



ONLINE WUSHU CLASSROOM

IWUF

1-150TH SCHEDULE

INTERNATIONAL WUSHU FEDERATION



The 1 st Week: Online Wushu Courses 第 1 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
1	2020/5/15	Taiji Basic Stances 太极拳桩法要领	Jack Chang LOH 罗梓畅	http://www.iwuf.org/video/jack-chang-loh-taiji-basic-stances	http://www.iwuf.org/video/jack-chang-loh-taiji-basic-stances/?lang=zh-hans	https://youtu.be/BJI2gVeskXo
2	2020/5/16	Taiji Exercise at Home (Primary Version) 居家太极初级版	Dong ZHU 朱东	http://www.iwuf.org/video/dong-zhu-taiji-exercise-at-home-primary-version/	http://www.iwuf.org/video/dong-zhu-taiji-exercise-at-home-primary-version/?lang=zh-hans	https://youtu.be/BJI2gVeskXo
3	2020/5/17	Taiji Basic Stance Movements 太极拳桩法动作	Jack Chang LOH 罗梓畅	http://www.iwuf.org/video/jack-chang-loh-taiji-basic-stance-movements/	http://www.iwuf.org/video/jack-chang-loh-taiji-basic-stance-movements/?lang=zh-hans	https://youtu.be/rI2EIC2qg-k
4	2020/5/18	Eight Form Taiji-1 八式太极拳	Junfa WANG 王俊法	http://www.iwuf.org/video/junfa-wang-eight-form-taiji-1/	http://www.iwuf.org/video/junfa-wang-eight-form-taiji-1/?lang=zh-hans	https://youtu.be/tVEzF9KZUEQ
5	2020/5/19	Eight Form Taiji-2 八式太极拳	Junfa WANG 王俊法	http://www.iwuf.org/video/mr-junfa-wang-eight-form-taiji-2/	http://www.iwuf.org/video/mr-junfa-wang-eight-form-taiji-2/?lang=zh-hans	https://youtu.be/_avuqOiLkKQ
6	2020/5/20	Taiji and Health 太极与健康	Jianhui LAI 赖剑慧	http://www.iwuf.org/video/jianhui-lai-taiji-and-health/	http://www.iwuf.org/video/jianhui-lai-taiji-and-health/?lang=zh-hans	https://youtu.be/Lmk6Yh70sd4
7	2020/5/21	Taiji Exercise at Home (Intermediate Version) 居家太极中级版	Dong ZHU 朱东	http://www.iwuf.org/video/dong-zhu-taiji-exercise-at-home-intermediate-version/	http://www.iwuf.org/video/dong-zhu-taiji-exercise-at-home-intermediate-version/?lang=zh-hans	https://youtu.be/xXurhRq6wcM
The 2 nd Week: Online Wushu Courses 第 2 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
8	2020/6/1	How to Make Wushu More Attractive	Dong ZHU 朱东	http://www.iwuf.org/video/dong-zhu-how-to-make-wushu-more-attractive-to-children/	http://www.iwuf.org/video/how-to-make-wushu-more-attractive-to-children/?lang=zh-hans	https://youtu.be/dkSQDRsfgKM





		to Children 如何让武术 更加吸引青 少年少儿武 术				
9	2020/ 6/2	Changquan -Gong Bu Training 长拳弓步训 练	Joint Reasearc h Group from Prof. Dong ZHU (Shangha i Universit y of Sport)	http://www.iwuf.org/video/40932/	http://www.iwuf.org/video/40932/?lang=zh-hans	https://youtu.be/5jiUnOnKcBQ
10	2020/ 6/3	Changquan -Ma Bu Training 长拳马步训 练	Prof. Marc THEEBOO M (Vrije Universit eit Brussel, Belgium) ; Nassim BERRICHI (Wushu Coach, France) 上海体育 学院朱东 教授、比 利时布鲁 塞尔自由 大学马克 教授联合 课题组； 法国武术 教练纳西 姆·贝里 奇	http://www.iwuf.org/video/changquan-ma-bu-training/	http://www.iwuf.org/video/changquan-ma-bu-training/?lang=zh-hans	https://youtu.be/k8Fkc8NzKgA
11	2020/ 6/4	Wu Bu Quan for Children-1 少儿五步拳- 1	Zhonghu aWuhun 中华武魂	http://www.iwuf.org/video/wu-bu-quan-for-children-1/	http://www.iwuf.org/video/wu-bu-quan-for-children-1/?lang=zh-hans	https://youtu.be/1V13wQHgndk
12	2020/ 6/5	Selected Classical Movements of Sun Style Taijiquan 孙式太极拳 经典动作教 学节选	Haoying DU 杜昊滢	http://www.iwuf.org/video/haoying-du-selected-classical-movements-of-sun-style-taijiquan/	http://www.iwuf.org/video/haoying-du-selected-classical-movements-of-sun-style-taijiquan/?lang=zh-hans	https://youtu.be/HrpF19IDbm8
13	2020/ 6/6	Wushu Basic	Dong ZHU	http://www.iwuf.org/video/zhu-dong-wushu-basic-	http://www.iwuf.org/video/zhu-dong-wushu-basic-	https://youtu.be/Hn7AVwnQF-Q





		Training Methods 武术基本功 训练方法	朱东	training-methods	training-methods/?lang=zh-hans	
14	2020/6/7	Elementary Actions and Skills of Baguazhang-1 八卦掌基础功法-1	Tao MENG 孟涛	http://www.iwuf.org/video/meng-tao-elementary-actions-and-skills-of-baguazhang-1/	http://www.iwuf.org/video/mengtao-baguazhang/?lang=zh-hans	https://youtu.be/_5PGcxaoE4
The 3rd Week: Online Wushu Courses 第 3 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
15	2020/6/8	Essentials of Taijiquan: Learn to Engage Your Waist 太极拳要领之-腰为主宰	Jianhui LAI 赖剑慧	http://www.iwuf.org/video/jianhui-lai-essentials-of-taijiquan-learn-to-engage-your-waist	http://www.iwuf.org/video/jianhui-lai-essentials-of-taijiquan-learn-to-engage-your-waist/?lang=zh-hans	https://youtu.be/v59E1KM3uil
16	2020/6/9	Elementary Actions and Skills of Baguazhang-2 八卦掌基础功法-2	Tao MENG 孟涛	http://www.iwuf.org/video/tao-meng-elementary-actions-and-skills-of-baguazhang-2/	http://www.iwuf.org/video/tao-meng-elementary-actions-and-skills-of-baguazhang-2/?lang=zh-hans	https://youtu.be/xkQyW5xV6xQ
17	2020/6/10	Selected Classical Movements of Wu Style Taijiquan 吴式太极拳经典动作教学节选	Biyong LIANG 梁壁滢	http://www.iwuf.org/video/biyong-liang-selected-classical-movements-of-wu-style-taijiquan/	http://www.iwuf.org/video/biyong-liang-selected-classical-movements-of-wu-style-taijiquan/?lang=zh-hans	https://www.youtube.com/watch?v=OJBXkJtrKQ4
18	2020/6/11	Selected Classical Movements of Wu (Hao) Style Taijiquan 武式太极拳经典动作教学节选	Qianxin RAN 冉千鑫	http://www.iwuf.org/video/wu-hao-style-taijiquan/	http://www.iwuf.org/video/wu-hao-style-taijiquan/?lang=zh-hans	https://youtu.be/peMmEq6PCdo
19	2020/6/12	Foundation Movements of Traditional Yang Style	Alice Bei DONG 董蓓	http://www.iwuf.org/video/41026/	http://www.iwuf.org/video/41026/?lang=zh-hans	https://youtu.be/867Zj86sG-8





		Taijiquan-1 传统杨氏太极拳基础动作-1				
20	2020/6/13	Foundation Movements of Traditional Yang Style Taijiquan-2 传统杨氏太极拳基础动作-2	Alice Bei DONG 董蓓	http://www.iwuf.org/video/alice-bei-dong-foundation-movements-of-traditional-yang-style-taijiquan-2	http://www.iwuf.org/video/alice-bei-dong-foundation-movements-of-traditional-yang-style-taijiquan-2/?lang=zh-hans	https://youtu.be/ffzcLJJaU8g
21	2020/6/14	Taiji Ball Techniques and Workout 太极球基本技巧与练习	Mohammadreza POURGHOLAMINE JAD 穆罕默德·普拉迈尔内贾德	http://www.iwuf.org/video/mohammad-reza-pourgholami-nejad-taiji-ball-techniques-and-workout/	http://www.iwuf.org/video/mohammad-reza-pourgholami-nejad-taiji-ball-techniques-and-workout/?lang=zh-hans	https://youtu.be/veeVV6iEY0
The 4th Week: Online Wushu Courses 第4期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
22	2020/6/15	Essentials of Taijiquan: Understand and Differentiate Emptiness and Solidness 太极拳要领之-虚实分明	Jianhui LAI 赖剑慧	http://www.iwuf.org/video/jianhui-lai-essentials-of-taijiquan-understand-and-differentiate-emptiness-and-solidness	http://www.iwuf.org/video/jianhui-lai-essentials-of-taijiquan-understand-and-differentiate-emptiness-and-solidness/?lang=zh-hans	https://youtu.be/1KTpJYViINE
23	2020/6/17	Chen Style Taijiquan-Technique and Application 陈式太极拳技术动作及应用	Michal Ignatowicz 米好	http://www.iwuf.org/video/michal-ignatowicz-chen-style-taijiquan-technique-and-application/	http://www.iwuf.org/video/michal-ignatowicz-chen-style-taijiquan-technique-and-application/?lang=zh-hans	https://youtu.be/KBSkVI9E8Y
24	2020/6/19	Traditional Nanquan-Long Xing Quan (Dragon Form) Teaching Excerpts 传统南拳-龙	Jianming LI 李剑鸣	http://www.iwuf.org/video/jianming-li-traditional-nanquan-long-xing-quan-dragon-form-teaching-excerpts	http://www.iwuf.org/video/jianming-li-traditional-nanquan-long-xing-quan-dragon-form-teaching-excerpts/?lang=zh-hans	https://youtu.be/xaOtcvLu0Q8





