI</b>	<b>Chairman</b>
<b>2. National Chief Coach of India</b>	<b>Member</b>
<b>3. National Awardee</b>	<b>Member</b>
<b>4. International Player</b>	<b>Member</b>
<b>5. International Judge (sanda/Taolu)</b>	<b>Member</b>
<b>6. Observer from SAI</b>	<b>Member</b>

#### **Note:**

**Wushu Association of India invites ITO's and NTO for the conduct of the Selection trial as per the IWUF Norms.**