

Capital Wing Chun Tournament 2025



Information Package

October 18, 2025

Ottawa, Ontario

Welcome to the second annual Capital Wing Chun Tournament hosted by Sunny Tang Kung Fu Ottawa!

The goal of this tournament is to promote the art of Wing Chun and to create a platform for professional network development and experience exchange for all lineages and families of the art. Our objective is to create an opportunity for open and like-minded individuals to gather together and celebrate in the art of Wing Chun. We hope that through opportunities like this, athletes of all ages and skill level will continue to motivate and develop their kung fu, helping to grow Wing Chun further in our country.

GENERAL – INFORMATION AND RULES

ORGANIZERS:

Sunny Tang Kung Fu Ottawa

Email: sunnytangottawa@gmail.com

Phone #: 613-250-9560

DATE AND TIME:

October 18, 2025

Doors will open at 9:00am.

Tournament will begin at 9:30am.

COMPETITION VENUE:

Tony Graham Recreation Complex, Hall A

100 Charlie Rogers Pl, Kanata, ON K2V 1A2

SUGGESTED ACCOMODATIONS:

Comfort Inn West Kanata - 222 Hearst Way, Kanata ON K2L 3Z2

Rate: \$149/night 2 Double beds, free parking, breakfast included

book online: <https://www.choicehotels.com/reservations/groups/GK57L1>

or phone (613) 592-2200

Group Name: Wingchun – Martial Arts

Group Number: GK57L1

Rooms must be booked before Friday September 19, 2025.

PARITICIPATION ELIGIBILITY AND DEADLINES

Any participants of any age and lineage are welcome to join. We ask that each participating school provide a minimum of one judge for the competition. If this is not possible, please speak to Sifu Colin directly. Coaches must register their athletes prior to **September 15, 2024**.

Registration forms shall be sent to: sunnytangottawa@gmail.com

REGISTRATION FEES:

\$50 for the first event, additional \$5 for each subsequent events per individual. Event tickets can be purchased online at wushucanada.com.

EVENTS:

Each athlete may participate in a maximum of one (1) open hand form appropriate to the athlete's skill level, three (3) apparatus and one (1) co-operative partner demonstration. Each event will be divided according to age group and/or gender. The organizing committee reserves the right to combine categories as appropriate.

Age Brackets Assigned						
Group A: Under the age of 8 (born on or after January 1, 2016)						
Group B: Ages 8 to 10 (born between January 1, 2014 and December 31, 2017)						
Group C: Ages 11 to 14 (born between January 1, 2010 and December 31, 2013)						
Group D: Ages 15 to 17 (born between January 1, 2007 and December 31, 2009)						
Group E: Ages 18+ (Born on or before December 31, 2006)						
Code	Event	Age Bracket Selection				
WC1	Siu Lim Tao	A	B	C	D	E
WC2	Chum Kiu	A	B	C	D	E
WC3	Biu Ji	-	B	C	D	E
WC4	Luk Dim Boon Gun (6 ½ Point Staff)	A	B	C	D	E
WC5	Bah Cham Dao (Butterfly Swords)	-	B	C	D	E
WC6	Muk Yan Jong (Wooden Dummy)	-	B	C	D	E
CS1	Chi Sau	A	B	C	D	E
SD1	Children's Self Defence	A	B	C	-	-

COMPETITION RULES AND JUDGING:

The competition will be judged according to the International Traditional Wushu Competition Rules, 2019 Edition (IWUF, 2019). Competition Rules interpretation is at the organizers' discretion.

Forms:

There will be a maximum time limit of 3 minutes with a 0.1 deduction of 10secs or less and a 0.2 deduction for 11secs or more. Each competitor may only compete in one (1) empty hand form. This form should be appropriate to the individual skill level (i.e seniors should not be competing in Siu Lim Tao).

Athletes are to provide and bring their own weapons. Weapons will be inspected by the Chief Judge prior to the start of the competitors forms. Knives must be metal with no live edges. Poles must be a minimum length equal to the height of the competitor. Any deviation is a 0.1 deduction from the final score.

Chi Sau

A co-operative event, performed and judged as a pair. Competitors are to enter as a team. Team members must be in the same age category.

The competition area is a 200cm x 200cm raised platform. Competitors must stay on the platform. Any step off the platform is a 0.1 deduction. There is a time limit from 1 minute to 90 seconds. The time starts when hands touch. There will be a warning whistle at the 1 minute mark.

Each competitor must both attack and defend, showcasing good Wing Chun techniques. The goal is to have good continuous flow and contact with the partner. Points will be deducted for any significant disruption. The use of all rolling positions will score higher.

The event will be scored like forms, with competitors receiving an overall score based on their performance. Because competitors are a team, they will share the same score.

Children's Self Defence Demonstration

A co-operative event, performed by the competitor and one assistant (attacker). The assistant does not receive a score. If the assistant wishes to compete, they may enter the event separately.

Athletes will demonstrate three (3) choreographed self defence techniques and combinations using Wing Chun principles and techniques. The goal is to showcase various Wing Chun defence against different types of attacks. Judges will evaluate performance based on effectiveness of the techniques, level of difficulty, control, realism and use of Wing Chun principles.

Draw lots will be done by computer prior to the competition.

A mandatory judges meeting will be required for all participating judges prior to competition day.

PLACING AND AWARDS

Athletes shall be awarded Gold, Silver or Bronze medals in the top 3 placings.

ARBITRATION

The organizing committee will establish an Arbitration Committee for the purpose of resolving any competition disputes. Prior to the completion of the whole competition, the participant or coach must inform the Chief Judge that they wish to file a complaint. A \$100 (non-refundable) fee in cash and a written complaint must be submitted to the Arbitration Committee within 30 minutes commencing the completion of the event. Decisions made by the Arbitration Committee will be considered final.

CODE OF CONDUCT

First and foremost, utmost respect amongst all athletes competing against each other. Coaches should lead by example and advise their athletes regardless of the outcome. Participants must always respect

themselves, their fellow competitors, coaches and most importantly the judges. The behaviors of the athletes are a direct reflection of the coach and it is the responsibility of the coach to ensure that athletes conduct themselves in a responsible and respectful manner to all bodies within the competition. If a coach, participant and/or spectator does not adhere to any of the said above and displays a nonconductive manner of sportsmanship, it will be the right of the organizing committee to have the coach, participant and/or spectator suspended and/or removed from the premises.

IMPORTANT NOTICES:

In the case of emergency or unexpected accidents, the Competition Organizer has the right to cease the competition. There will be no refunds of fees paid.

We look forward to welcoming you in Ottawa!