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The 5th Week: Online Wushu Courses 第 5 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
25	2020/ 6/22	Basic Movements of Traditional Chen Style Taijiquan 传统陈式太极拳基础动作	Petar DRAGOE V 彼得·德拉戈夫			
26	2020/ 6/23	Wushu into Movie Industry: Application of Wushu Techniques in Movies 武术与电影：武术技术动作在电影中的应用	Myroslav a MALA 迈罗斯瓦拉·米拉	http://www.iwuf.org/video/wushu-into-movie-industry	http://www.iwuf.org/video/wushu-into-movie-industry/?lang=zh-hans	https://youtu.be/4qoHBLTmU3k
27	2020/ 6/28	Wing Chun Kune (Yongchun Quan), Siu Nim Tau & Simple Techniques in the Combat 咏春拳小念头及实战中的基本技术动作	Kung Shing LAU 刘功成	http://www.iwuf.org/video/kung-shing-lau-wing-chun-kune-yongchun-quan-siu-nim-tau-simple-techniques-in-the-combat/	http://www.iwuf.org/video/kung-shing-lau-wing-chun-kune-yongchun-quan-siu-nim-tau-simple-techniques-in-the-combat/?lang=zh-hans	https://www.youtube.com/watch?v=uA3CD34TR5g
The 6th Week: Online Wushu Courses 第 6 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
28	2020/ 6/29	Wing Chun Kune (Yongchun Quan) Chi Sau	Kung Shing LAU 刘功成	http://www.iwuf.org/video/kung-shing-lau-wing-chun-kune-yongchun-quan-chi-sau/	http://www.iwuf.org/video/kung-shing-lau-wing-chun-kune-yongchun-quan-chi-sau/?lang=zh-hans	https://youtu.be/9ZprmEBu3g4





		咏春拳稿手				
29	2020/7/1	Traditional Nanquan-Hu He Shung Xing Quan (Tiger-Crane Paired Form Fist)Teaching Excerpts 传统南拳-虎鹤双形拳教学节选	Jielong WU 吴杰龙	http://www.iwuf.org/video/hu-he-shung-xing-quan-tiger-crane	http://www.iwuf.org/video/hu-he-shung-xing-quan-tiger-crane/?lang=zh-hans	https://youtu.be/htO4il1t-Ow
30	2020/7/2	Ten Principles of Wushu: How Wushu Athletes Show It to Judges 武术十大要：武术运动员怎样将其展现给裁判	Haojun ZHUO 卓豪君	http://www.iwuf.org/video/ten-principles-of-wushu/	http://www.iwuf.org/video/ten-principles-of-wushu/?lang=zh-hans	https://youtu.be/TwwNt-tUfoU
The 7th Week: Online Wushu Courses 第 7 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
31	2020/7/6	Basic Skills of Sanda and Their Application in Competition 散打运动的基本技法及在比赛中的使用和防御	Motaz Rady Ismael Abed El. Salam 莫塔斯·雷迪	http://www.iwuf.org/video/motaz-rady-basic-skills-of-sanda	http://www.iwuf.org/video/motaz-rady-basic-skills-of-sanda/?lang=zh-hans	https://youtu.be/Fl2yboq3_LM
32	2020/7/8	Xingyiquan Basic Techniques Teaching Excerpts 传统形意拳基本功教学节选	Baolin HU 胡宝林	http://www.iwuf.org/video/hubaolin-xingyiquan	http://www.iwuf.org/video/hubaolin-xingyiquan/?lang=zh-hans	https://youtu.be/Fl2yboq3_LM





33	2020/7/10	Using Biomechanics to Improve Performance in Competitive Wushu 如何用生物力学来提高竞技武术表现	Léo Benouaich 莱奥·贝努阿希	http://www.iwuf.org/video/leo-benouaich-using-biomechanics-to-improve-performance/	http://www.iwuf.org/video/benouaich-using-biomechanics-to-improve-performance/?lang=zh-hans	https://youtu.be/MbYDyJKWeWE
The 8th Week: Online Wushu Courses 第 8 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
34	2020/7/13	Tongbiquan Basic Techniques Teaching Excerpts 通臂拳基本功教学节选	Junjie SHA 沙俊杰	http://www.iwuf.org/video/mr-junjie-sha-tongbiquan-wuxing-palms-basic-techniques	http://www.iwuf.org/video/mr-junjie-sha-tongbiquan-wuxing-palms-basic-techniques/?lang=zh-hans	https://youtu.be/5Gv-b_gn1yc
35	2020/7/15	Introduction of Changquan and Basic Movements Training 长拳简介与基本动作练习	Xiaohong DU 杜晓红	http://www.iwuf.org/video/ms-xiaohong-du-introduction-of-changquan-and-basic-movement-training/	http://www.iwuf.org/video/ms-xiaohong-du-introduction-of-changquan-and-basic-movement-training/?lang=zh-hans	https://youtu.be/A6wBT5lshEM
36	2020/7/17	Techniques That Turn You from a Loser to a Winner In Competitions 赛场上使你转败为胜的散打技巧	Motaz Rady Ismael Abed El. Salam 莫塔斯·雷迪	http://www.iwuf.org/video/sanda-techniques-that-turn-you-from-a-loser-to-a-winner-in-competitions	http://www.iwuf.org/video/sanda-techniques-that-turn-you-from-a-loser-to-a-winner-in-competitions/?lang=zh-hans	https://youtu.be/oB1CIUYKD8k
The 9th Week: Online Wushu Courses 第 9 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
37	2020/7/20	Yang Style Taijiquan	Qianxin RAN	http://www.iwuf.org/video/ms-qianxin-ran-yang-	http://www.iwuf.org/video/ms-qianxin-ran-yang-style-	https://youtu.be/YG8B_nUBUto





		Teaching Excerpts 杨式太极拳 教学节选	冉千鑫	style-taijiquan-teaching-excerpts	taijiquan-teaching-excerpts/?lang=zh-hans	
38	2020/7/22	Baguazhang Basic Techniques - Ba Zi Gong 八卦掌基础教学之八字功	Bin LI 李斌	http://www.iwuf.org/video/bin-li-baguazhang-basic-techniques-ba-zi-gong/	http://www.iwuf.org/video/bin-li-baguazhang-basic-techniques-ba-zi-gong/?lang=zh-hans	https://youtu.be/2e6A1uis5GA
39	2020/7/24	Basic Skills of Sanda & Their Application in Competitions Part 2 散打运动的基本技法及在比赛中的应用-2	Motaz Rady Ismael Abed El. Salam 莫塔斯·雷迪	http://www.iwuf.org/video/basic-skills-of-sanda-their-application-in-competitions-part-2	http://www.iwuf.org/video/basic-skills-of-sanda-their-application-in-competitions-part-2/?lang=zh-hans	https://v.qq.com/x/page/f3123kwfuet.html
The 10th Week: Online Wushu Courses 第 10 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
40	2020/7/27	Chen Style Taijiquan Teaching Excerpts 陈式太极拳教学节选	Weijie CHEN 陈伟杰	http://www.iwuf.org/video/mr-weijie-chen-chen-style-taijiquan-teaching-excerpts	http://www.iwuf.org/video/mr-weijie-chen-chen-style-taijiquan-teaching-excerpts/?lang=zh-hans	https://youtu.be/22PwMC-EhD8
41	2020/7/29	Baguazhang Foundational Practice-8 Fixed Eight Palms 八卦掌基础八式定掌	Yanwu HAN 韩燕武	http://www.iwuf.org/video/mr-yanwu-han-baguazhang-foundational-practice-fixed-eight-palms	http://www.iwuf.org/video/mr-yanwu-han-baguazhang-foundational-practice-fixed-eight-palms/?lang=zh-hans	https://youtu.be/Y4d_LpwQuw
	2020/7/31 延期	Sanda Competition Rules that Athletes & Coaches Need to Know 运动员和教练员需要了	Mohammadreza POURGHOLAMINE JAD 穆罕默德·普拉迈尔内贾德	http://www.iwuf.org/video/sanda-competition-rules-that-athletes-coaches-need-to-know-part-1/	http://www.iwuf.org/video/sanda-competition-rules-that-athletes-coaches-need-to-know-part-1/?lang=zh-hans	https://www.youtube.com/live/BMK_NqQNMAA?feature=shared





		解的散打比赛规则				
The 11st Week: Online Wushu Courses 第 11 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
42	2020/ 8/4	Sanda Basic Technique - Standing Posture 散打基本技术之实战姿势	Hongxin KONG 孔洪星	http://www.iwuf.org/video/mr-hongxing-kong-sanda-basic-technique-standing-posture/	http://www.iwuf.org/video/mr-hongxing-kong-sanda-basic-technique-standing-posture/?lang=zh-hans	https://youtu.be/0bUmsyVIJVA
43	2020/ 8/5	Wu Style Taijiquan 13 Forms 吴式太极拳十三式教学	Wei LIU 刘伟			
44	2020/ 8/7	Sanda Competition Rules that Athletes & Coaches Need to Know 运动员和教练员需要了解散打比赛规则-1	Mohammedza POURGH OLAMINE JAD 穆罕默德·普拉迈尔内贾德	http://www.iwuf.org/video/sanda-competition-rules-that-athletes-coaches-need-to-know-part-1	http://www.iwuf.org/video/sanda-competition-rules-that-athletes-coaches-need-to-know-part-1/?lang=zh-hans	https://www.youtube.com/watch?v=IlmCNIFpC2k
The 12nd Week: Online Wushu Courses 第 12 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
45	2020/ 8/11	Sanda Basic Technique - Step Basics 散打基本技术之基本步法	Hongxin KONG 孔洪星	http://www.iwuf.org/video/sanda-basic-technique-step-basics/	http://www.iwuf.org/video/sanda-basic-technique-step-basics/?lang=zh-hans	https://www.youtube.com/watch?v=REeVbLeN8e0
46	2020/ 8/12	Changquan for Beginners	Zengjiao JIAN 简增蛟	http://www.iwuf.org/video/mr-zengjiao-jian-changquan-for-beginners-	http://www.iwuf.org/video/mr-zengjiao-jian-changquan-for-beginners-	https://www.youtube.com/watch?v=IlmCNIFpC2k





		(Part 1) 长拳初级套 路-1		part-1	part-1/?lang=zh-hans	
47	2020/ 8/14	Sanda Competitio n Rules that Athletes & Coaches Need to Know (Part 2) 运动员和教 练员需要了 解的散打比 赛规则-2	Mohamm adreza POURGH OLAMINE JAD 穆罕默 德·普拉 迈尔内贾 德	http://www.iwuf.org/video/mr-mohammadreza-pourgholaminejad-sanda-competition-rules-that-athletes-coaches-need-to-know-part-2	http://www.iwuf.org/video/mr-mohammadreza-pourgholaminejad-sanda-competition-rules-that-athletes-coaches-need-to-know-part-2/?lang=zh-hans	https://youtu.be/u606HTvgGb8
The 13rd Week: Online Wushu Courses 第 13 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
48	2020/ 8/18	Sanda Basic Technique - Fist Basics 散打基本技 术之基本拳 法	Hongxin KONG 孔洪星	http://www.iwuf.org/video/mr-hongxing-kong-sanda-basic-technique-fist-basics	http://www.iwuf.org/video/mr-hongxing-kong-sanda-basic-technique-fist-basics/?lang=zh-hans	https://youtu.be/ltZsCbULd80
49	2020/ 8/18	Changquan for Beginners (Part 2) 长拳初级套 路-2	Zengjiao JIAN 简增蛟	http://www.iwuf.org/video/mr-zengjiao-jian-changquan-for-beginners-part-2/	http://www.iwuf.org/video/mr-zengjiao-jian-changquan-for-beginners-part-2/?lang=zh-hans	https://youtu.be/nW35-g7l-1s
50	2020/ 8/18	Sun Style Taijiquan Simplified 42 Movements 孙式太极拳 简化四十二 式	Shuchun LIU 刘树春	http://www.iwuf.org/video/mr-shuchun-liu-sun-style-taijiquan-inheritor-under-master-sun-jianyun/	http://www.iwuf.org/video/mr-shuchun-liu-sun-style-taijiquan-inheritor-under-master-sun-jianyun/?lang=zh-hans	https://youtu.be/m8DJJxv2AjU
The 14th Week: Online Wushu Courses 第 14 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV





51	2020/8/25	Sanda Basic Techniques - Basic Kicks 散打基本技术之基本腿法	Hongxin KONG 孔洪星	http://www.iwuf.org/video/hongxing-kong-guoshun-sehng-sanda-basic-techniques-basic-kicks-1-2	http://www.iwuf.org/video/hongxing-kong-guoshun-sehng-sanda-basic-techniques-basic-kicks-1-2/?lang=zh-hans	https://youtu.be/5OOR7pmEE-w
52	2020/8/26	24 Movements Taijiquan 二十四式太极拳	Taidong LV 吕泰东	http://www.iwuf.org/video/mr-taidong-lv-24-movements-taijiquan/	http://www.iwuf.org/video/mr-taidong-lv-24-movements-taijiquan/?lang=zh-hans	https://youtu.be/eBsuKvC4cQU
53	2020/8/28	Elementary Actions and Skills of Baguazhang-3 八卦掌基础功法-3	Tao MENG 孟涛	http://www.iwuf.org/video/ms-tao-meng-elementary-actions-and-skills-of-baguazhang-3/	http://www.iwuf.org/video/ms-tao-meng-elementary-actions-and-skills-of-baguazhang-3/?lang=zh-hans	https://youtu.be/lvE35_KH0wc
The 15th Week: Online Wushu Courses 第 15 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
54	2020/9/1	How to Practice Taijiquan 1 - Openness-Closeness and Breathing in Taijiquan 如何练好太极拳 1-太极拳的开合与呼吸	Xianghua ZHU 朱向华	http://www.iwuf.org/video/mr-xianghua-zhu-how-to-practice-taijiquan-1-openness-closeness-and-breathing-in-taijiquan/	http://www.iwuf.org/video/mr-xianghua-zhu-how-to-practice-taijiquan-1-openness-closeness-and-breathing-in-taijiquan/?lang=zh-hans	https://youtu.be/H3ZwfTI6Bds
55	2020/9/2	Sanda Basic Techniques - Basic Kicks Part 2 散打基本技术之基本腿法-2	Hongxin KONG & Guoshun SHEN 孔洪星 & 申国顺	http://www.iwuf.org/video/mr-hongxing-kong-guoshun-shen-sanda-basic-techniques-basic-kicks-part-2/	http://www.iwuf.org/video/mr-hongxing-kong-guoshun-shen-sanda-basic-techniques-basic-kicks-part-2/?lang=zh-hans	https://v.qq.com/x/page/e3146ja99wo.html
56	2020/9/4	32 Movemets Taijijian 三十二式太	Jing YANG 杨静	http://www.iwuf.org/video/ms-jing-yang-32-movemets-taijijian/	http://www.iwuf.org/video/ms-jing-yang-32-movemets-taijijian/?lang=zh-hans	https://youtu.be/5IOpi_m4_m8I





		极剑				
The 16 th Week: Online Wushu Courses 第 16 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
57	2020/ 9/8	Wushu Sanda Basic Techniques & Their Application in Actual Combat 武术散打基本技术与实战中的运用	Anming CAO 曹安铭	http://www.iwuf.org/video/mr-anming-cao-wushu-sanda-basic-techniques-their-application-in-actual-combat/	http://www.iwuf.org/video/mr-anming-cao-wushu-sanda-basic-techniques-their-application-in-actual-combat/?lang=zh-hans	https://youtu.be/RaBleMp18ik
58	2020/ 9/9	Changquan for Beginners (Part 3) 长拳初级套路-3	Zengjiao JIAN 简增蛟	http://www.iwuf.org/video/mr-zengjiao-jian-changquan-for-beginners-part-3/	http://www.iwuf.org/video/mr-zengjiao-jian-changquan-for-beginners-part-3/?lang=zh-hans	https://youtu.be/wRWztRq5fN4
59	2020/ 9/11	Nanquan Basics - Basic Stances and Footwork 南拳基础教学之基本步型与步法	Jianming LI 李剑鸣	http://www.iwuf.org/video/mr-jianming-li-nanquan-basics-basic-stances-and-footwork/	http://www.iwuf.org/video/mr-jianming-li-nanquan-basics-basic-stances-and-footwork/?lang=zh-hans	https://youtu.be/gvK-TMb-ogM
The 17 th Week: Online Wushu Courses 第 17 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
60	2020/ 9/15	Sanda Basic Techniques : Basic Breakfalls 散打基本技术之基本跌法	Guoshun SHEN & Hongxing KONG 中国顺&孔洪星	http://www.iwuf.org/video/ms-guoshun-shen-sanda-basic-techniques-basic-breakfalls/	http://www.iwuf.org/video/ms-guoshun-shen-sanda-basic-techniques-basic-breakfalls/?lang=zh-hans	https://youtu.be/76j5G6EvUGw
	2020/ 9/15 延期	Changquan for Beginners (Part 4)	Zengjiao JIAN 简增蛟	http://www.iwuf.org/video/mr-zengjiao-jian-changquan-for-beginners-part-4/	http://www.iwuf.org/video/mr-zengjiao-jian-changquan-for-beginners-part-4/?lang=zh-hans	https://youtu.be/1gGh9-DRmK8





		长拳初级套路-4				
	2020/9/15 延期	Taijiquan Basics Practice: Silk Reeling 太极拳基本功练习之太极拳缠丝功	Xianghua ZHU 朱向华	http://www.iwuf.org/video/mr-xianghua-zhu-taijiquan-basics-practice-silk-reeling/	http://www.iwuf.org/video/mr-xianghua-zhu-taijiquan-basics-practice-silk-reeling/?lang=zh-hans	https://youtu.be/YO2O_usJTIE
The 18th Week: Online Wushu Courses 第 18 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
61	2020/9/21	Women's Changquan 女子长拳	Mengjiao GUO 郭梦娇	http://www.iwuf.org/video/15th-wwc-womens-changquan-gold-medalist-meng-jiao-guo-chn/	http://www.iwuf.org/video/15th-wwc-womens-changquan-gold-medalist-meng-jiao-guo-chn/?lang=zh-hans	https://www.youtube.com/watch?v=E2i_uoeUXXs
62	2020/9/23	Men's Taijijian 男子太极剑	Tak Yan Samuei HUI 许得恩	http://www.iwuf.org/video/15th-wwc-mens-taijijian-gold-medalist-tak-yan-samuei-hui-hkg/	http://www.iwuf.org/video/15th-wwc-mens-taijijian-gold-medalist-tak-yan-samuei-hui-hkg/?lang=zh-hans	https://youtu.be/6dYa405aWJg
63	2020/9/27	Women's Nandao 女子南刀	Cheong Min TAN 陈昌敏	http://www.iwuf.org/video/15th-wwc-womens-nandao-gold-medalist-cheong-min-tan-mas/	http://www.iwuf.org/video/15th-wwc-womens-nandao-gold-medalist-cheong-min-tan-mas/?lang=zh-hans	https://youtu.be/8FUEStPSM3I
64	2020/9/29	Men's Sanda 56 kg Final 男子散打 56 公斤级决赛	Guoshun SHEN VS. Rustam KAKRAEV 申国顺 VS. 鲁斯托姆·卡克列夫	http://www.iwuf.org/video/15th-wwc-mens-sanda-56kg-final-guoshun-shen-vs-rustam-kakraev	http://www.iwuf.org/video/15th-wwc-mens-sanda-56kg-final-guoshun-shen-vs-rustam-kakraev/?lang=zh-hans	https://www.youtube.com/watch?v=nBiZs9jwuyC
The 19th Week: Online Wushu Courses 第 19 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
65	2020/10/12	Women's Nanquan 女子南拳	Lu TANG 汤露	http://www.iwuf.org/video/42228/?lang=zh-hans	http://www.iwuf.org/video/42228	https://youtu.be/OSewhh1mESA
66	2020/10/14	Men's Xingyiquan 男子形意拳	Shangyang CHUAH	http://www.iwuf.org/video/wwc-mens-xingyiquan-gold-medalist-shangyang	http://www.iwuf.org/video/wwc-mens-xingyiquan-gold-medalist-shangyang	https://youtu.be/5zWy9sSwvpE15th





			蔡尚洋	chuah-mas/	chuah-mas/?lang=zh-hans	
67	2020/10/16	Women's Sanda 56kg Final 女子散打 56公斤级决赛	Zhiqin LI VS.Thi Thu Thuy NGUYEN 李志勤 VS.阮氏秋水	http://www.iwuf.org/video/15th-wwc-womens-sanda-56kg-final-zhiqin-li-vs-thi-thu-thuy-nguyen/	http://www.iwuf.org/video/15th-wwc-womens-sanda-56kg-final-zhiqin-li-vs-thi-thu-thuy-nguyen/?lang=zh-hans	https://youtu.be/osWaL_eaMw
The 20th Week: Online Wushu Courses 第 20 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
68	2020/10/19	Women's Jianshu 女子剑术	Yi LI 李祎	http://www.iwuf.org/video/15th-wwc-womens-jianshu-gold-medalist-yi-li-mac/	http://www.iwuf.org/video/15th-wwc-womens-jianshu-gold-medalist-yi-li-mac/?lang=zh-hans	https://youtu.be/prGwU_Sftw3Q
69	2020/10/21	Men's Sanda 65kg Final 男子散打 65公斤级决赛	Erfan AHANGARIAN VS. Magomed ABDULKHALIKOV 埃方·阿汉加兰 VS. 穆罕默德·阿卜杜勒哈利科夫	http://www.iwuf.org/video/15th-wwc-mens-sanda-65kg-final-erfan-ahangarian-vs-magomed-abdulkhalikov/	http://www.iwuf.org/video/15th-wwc-mens-sanda-65kg-final-erfan-ahangarian-vs-magomed-abdulkhalikov/?lang=zh-hans	https://youtu.be/vtjeNbevgLY
70	2020/10/23	Women's Sanda 60kg Final 女子散打 60公斤级决赛	Yumei QI VS. Hoi Lan TSANG 戚玉梅 VS.曾海兰	http://www.iwuf.org/video/15th-wwc-womens-sanda-60kg-final-yumei-qi-vs-hoi-lan-tsang/	http://www.iwuf.org/video/15th-wwc-womens-sanda-60kg-final-yumei-qi-vs-hoi-lan-tsang/?lang=zh-hans	https://youtu.be/tJfjbxWuL2w
The 21st Week: Online Wushu Courses 第 21 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
71	2020/10/26	Women's Taijijian 女子太极剑	Wenxin JU 巨文馨	http://www.iwuf.org/video/15th-wwc-womens-taijijian-gold-medalist-wenxin-ju-chn/	http://www.iwuf.org/video/15th-wwc-womens-taijijian-gold-medalist-wenxin-ju-chn/?lang=zh-hans	https://youtu.be/s1LyV0qWEB8
72	2020/10/28	Women's Sanda 65kg Final 女子散打 65公斤级决赛	Elaheh MANSOR YAN SAMIROU MI VS.	http://www.iwuf.org/video/15th-wwc-mens-sanda-65kg-final-erfan-ahangarian-vs-magomed-	http://www.iwuf.org/video/15th-wwc-mens-sanda-65kg-final-erfan-ahangarian-vs-magomed-	https://youtu.be/vtjeNbevgLY





		公斤级决赛	Ece CAKIR 厄拉 赫·曼索 彦尔·萨 米罗米 VS.埃 西·卡基 尔	abdulkhalikov/	abdulkhalikov/?lang=zh-hans	
73	2020/10/30	Men's Sanda 60kg Final 男子散打 60公斤级决赛	Lejie PAN VS. Sunghyun JO 潘乐杰 VS.赵城贤	http://www.iwuf.org/video/15th-wwc-mens-sanda-60kg-final-lejie-pan-vs-sunghyun-jo	http://www.iwuf.org/video/15th-wwc-mens-sanda-60kg-final-lejie-pan-vs-sunghyun-jo/?lang=zh-hans	https://youtu.be/OmnWJeamDro
The 22nd Week: Online Wushu Courses 第 22 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
74	2020/11/2	Women's Baguazhang 女子八卦掌	Suijin CHEN 陈穗津	http://www.iwuf.org/video/15th-wwc-womens-baguazhang-gold-medalist-suijin-chen-hkg	http://www.iwuf.org/video/15th-wwc-womens-baguazhang-gold-medalist-suijin-chen-hkg/?lang=zh-hans	https://youtu.be/hufzbtBhfkE
75	2020/11/4	Men's Sanda 48kg Final 男子散打 48公斤级决赛	Parveen KUMAR VS. Russel DIAZ 帕尔文·库玛 VS 拉赛尔·迪亚兹	http://www.iwuf.org/video/15th-wwc-mens-sanda-48kg-final-parveen-kumar-vs-russel-diaz/	http://www.iwuf.org/video/15th-wwc-mens-sanda-48kg-final-parveen-kumar-vs-russel-diaz/?lang=zh-hans	https://youtu.be/ABopZ_WPFYI
76	2020/11/6	Women's Sanda 52kg Final 女子散打 52公斤级决赛	Yueyao LI VS. Sanathoi Devi YUMNAM 李玥瑶 VS.萨娜泰·德维·扬曼	http://www.iwuf.org/video/15th-wwc-womens-sanda-52kg-final-yueyao-li-vs-sanathoi-devi-yumnam/	http://www.iwuf.org/video/15th-wwc-womens-sanda-52kg-final-yueyao-li-vs-sanathoi-devi-yumnam/?lang=zh-hans	https://youtu.be/fL3rak7ja8M
The 23rd Week: Online Wushu Courses 第 23 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
77	2020/11/9	Women's Sanda	Thi Chinh	http://www.iwuf.org/video/15th-wwc-womens-	http://www.iwuf.org/video/15th-wwc-womens-sanda-	https://youtu.be/fBiXt0LexY





		48kg Final 女子散打 48 公斤级决赛	NGUYEN VS. Yasmin EWIDA 阮氏悌琴 VS 亚斯 敏·艾维 达	sanda-48kg-final-thi- chinh-nguyen-vs-yasmin- ewida/	48kg-final-thi-chinh- nguyen-vs-yasmin- ewida/?lang=zh-hans	
78	2020/ 11/11	Changquan for Beginners (Part 4) 长拳初级套 路-4	Zengjiao JIAN 简增蛟	http://www.iwuf.org/video/mr-zengjiao-jian-changquan-for-beginners-part-4/	http://www.iwuf.org/video/mr-zengjiao-jian-changquan-for-beginners-part-4/?lang=zh-hans	https://youtu.be/1gGh9-DRmK8
79	2020/ 11/12	Taijiquan Basics Practice: Silk Reeling 太极拳的基 本功练习-太 极拳缠丝功	Xianghua ZHU 朱向华	http://www.iwuf.org/video/mr-xianghua-zhu-taijiquan-basics-practice-silk-reeling/?lang=zh-hans	http://www.iwuf.org/video/mr-xianghua-zhu-taijiquan-basics-practice-silk-reeling/?lang=zh-hans	https://youtu.be/YO2O_usJTIE
The 24th Week: Online Wushu Courses 第 24 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
80	2020/ 11/16	Men's Sanda 70kg Final 男子散打 70 公斤级决赛	Mohsen MOHAM MADSEIFI VS. Alexandr e EL RASSI 莫森·默 罕 https://youtu.be/LLQB0yHb2vI 默 德塞弗 VS.亚历山 大·埃 尔·拉西	http://www.iwuf.org/video/15th-wwc-mens-sanda-70kg-final-mohsen-mohammadseifi-vs-alexandre-el-rassi/	http://www.iwuf.org/video/15th-wwc-mens-sanda-70kg-final-mohsen-mohammadseifi-vs-alexandre-el-rassi/?lang=zh-hans	https://youtu.be/LLQB0yHb2vI
81	2020/ 11/16	Selected Classic Movements of Chen Style Taijiquan (Part 1) 陈式太极拳 经典动作教 学节选-1	Xianghua ZHU 朱向华	http://www.iwuf.org/video/selected-classic-movements-of-chen-style-taijiquan-part-1/	http://www.iwuf.org/video/selected-classic-movements-of-chen-style-taijiquan-part-1/?lang=zh-hans	https://youtu.be/9_vYlAVd9c
82	2020/ 11/16	Sanda Basic Techniques	Guoshun SHEN, Hongxin	http://www.iwuf.org/video/sanda-basic-	http://www.iwuf.org/video/sanda-basic-	https://youtu.be/4SEusShELWc





		: Wrestling Basics-1 散打基本技术之基本摔法-1	g KONG 申国顺、孔洪星	techniques-wrestling-basics-1/?lang=zh-hans	techniques-wrestling-basics-1/?lang=zh-hans	
The 25th Week: Online Wushu Courses 第 25 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
83	2020/11/23	Men's Sanda 75kg Final 男子散打 75 公斤级决赛	Yousef SABRIABI BEGLOO VS. Saad BOUJEKKA 尤塞夫·萨布里阿比伯格鲁 VS. 萨德·布耶卡	http://www.iwuf.org/video/15th-wwc-mens-sanda-75kg-final-yousef-sabriabibegloo-vs-saad-boujekka/	http://www.iwuf.org/video/15th-wwc-mens-sanda-75kg-final-yousef-sabriabibegloo-vs-saad-boujekka/?lang=zh-hans	https://youtu.be/IYwJk3k_nhw
84	2020/11/23	Selected Classic Movements of Chen Style Taijiquan (Part 2) 陈式太极拳经典动作教学节选-2	Xianghua ZHU 朱向华	http://www.iwuf.org/video/selected-classic-movements-of-chen-style-taijiquan-part-2/?lang=zh-hans	http://www.iwuf.org/video/selected-classic-movements-of-chen-style-taijiquan-part-2/?lang=zh-hans	https://youtu.be/_IE2KHNP3I
85	2020/11/23	Men's Jianshu 男子剑术	Qizhen LI 李齐镇	http://www.iwuf.org/video/15th-wwc-mens-jianshu-gold-medalist-qizhen-li/	http://www.iwuf.org/video/15th-wwc-mens-jianshu-gold-medalist-qizhen-li/?lang=zh-hans	https://youtu.be/h-iArGqd5pg
The 26th Week: Online Wushu Courses 第 26 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
86	2020/11/30	Women's Gunshu 女子棍术	Xuxu LIU 刘徐徐	http://www.iwuf.org/video/15th-wwc-womens-gunshu-gold-medalist-xuxu-liu/?lang=zh-hans	http://www.iwuf.org/video/15th-wwc-womens-gunshu-gold-medalist-xuxu-liu/?lang=zh-hans	https://youtu.be/nlJxtGeYpw
87	2020/11/30	Basic Skills & Fundamental Exercises of	Qingjie ZHOU 周庆杰	http://www.iwuf.org/video/basic-skills-fundamental-exercises-of-taijiquan/	http://www.iwuf.org/video/basic-skills-fundamental-exercises-of-taijiquan/?lang=zh-hans	https://youtu.be/FI20fLSdTbs





		Taijiquan 太极拳基本 技术与功法				
88	2020/ 11/30	Sanda Basic Techniques : Wrestling Basics-1 散打基本技 术之基本摔 法-2	Guoshun SHEN, Hongxin g KONG 申国顺、 孔洪星	http://www.iwuf.org/video/sanda-basic-techniques-wrestling-basics-2/	http://www.iwuf.org/video/sanda-basic-techniques-wrestling-basics-2/?lang=zh-hans	https://youtu.be/koyLUffNhdU
The 27th Week: Online Wushu Courses 第 27 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
89	2020/ 12/8	Indoor Taijiquan 居家太极拳	Qingjie ZHOU 周庆杰	http://www.iwuf.org/video/indoor-taijiquan/	http://www.iwuf.org/video/indoor-taijiquan/?lang=zh-hans	http://youtu.be/1dmDwU3yotc
90	2020/ 12/8	15th WWC Women's Gunshu Gold Medalist Performanc e 第 15 届世 锦赛女子枪 术冠军视频	Yi LI 李祎	http://www.iwuf.org/video/15th-wwc-womens-qiangshu-gold-medalist-yi-li-mac/	http://www.iwuf.org/video/15th-wwc-womens-qiangshu-gold-medalist-yi-li-mac/?lang=zh-hans	https://youtu.be/Pmz68hIoA10
91	2020/ 12/8	15th WWC Men's Sanda 80kg Final 第 15 届世 锦赛男子散 打 80 公斤 级决赛	Ali Khorshidi rabie VS. Lujian CAO 阿里·霍 希迪拉比 耶 VS.曹 鲁建	http://www.iwuf.org/video/15th-wwc-mens-sanda-80kg-final-ali-khorshidirabie-vs-lujian-cao/	http://www.iwuf.org/video/15th-wwc-mens-sanda-80kg-final-ali-khorshidirabie-vs-lujian-cao/?lang=zh-hans	https://youtu.be/3ZXSThK-80A
The 28th Week: Online Wushu Courses 第 28 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
92	2020/ 12/15	Wushu Sanda Basic Techniques & Their Application	Anming CAO 曹安铭	http://www.iwuf.org/video/wushu-sanda-basic-techniques-their-application-in-actual-combat-2/	http://www.iwuf.org/video/wushu-sanda-basic-techniques-their-application-in-actual-combat-2/?lang=zh-hans	https://www.youtube.com/watch?v=aKht0zSxE





		in Actual Combat -2 武术散打基本技术与其在实战中的应用				
93	2020/12/16	Women't Taijiquan 女子太极拳	Shiho SAITO 斋藤思帆	http://www.iwuf.org/video/15th-wwc-womens-taijiquan%E7%BC%88silver-medalist-shiho-saito-jpn/	http://www.iwuf.org/video/15th-wwc-womens-taijiquan%E7%BC%88silver-medalist-shiho-saito-jpn/?lang=zh-hans	https://youtu.be/9W1Y GtS0Khs
94	2020/12/18	Xingyiquang Basics- Pī Quán (Splitting Fist) 形意拳基础之劈拳	Deming WANG 王德明	http://www.iwuf.org/video/xingyiquan-basics-pi-quan-splitting-fist/	http://www.iwuf.org/video/xingyiquan-basics-pi-quan-splitting-fist/?lang=zh-hans	https://youtu.be/4RYq745hw1U
The 29th Week: Online Wushu Courses 第 29 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
95	2020/12/21	15th WWC Women's Nanquan Silver Medalist Performance 第 15 届世锦赛女子南拳亚军视频	Cheong Min TAN 陈昌敏	http://www.iwuf.org/video/xingyiquan-basics-pi-quan-splitting-fist/	http://www.iwuf.org/video/xingyiquan-basics-pi-quan-splitting-fist/?lang=zh-hans	https://youtu.be/4RYq745hw1U
96	2020/12/22	Wushu Sanda Basic Techniques & Their Application in Actual Combat - 3 武术散打基本技术与其在实战中的应用-3	Anming CAO 曹安铭	http://www.iwuf.org/video/wushu-sanda-basic-techniques-their-application-in-actual-combat-3/	http://www.iwuf.org/video/wushu-sanda-basic-techniques-their-application-in-actual-combat-3/?lang=zh-hans	https://youtu.be/C7ukpNEN5ZI
97	2020/12/24	Xingyiquan Basics - Bēng Quán (Crushing Fist) 形意拳基础之崩拳	Deming WANG 王德明	http://www.iwuf.org/video/xingyiquan-basics-pi-quan-splitting-fist/	http://www.iwuf.org/video/xingyiquan-basics-pi-quan-splitting-fist/?lang=zh-hans	https://youtu.be/1-WUVq1W84s





The 30 th Week: Online Wushu Courses 第 30 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
98	2020/ 12/28	15th WWC Women's Taijiquan Bronze Medalist Performance 第 15 届世锦赛女子太极拳季军比赛实录	Thi Minh Huyen TRAN 陈明璇	http://www.iwuf.org/video/15th-wwc-womens-taijiquan-bronze-medalist-performance/	http://www.iwuf.org/video/15th-wwc-womens-taijiquan-bronze-medalist-performance/?lang=zh-hans	https://youtu.be/7ksr1p3yC90
99	2020/ 12/29	Wushu Sanda Basic Techniques & Their Application in Actual Combat - 4 武术散打基本技术与其在实战中的应用-4	Anming CAO 曹安铭	http://www.iwuf.org/video/wushu-sanda-basic-techniques-their-application-in-actual-combat-4/	http://www.iwuf.org/video/wushu-sanda-basic-techniques-their-application-in-actual-combat-4/?lang=zh-hans	https://youtu.be/jLiS9rZ50ME
100	2020/ 12/30	15th WWC Men's Xingyiquan Silver Medalist Performance 第 15 届世锦赛男子形意拳亚军比赛实录	Pui Seng CHEONG 蒋沛成	http://www.iwuf.org/video/15th-wwc-mens-xingyiquan-silver-medalist-pui-seng-cheong-mac/	http://www.iwuf.org/video/15th-wwc-mens-xingyiquan-silver-medalist-pui-seng-cheong-mac/?lang=zh-hans	https://youtu.be/HqMr9pnWwGY
The 31 st Week: Online Wushu Courses 第 31 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
101	2021/ 1/4	15th WWC Women's Nandao Silver Medalist Performance	Hanieh RAJABI 汉妮·拉贾比	http://www.iwuf.org/video/15th-wwc-womens-nandao-silver-medalist-performance-hanieh-rajabi-iri/	http://www.iwuf.org/video/15th-wwc-womens-nandao-silver-medalist-performance-hanieh-rajabi-iri/?lang=zh-hans	https://youtu.be/XEjxRyYitgk





		第 15 届世锦赛女子南刀亚军视频				
102	2021/1/6	Sanda Basic Techniques : Wrestling Basics-3 散打基本技术之基本摔法-3	Guoshun SHEN, Hongxing KONG 申国顺、孔洪星	http://www.iwuf.org/video/sanda-basic-techniques-wrestling-basics-3/	http://www.iwuf.org/video/sanda-basic-techniques-wrestling-basics-3/?lang=zh-hans	https://youtu.be/kl_TeY56dX0
103	2021/1/7	15th WWC Men's Jianshu Silver Medalist Performance 第 15 届世锦赛男子剑术亚军视频	Weng Son WONG 黄永升	http://www.iwuf.org/video/15th-wwc-mens-jianshu-silver-medalist-performance-weng-son-wong-mas/	http://www.iwuf.org/video/15th-wwc-mens-jianshu-silver-medalist-performance-weng-son-wong-mas/?lang=zh-hans	https://youtu.be/_6x3pvkHGec
The 32nd Week: Online Wushu Courses 第 32 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
104	2021/1/11	15th WWC Women's Qiangshu Silver Medalist Performance	Thuy Vi DUONG 杨翠薇	http://www.iwuf.org/video/15th-wwc-womens-qiangshu-silver-medalist-performance-thuy-vi-duong-vie/	http://www.iwuf.org/video/15th-wwc-womens-qiangshu-silver-medalist-performance-thuy-vi-duong-vie/?lang=zh-hans	https://youtu.be/qEqo3AJa-Ys
105	2021/1/13	Sanda Basic Techniques : Defense Basics-1	Hongxing KONG, Guoshun SHEN 孔洪星、申国顺	http://www.iwuf.org/video/sanda-basic-techniques-defense-basics-1/	http://www.iwuf.org/video/sanda-basic-techniques-defense-basics-1/?lang=zh-hans	https://youtu.be/pVE8I9S2_Uc
106	2021/1/14	15th WWC Men's Taijijian Silver Medalist Performance	Pui Seng CHEONG 蒋沛成	http://www.iwuf.org/video/15th-wwc-mens-taijijian-silver-medalist-performance-pui-seng-cheong-mac/	http://www.iwuf.org/video/15th-wwc-mens-taijijian-silver-medalist-performance-pui-seng-cheong-mac/?lang=zh-hans	https://youtu.be/NbIHFZwEi5s
The 33rd Week: Online Wushu Courses 第 33 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website	Chinese Website	Wushu TV





				英文官网	中文官网	武术 TV
107	2021/1/18	15th WWC Women's Changquan Silver Medalist Performance 第15届世锦赛女子长拳亚军视频	Yi LI 李祎	http://www.iwuf.org/video/15th-wwc-womens-changquan-silver-medalist-performance-yi-li-mac/	http://www.iwuf.org/video/15th-wwc-womens-changquan-silver-medalist-performance-yi-li-mac/?lang=zh-hans	https://youtu.be/W_4NWiF_mT8
108	2021/1/20	Xingyiquan Basics - Zuān Quán (Drilling Fist) 形意拳基础之钻拳	Deming WANG 王德明	http://www.iwuf.org/video/xingyiquan-basics-zuan-quan-drilling-fist/	http://www.iwuf.org/video/xingyiquan-basics-zuan-quan-drilling-fist/?lang=zh-hans	https://youtu.be/dCgSZH85CAc
109	2021/1/22	15th WWC Men's Taijijian Bronze Medalist Performance 第15届世锦赛男子太极剑季军视频	Wonhee YU 柳元熙	http://www.iwuf.org/video/15th-wwc-mens-taijijian-bronze-medalist-performance/	http://www.iwuf.org/video/15th-wwc-mens-taijijian-bronze-medalist-performance/?lang=zh-hans	https://youtu.be/LIKaJhIkEKA
The 34th Week: Online Wushu Courses 第34期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
110	2021/1/25	15th WWC Women's Sanda 70kg Final 第15届世锦赛女子70公斤级决赛视频	Shahrbano MANSOURIYAN SEMIROMI VS. Raine Cristina DE OLIVEIRA MARTINS 莎尔巴诺·曼索拉彦尔·塞弥罗米 VS. 雷恩·克里斯蒂娜·奥利维拉马丁	http://www.iwuf.org/video/15th-wwc-womens-sanda-70kg-final-shahrbano-mansouriyan-semiromi-vs-raine-cristina-de-oliveira-martins/	http://www.iwuf.org/video/15th-wwc-womens-sanda-70kg-final-shahrbano-mansouriyan-semiromi-vs-raine-cristina-de-oliveira-martins/?lang=zh-hans	https://youtu.be/wQ1VKWyrj-E





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111	2021/ 1/27	Xingyiquan Basics - Pào Quán (Cannon Fist) 形意拳基础之炮拳	Deming WANG 王德明	http://www.iwuf.org/video/xingyiquan-basics-pao-quan-cannon-fist/	http://www.iwuf.org/video/xingyiquan-basics-pao-quan-cannon-fist/?lang=zh-hans	https://youtu.be/J88grt1aIMl
112	2021/ 1/29	15th WWC Women's Gunshu Silver Medalist Performance 第15届世锦赛女子棍术亚军视频	Sandra KONSTANTINOVA 桑德拉·康斯坦蒂诺娃	http://www.iwuf.org/video/15th-wwc-womens-gunshu-silver-medalist-performance-rus-sandra-konstantinova/	http://www.iwuf.org/video/15th-wwc-womens-gunshu-silver-medalist-performance-rus-sandra-konstantinova/?lang=zh-hans	https://youtu.be/4HHsUT0t0wU
The 35th Week: Online Wushu Courses 第35期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
113	2021/ 2/1	15th WWC Men's Sanda 80kg Final 第15届世锦赛男子80公斤级决赛视频	Ali Khorshidrabie VS. Lujian CAO 阿里·霍希迪拉比耶 VS. 曹鲁建	http://www.iwuf.org/video/15th-wwc-mens-sanda-80kg-final-ali-khorshidirabie-vs-lujian-cao-2/	http://www.iwuf.org/video/15th-wwc-mens-sanda-80kg-final-ali-khorshidirabie-vs-lujian-cao-2/?lang=zh-hans	https://youtu.be/mG_i2vEWzTE
114	2021/ 2/3	15th WWC Women's Jianshu Silver Medalist Performance 第15届世锦赛女子剑术亚军视频	Thuy Vi DUONG 杨翠薇	http://www.iwuf.org/video/15th-wwc-womens-jianshu-silver-medalist-performance-thuy-vi-duong-vie/	http://www.iwuf.org/video/15th-wwc-womens-jianshu-silver-medalist-performance-thuy-vi-duong-vie/?lang=zh-hans	https://youtu.be/m4CAwx17eJ0
115	2021/ 2/4	15th WWC Women's Qiangshu Bronze Medalist Performance 第15届世锦赛女子枪术季军视频	Liudmyla TEMNA 柳德米拉·特娜	http://www.iwuf.org/video/15th-wwc-womens-qiangshu-bronze-medalist-performance-ukr-liudmyla-temna/	http://www.iwuf.org/video/15th-wwc-womens-qiangshu-bronze-medalist-performance-ukr-liudmyla-temna/?lang=zh-hans	https://youtu.be/AxA7q6G7S6M





The 36 th Week: Online Wushu Courses 第 36 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
116	2021/ 6/17	15th WWC Women's Nanquan Bronze Medalist Performance 第 15 届世锦赛女子南拳季军视频	Jianxin HE 何健欣	http://www.iwuf.org/video/world-wushu-nanquan-bronze-medalist/	http://www.iwuf.org/video/world-wushu-nanquan-bronze-medalist/?lang=zh-hans	https://youtu.be/VMGkaNA9qLY
117	2021/ 6/18	Sanda Basic Techniques : Defense Basics-2 散打基本技术之基本防守-2	Hongxin KONG Guoshun SHEN 孔洪星、申国顺	http://www.iwuf.org/video/sanda-basic-techniques-defense-basics-2/	http://www.iwuf.org/video/sanda-basic-techniques-defense-basics-2/?lang=zh-hans	https://youtu.be/1n7l0CEwiwc
The 37 th Week: Online Wushu Courses 第 37 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
118	2021/ 6/23	15th WWC Men's Xingyiquan Bronze Medalist Performance 第 15 届世锦赛男子形意拳季军视频	Christoph HUYNH 克里斯托夫·胡伊	http://www.iwuf.org/video/15th-wwc-mens-xingyiquan-bronze-medalist-performance-christoph-huynh/	http://www.iwuf.org/video/15th-wwc-mens-xingyiquan-bronze-medalist-performance-christoph-huynh/?lang=zh-hans	https://youtu.be/UISxOmLayGY
119	2021/ 6/25	Sanda Basic Techniques : Defense Basics-3 散打基本技术之基本防守-3	Hongxin KONG Guoshun SHEN 孔洪星、申国顺	http://www.iwuf.org/video/sanda-basic-techniques-defense-basics-3/	http://www.iwuf.org/video/sanda-basic-techniques-defense-basics-3/?lang=zh-hans	https://youtu.be/gncd9Kup_bg
The 38 th Week: Online Wushu Courses 第 38 期线上武术课程						





No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
120	2021/ 6/30	15th WWC Women's Baguazhang Silver Medalist Performance 第 15 届世锦赛女子八卦掌亚军视频	Yujeong CHOI 崔有廷	http://www.iwuf.org/video/15th-wwc-womens-baguazhang-silver-medalist-performance-yujeong-choi-kor/	http://www.iwuf.org/video/15th-wwc-womens-baguazhang-silver-medalist-performance-yujeong-choi-kor/?lang=zh-hans	https://youtu.be/g3Bcv7cy2Gs
121	2021/ 7/2	Xingyiquan Basics - Héng Quán (Crossing Fist) 形意拳基础之横拳	Deming WANG 王德明	http://www.iwuf.org/video/xingyiquan-basics-heng-quan-crossing-fist/	http://www.iwuf.org/video/xingyiquan-basics-heng-quan-crossing-fist/?lang=zh-hans	https://youtu.be/gLUQPosgtil
The 39th Week: Online Wushu Courses 第 39 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
122	2021/ 6/30	15th WWC Women's Gunshu Bronze Medalist Performance 第 15 届世锦赛女子棍术季军视频	Thi Phuong GIANG HOANG 黄芳江	http://www.iwuf.org/video/15th-wwc-womens-gunshu-bronze-medalist-performance-thi-phuong-giang-hoang-vie/	http://www.iwuf.org/video/15th-wwc-womens-gunshu-bronze-medalist-performance-thi-phuong-giang-hoang-vie/?lang=zh-hans	https://youtu.be/njVDke00hmE
123	2021/ 6/30	15th WWC Men's Sanda 90kg Final 第 15 届世锦赛男子 90 公斤级决赛视频	Xiong YOU VS. Vadzim ROLICH 尤雄 VS. 瓦兹姆·罗里奇	http://www.iwuf.org/video/15th-wwc-mens-sanda-90kg-final-xiong-you-vs-vadzim-rolich/	http://www.iwuf.org/video/15th-wwc-mens-sanda-90kg-final-xiong-you-vs-vadzim-rolich/?lang=zh-hans	https://youtu.be/S2MRx117EG4
The 40th Week: Online Wushu Courses 第 40 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		





				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
124	2021/ 7/15	15th WWC Women's Nandao Bronze Medalist Performance 第 15 届世锦赛女子南刀季军视频	Darya LATISHEVA A 达尔 娅·拉蒂舍娃	http://www.iwuf.org/video/15th-wwc-womens-nandao-bronze-medalist-performance-darya-latisheva-uzb/	http://www.iwuf.org/video/15th-wwc-womens-nandao-bronze-medalist-performance-darya-latisheva-uzb/?lang=zh-hans	https://youtu.be/wF9msg2Z_Bw
125	2021/ 7/16	15th WWC Men's Sanda 85kg Final 第 15 届世锦赛男子 85 公斤级决赛视频	Milad AREFI MAGHAM VS. Cong Minh PHAM 米拉德·阿罗斐·玛格汉姆 VS. 范公明	http://www.iwuf.org/video/15th-wwc-mens-sanda-85kg-final-milad-arefi-magham-vs-cong-minh-pham/	http://www.iwuf.org/video/15th-wwc-mens-sanda-85kg-final-milad-arefi-magham-vs-cong-minh-pham/?lang=zh-hans	https://youtu.be/7-oHW_4Kddk
The 41st Week: Online Wushu Courses 第 41 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
126	2021/ 7/20	15th WWC Women's Changquan Bronze Medalist Performance 第 15 届世锦赛女子长拳季军视频	Zahra KIANI 吉亚尼·扎哈拉	http://www.iwuf.org/video/15th-wwc-womens-changquan-bronze-medalist-performance-zahra-kiani-iri/	http://www.iwuf.org/video/15th-wwc-womens-changquan-bronze-medalist-performance-zahra-kiani-iri/?lang=zh-hans	https://youtu.be/ZHYdekYXl64
127	2021/ 7/22	15th WWC Men's Sanda 90kg+ Final 第 15 届世锦赛男子 90 公斤以上级决赛视频	Michel ZAMMAR VS. Kuan ABDYRAI MOV 米歇尔·扎马尔 VS. 关·阿布杜拉莫夫	http://www.iwuf.org/video/15th-wwc-mens-sanda-90kg-final-michel-zammar-vs-kuan-abdyraimov/	http://www.iwuf.org/video/15th-wwc-mens-sanda-90kg-final-michel-zammar-vs-kuan-abdyraimov/?lang=zh-hans	https://youtu.be/ONmky4ly96k
The 42nd Week: Online Wushu Courses 第 42 期线上武术课程						





No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
128	2021/ 7/27	15th WWC Women's Taijijian Silver Medalist Performance 第 15 届世锦赛女子太极剑亚军视频	Uen Ying Juanita MOK 莫宛莹	http://www.iwuf.org/video/15th-wwc-womens-taijijian-silver-medalist-performance-uen-ying-juanita-mok-hkg/	http://www.iwuf.org/video/15th-wwc-womens-taijijian-silver-medalist-performance-uen-ying-juanita-mok-hkg/?lang=zh-hans	https://youtu.be/Md-31ZIF4dg15th
129	2021/ 7/29	Sanda Basic Techniques : Fist Combinations (1/2) 散打基本技术之拳法组合 (1/2)	Demonstrators: Hongxin KONG Guoshun SHEN 示范: 孔洪星、申国顺	http://www.iwuf.org/video/sanda-basic-techniques-fist-combinations-1-2/	http://www.iwuf.org/video/sanda-basic-techniques-fist-combinations-1-2/?lang=zh-hans	https://youtu.be/eJCRrtkX7J8
The 43rd Week: Online Wushu Courses 第 43 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
130	2021/ 8/3	15th WWC Women's Baguazhang Bronze Medalist Performance 第 15 届世锦赛女子八卦掌季军视频	Hger FARAHAT 海格·法拉哈特	http://www.iwuf.org/video/15th-wwc-womens-baguazhang-bronze-medalist-performance-hger-farahat-egy/	http://www.iwuf.org/video/15th-wwc-womens-baguazhang-bronze-medalist-performance-hger-farahat-egy/?lang=zh-hans	https://youtu.be/ZwRY6WsKwHI
131	2021/ 8/5	Sanda Basic Techniques : Fist Combinations (2/2) 散打基本技术之拳法组合 (2/2)	Demonstrators: Hongxin KONG Guoshun SHEN 示范: 孔洪星、申国顺	http://www.iwuf.org/video/sanda-basic-techniques-fist-combinations-2-2/	http://www.iwuf.org/video/sanda-basic-techniques-fist-combinations-2/?lang=zh-hans	https://youtu.be/GnmmLZ2rSko
The 44th Week: Online Wushu Courses 第 44 期线上武术课程						





No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
132	2021/ 8/10	15th WWC Men's Jianshu Bronze Medalist Performance 第15届世锦赛男子剑术季军视频	Chi Kuan SONG 宋子君	http://www.iwuf.org/video/15th-wwc-mens-jianshu-bronze-medalist-performance-chi-kuan-song-mac/	http://www.iwuf.org/video/15th-wwc-mens-jianshu-bronze-medalist-performance-chi-kuan-song-mac/?lang=zh-hans	https://youtu.be/hxlSyxN-YRQ
133	2021/ 8/12	Sanda Basic Techniques: Fist Throwing Combinations (1/2) 散打基本技术之拳摔组合 (1/2)	Demonstrators: Guoshun SHEN Hongxin KONG 示范: 申国顺、孔洪星	http://www.iwuf.org/video/sanda-basic-techniques-fist-throwing-combinations-1-2/	http://www.iwuf.org/video/sanda-basic-techniques-fist-throwing-combinations-1-2/?lang=zh-hans	https://youtu.be/2BSUWo-TuCM
The 45th Week: Online Wushu Courses 第45期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
134	2021/ 8/17	3rd World Taijiquan Championships Women's New Yang Style Taijiquan C-A Gold Medalist Performance 第三届世界太极拳锦标赛新杨式太极拳女子A组冠军视频	Kamila IMANGULOVA 卡米拉·伊曼古洛娃	http://www.iwuf.org/video/3rd-world-taijiquan-championships-womens-new-yang-style-taijiquan-c-a-gold-medalist-performance-kamila-imangulova-rus/	http://www.iwuf.org/video/3rd-world-taijiquan-championships-womens-new-yang-style-taijiquan-c-a-gold-medalist-performance-kamila-imangulova-rus/?lang=zh-hans	https://youtu.be/pdg0FGGQrDA
135	2021/ 8/19	Sanda Basic Techniques: Fist Throwing Combinations (2/2)	Demonstrators: Guoshun SHEN Hongxin KONG 示范: 申	http://www.iwuf.org/video/sanda-basic-techniques-fist-throwing-combinations-2-2/	http://www.iwuf.org/video/sanda-basic-techniques-fist-throwing-combinations-2-2/?lang=zh-hans	https://youtu.be/pU4-sDO1Ogl





		散打基本技术之拳摔组合 (2/2)	国顺、孔洪星			
The 46th Week: Online Wushu Courses 第 46 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
136	2021/8/24	The 1st Taolu World Cup Women's Nangun Gold Medalist Performance 第一届套路世界杯女子南棍冠军视频	Juwita Niza WASNI 瓦斯妮	http://www.iwuf.org/video/the-1st-taolu-world-cup-womens-nangun-gold-medalist-performance-juwita-niza-wasni-ina/	http://www.iwuf.org/video/the-1st-taolu-world-cup-womens-nangun-gold-medalist-performance-juwita-niza-wasni-ina/?lang=zh-hans	https://youtu.be/juv2yu42fio
137	2021/8/26	Sanda Basic Techniques : Fist & Leg Combinations 散打基本技术之拳腿组合	Demonstrators: GUOSHUN SHEN Hongxin KONG 示范: 申国顺、孔洪星	http://www.iwuf.org/video/sanda-basic-techniques-fist-leg-combinations/	http://www.iwuf.org/video/sanda-basic-techniques-fist-leg-combinations/?lang=zh-hans	https://youtu.be/hl8RryzRxus
The 47th Week: Online Wushu Courses 第 47 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
138	2021/8/31	The 1st Taolu World Cup Women's Jianshu Bronze Medalist Performance 第一届套路世界杯女子剑术季军视频	Zahra KIANI 吉亚尼·扎哈拉	http://www.iwuf.org/video/the-1st-taolu-world-cup-womens-jianshu-bronze-medalist-performance-iri-zahra-kiani/	http://www.iwuf.org/video/the-1st-taolu-world-cup-womens-jianshu-bronze-medalist-performance-iri-zahra-kiani/?lang=zh-hans	https://youtu.be/Dbf9bqjydWY





139	2021/9/2	Sanda Basic Techniques : Leg Combinations 散打基本技术之腿法组合	Demonstrators: Guoshun SHEN Hongxin KONG 示范: 申国顺、孔洪星	http://www.iwuf.org/video/sanda-basic-techniques-leg-combinations/	http://www.iwuf.org/video/sanda-basic-techniques-leg-combinations/?lang=zh-hans	https://www.youtube.com/watch?v=K7abCEmflpM
The 48th Week: Online Wushu Courses 第 48 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
140	2021/9/7	The 1st Taolu World Cup Men's Nandao Bronze Medalist Performance 第一届套路世界杯男子南刀季军视频	Farshad ARABI 法沙德·阿拉比	http://www.iwuf.org/video/the-1st-taolu-world-cup-mens-nandao-bronze-medalist-performance-farshad-arabi-iri/	http://www.iwuf.org/video/the-1st-taolu-world-cup-mens-nandao-bronze-medalist-performance-farshad-arabi-iri/?lang=zh-hans	https://youtu.be/x_85Q6xY_fl
141	2021/9/9	3rd World Taijiquan Championships Women's New Yang Style Taijijian C-A Gold Medalist Performance 第三届世界太极拳锦标赛女子新标准杨式太极剑 A 组冠军视频	Samantha LIN 萨曼莎·林	http://www.iwuf.org/video/3rd-world-taijiquan-championships-womens-new-yang-style-taijijian-c-a-gold-medalist-performance-usa-samantha-lin/	http://www.iwuf.org/video/3rd-world-taijiquan-championships-womens-new-yang-style-taijijian-c-a-gold-medalist-performance-usa-samantha-lin/?lang=zh-hans	https://youtu.be/pYzM7J9GqCk
The 49th Week: Online Wushu Courses 第 49 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV





142	2021/9/13	The 3rd Set International Wushu Competition Routines: Changquan (1/4) 第三套国际武术竞赛套路—长拳 (1/4)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-changquan-1-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-changquan-1-4/?lang=zh-hans	https://www.youtube.com/watch?v=-9xZl_rAC7Y
143	2021/9/14	The 3rd Set International Wushu Competition Routines: Taijiquan (1/4) 第三套国际武术竞赛套路—太极拳 (1/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijiquan-1-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijiquan-1-4/?lang=zh-hans	https://www.youtube.com/watch?v=4hKp1uggfuc
144	2021/9/15	The 3rd Set International Wushu Competition Routines: Nanquan (1/4) 第三套国际武术竞赛套路—南拳 (1/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nanquan-1-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nanquan-1-4/?lang=zh-hans	https://youtu.be/TNTn9sYlisc
145	2021/9/16	The 3rd Set International Wushu Competition Routines: Gunshu (1/4) 第三套国际武术竞赛套路—棍术 (1/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-gunshu-1-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-gunshu-1-4/?lang=zh-hans	https://youtu.be/0tJCNcvPzQk

The 50th Week: Online Wushu Courses
第 50 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
146	2021/9/22	The 3rd Set International Wushu Competition Routines:	Chinese Wushu Association 中国武术	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-changquan-2-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-changquan-2-4/?lang=zh-hans	https://youtu.be/GRZmdFSIUME





		Changquan (2/4) 第三套国际武术竞赛套路—长拳 (2/4)	协会			
147	2021/9/23	The 3rd Set International Wushu Competition Routines: Taijiquan (2/4) 第三套国际武术竞赛套路—太极拳 (2/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijiquan-2-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijiquan-2-4/?lang=zh-hans	https://youtu.be/-dyzJsYIZs
148	2021/9/24	The 3rd Set International Wushu Competition Routines: Nanquan (2/4) 第三套国际武术竞赛套路—南拳 (2/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nanquan-2-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nanquan-2-4/?lang=zh-hans	https://youtu.be/9bPNpN1YsuY
149	2021/9/26	The 3rd Set International Wushu Competition Routines: Gunshu (2/4) 第三套国际武术竞赛套路—棍术 (2/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-gunshu-2-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-gunshu-2-4/?lang=zh-hans	https://youtu.be/KFhuCljx8I
The 51st Week: Online Wushu Courses 第 51 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
150	2021/9/27	The 3rd Set International Wushu Competition Routines: Changquan (3/4) 第三套国际武术竞赛套	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-changquan-3-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-changquan-3-4/?lang=zh-hans	https://youtu.be/m8A2yv3AaAQ





		路—长拳 (3/4)				
151	2021/ 9/28	The 3rd Set International Wushu Competition Routines: Taijiquan (3/4) 第三套国际武术竞赛套路—太极拳 (3/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijiquan-3-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijiquan-3-4/?lang=zh-hans	https://youtu.be/an0_FsMFMP0
152	2021/ 9/29	The 3rd Set International Wushu Competition Routines: Nanquan (3/4) 第三套国际武术竞赛套路—南拳 (3/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nanquan-3-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nanquan-3-4/?lang=zh-hans	https://youtu.be/t8-tj6X4rgA
153	2021/ 9/30	The 3rd Set International Wushu Competition Routines: Gunshu (3/4) 第三套国际武术竞赛套路—棍术 (3/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-gunshu-3-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-gunshu-3-4/?lang=zh-hans	https://www.youtube.com/watch?v=z-nZgydxRnA
The 52nd Week: Online Wushu Courses 第 52 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
154	2021/ 10/8	The 3rd Set International Wushu Competition Routines: Changquan (4/4) 第三套国际武术竞赛套路—长拳 (4/4)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-changquan-4-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-changquan-4-4/?lang=zh-hans	https://youtu.be/gnh6kpJY150
155	2021/ 10/8	The 3rd Set International		http://www.iwuf.org/video	http://www.iwuf.org/video/	https://youtu.be/jVLI0I





		al Wushu Competition Routines: Taijiquan (4/4) 第三套国际武术竞赛套路—长拳 (4/4)		/the-3rd-set-international-wushu-competition-routines-taijiquan-4-4/	the-3rd-set-international-wushu-competition-routines-taijiquan-4-4/?lang=zh-hans	hHg5s
156	2021/10/9	The 3rd Set International Wushu Competition Routines: Nanquan (4/4) 第三套国际武术竞赛套路—南拳 (4/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nanquan-4-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nanquan-4-4/?lang=zh-hans	https://youtu.be/5jXWwywf9v6c
157	2021/10/9	The 3rd Set International Wushu Competition Routines: Gunshu (4/4) 第三套国际武术竞赛套路—棍术 (4/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-gunshu-4-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-gunshu-4-4/?lang=zh-hans	https://youtu.be/qZZDPxFq5U

The 53rd Week: Online Wushu Courses
第 53 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
158	2021/10/12	Competition Event of World Wushu Championships: Baguazhang (1/4) 世界武术锦标赛比赛项目—八卦掌 (1/4)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-baguazhang-1-4/	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-baguazhang-1-4/?lang=zh-hans	https://youtu.be/GZcJurXF1Fw
159	2021/10/13	The 3rd Set International Wushu Competition Routines: Jianshu		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-jianshu-1-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-jianshu-1-4/?lang=zh-hans	https://youtu.be/GZcJurXF1Fw





		(1/4) 第三套国际 武术竞赛套 路—剑术 (1/4)				
160	2021/ 10/15	The 3rd Set Internation al Wushu Competitio n Routines: Nandao (1/4) 第三套国际 武术竞赛套 路—南刀 (1/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nandao-1-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nandao-1-4/?lang=zh-hans	https://youtu.be/9vgTU1Q5Smk
The 54th Week: Online Wushu Courses 第 54 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
161	2021/ 10/20	Competitio n Event of World Wushu Champions hips: Baguazhan g (2/4) 世界武术锦 标赛比赛项 目—八卦掌 (2/4)	Chinese Wushu Associati on 中国武术 协会	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-baguazhang-2-4/	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-baguazhang-2-4/?lang=zh-hans	https://youtu.be/1JMPMHJVBOY
162	2021/ 10/21	The 3rd Set Internation al Wushu Competitio n Routines: Jianshu (2/4) 第三套国际 武术竞赛套 路—剑术 (2/4)				
163	2021/ 10/22	The 3rd Set Internation al Wushu Competitio n Routines: Nandao (2/4) 第三套国际				





		武术竞赛套 路—南刀 (2/4)				
The 55th Week: Online Wushu Courses 第 55 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
164	2021/ 11/16	Competitio n Event of World Wushu Champions hips: Baguazhan g (3/4) 世界武术锦 标赛比赛项 目—八卦掌 (3/4)	Chinese Wushu Associati on 中国武术 协会	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-baguazhang-3-4/	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-baguazhang-3-4/?lang=zh-hans	https://youtu.be/nrKZmm0Wcgg
165	2021/ 11/17	The 3rd Set Internation al Wushu Competitio n Routines: Jianshu (3/4) 第三套国际 武术竞赛套 路—剑术 (3/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-jianshu-3-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-jianshu-3-4/?lang=zh-hans	https://youtu.be/ynbS142U5cg
166	2021/ 11/18	The 3rd Set Internation al Wushu Competitio n Routines: Nandao (3/4) 第三套国际 武术竞赛套 路—南刀 (3/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nandao-3-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nandao-3-4/?lang=zh-hans	https://youtu.be/5i4WWJdeico
The 56th Week: Online Wushu Courses 第 56 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
167	2021/	Competitio	Chinese	http://www.iwuf.org/video	http://www.iwuf.org/video/	https://youtu.be/e_CE5E





	11/23	n Event of World Wushu Championships: Baguazhang (4/4) 世界武术锦标赛比赛项目—八卦掌 (4/4)	Wushu Association 中国武术协会	/competition-event-of-world-wushu-championships-baguazhang-4-4/	competition-event-of-world-wushu-championships-baguazhang-4-4/?lang=zh-hans	esT4w
168	2021/11/24	The 3rd Set International Wushu Competition Routines: Jianshu (4/4) 第三套国际武术竞赛套路—剑术 (4/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-jianshu-4-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-jianshu-4-4/?lang=zh-hans	https://youtu.be/Hq8urKapbaU
169	2021/11/25	The 3rd Set International Wushu Competition Routines: Nandao (4/4) 第三套国际武术竞赛套路—南刀 (4/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nandao-4-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-jianshu-4-4/?lang=zh-hans	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-jianshu-4-4/
The 57th Week: Online Wushu Courses 第 57 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
170	2021/11/30	The 3rd Set International Wushu Competition Routines: Nangun (1/4) 第三套国际武术竞赛套路—南棍 (1/4)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nangun-1-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nangun-1-4/?lang=zh-hans	https://youtu.be/3_aBBI_o6As
171	2021/12/1	The 3rd Set International Wushu Competition		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-	https://youtu.be/46f0FV EVphw





		n Routines: Qiangshu (1/4) 第三套国际 武术竞赛套 路—枪术 (1/4)		routines-qiangshu-1-4/	routines-qiangshu-1-4/?lang=zh-hans	
172	2021/ 12/2	Competitio n Event of World Wushu Champions hips: Shuangdao (1/4) 世界武术锦 标赛比赛项 目—双刀 (1/4)		http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangdao-1-4/	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangdao-1-4/?lang=zh-hans	https://youtu.be/3Elg4ZssXeM
The 58th Week: Online Wushu Courses 第 58 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
173	2021/ 12/7	The 3rd Set Internation al Wushu Competitio n Routines: Nangun (2/4) 第三套国际 武术竞赛套 路—南棍 (2/4)	Chinese Wushu Associati on 中国武术 协会	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nangun-2-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nangun-2-4/?lang=zh-hans	https://youtu.be/xf6trz4AvE
174	2021/ 12/8	The 3rd Set Internation al Wushu Competitio n Routines: Qiangshu (2/4) 第三套国际 武术竞赛套 路—枪术 (2/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-qiangshu-2-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-qiangshu-2-4/?lang=zh-hans	https://youtu.be/p3v6lzSqTAw
175	2021/ 12/9	Competitio n Event of World Wushu Champions hips: Shuangdao		http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangdao-2-4/	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangdao-2-4/?lang=zh-hans	https://youtu.be/ORGFFJt9qyg





		(2/4) 世界武术锦标赛比赛项目—双刀 (2/4)				
The 59th Week: Online Wushu Courses 第 59 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
176	2021/12/14	The 3rd Set International Wushu Competition Routines: Nangun (3/4) 第三套国际武术竞赛套路—南棍 (3/4)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nangun-3-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-nangun-3-4/?lang=zh-hans	https://youtu.be/ln2tRtKcjfA
177	2021/12/15	The 3rd Set International Wushu Competition Routines: Qiangshu (3/4) 第三套国际武术竞赛套路—枪术 (3/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-qiangshu-3-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-qiangshu-3-4/?lang=zh-hans	https://youtu.be/jK1a5dXYik0
178	2021/12/16	Competition Event of World Wushu Championships: Shuangdao (3/4) 世界武术锦标赛比赛项目—双刀 (3/4)		http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangdao-3-4/	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangdao-3-4/?lang=zh-hans	https://youtu.be/CmRJho748L0
The 60th Week: Online Wushu Courses 第 60 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV





179	2021/12/21	The 3rd Set International Wushu Competition Routines: Nangun (4/4) 第三套国际武术竞赛套路—南棍 (4/4)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/the-3rd-set-inte...tines-nangun-4-4/	http://www.iwuf.org/video/the-3rd-set-inte...tines-nangun-4-4/?lang=zh-hans	https://youtu.be/X-FVymJK7Yc
180	2021/12/22	The 3rd Set International Wushu Competition Routines: Qiangshu (4/4) 第三套国际武术竞赛套路—枪术 (4/4)		http://www.iwuf.org/video/the-3rd-set-inte...nes-qiangshu-4-4/	http://www.iwuf.org/video/the-3rd-set-inte...nes-qiangshu-4-4/?lang=zh-hans	https://youtu.be/TXkWA4jUORs
181	2021/12/23	Competition Event of World Wushu Championships: Shuangdao (4/4) 世界武术锦标赛比赛项目—双刀 (4/4)		http://www.iwuf.org/video/competition-even...ps-shuangdao-4-4/	http://www.iwuf.org/video/competition-even...ps-shuangdao-4-4/?lang=zh-hans	https://youtu.be/3yUL-W_A7ws
182	2021/12/24	The 9th Sanda World Cup Men's 60kg Final 第九届散打世界杯男子60公斤级决赛		http://www.iwuf.org/video/the-9th-sanda-world-cup-mens-60kg-final/	http://www.iwuf.org/video/the-9th-sanda-world-cup-mens-60kg-final/?lang=zh-hans	https://youtu.be/CB4GacMfHe4

The 61st Week: Online Wushu Courses
第 61 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
183	2021/12/28	Competition Event of World Wushu Championships: Sanda	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-sanda-1-5-footwork/	http://www.iwuf.org/video/competition-event...nda-1-5-footwork/?lang=zh-hans	https://youtu.be/JP_rH4cfuw





		(1/5) - Footwork 世界武术锦 标赛比赛项 目—散打 (1/5) : 步法				
184	2021/ 12/29	The 3rd Set Internation al Wushu Competitio n Routines: Daoshu (1/4) 第三套国际 武术竞赛套 路—刀术 (1/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-daoshu-1-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-daoshu-1-4/?lang=zh-hans	https://youtu.be/S1ZhU05ItUM
185	2021/ 12/30	Competitio n Event of World Wushu Champions hips: Shuangjian (1/4) 世界武术锦 标赛比赛项 目—双剑 (1/4)		http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangjian-1-4/	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangjian-1-4/?lang=zh-hans	https://youtu.be/BkrvKmtDdE
The 62nd Week: Online Wushu Courses 第 62 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
186	2022/ 1/5	Competitio n Event of World Wushu Champions hips: Sanda (2/5) - Fist Techniques 世界武术锦 标赛比赛项 目—散打 (2/5) : 拳法	Chinese Wushu Associati on 中国武术 协会	http://www.iwuf.org/video/competition-even...-fist-techniques/	http://www.iwuf.org/video/competition-even...-fist-techniques/?lang=zh-hans	https://youtu.be/Q3qs1yoJD8
187	2022/ 1/6	The 3rd Set Internation al Wushu Competitio		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-daoshu-2-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-daoshu-2-4/?lang=zh-hans	https://youtu.be/syv-1lxvAb8





		n Routines: Daoshu (2/4) 第三套国际 武术竞赛套 路—刀术 (2/4)			4/?lang=zh-hans	
188	2022/ 1/6	Competitio n Event of World Wushu Champions hips: Shuangjian (2/4) 世界武术锦 标赛比赛项 目—双剑 (2/4)		http://www.iwuf.org/video/competition-even...s-shuangjian-2-4/	http://www.iwuf.org/video/competition-even...s-shuangjian-2-4/?lang=zh-hans	https://youtu.be/BkrvK mTDdE

The 63rd Week: Online Wushu Courses
第 63 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
189	2022/ 1/11	Competitio n Event of World Wushu Champions hips: Sanda (3/5) - Leg Techniques 世界武术锦 标赛比赛项 目—散打 (3/5) : 腿法	Chinese Wushu Associati on 中国武术 协会	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-sanda-3-5-leg-techniques	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-sanda-3-5-leg-techniques/?lang=zh-hans	https://youtu.be/_iutqi_fYU4
190	2022/ 1/12	The 3rd Set Internation al Wushu Competitio n Routines: Daoshu (3/4) 第三套国际 武术竞赛套 路—刀术 (3/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-daoshu-3-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-daoshu-3-4/?lang=zh-hans	https://youtu.be/RG3_S hSgqa4
191	2022/ 1/13	Competitio n Event of World Wushu		http://www.iwuf.org/video/competition-event-of-world-wushu-championships-	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangjian-	https://youtu.be/1tgVG oVkuPM





		Champions hips: Shuangjian (3/4) 世界武术锦标赛比赛项目—双剑 (3/4)		shuangjian-3-4/	3-4/?lang=zh-hans	
The 64th Week: Online Wushu Courses 第 64 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
192	2022/1/18	Competition Event of World Wushu Champions hips: Sanda (4/5) - Leg Catching Takedown Techniques 世界武术锦标赛比赛项目—散打 (4/5) : 接腿摔	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-sanda-4-5-leg-catching-takedown-techniques/	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-sanda-4-5-leg-catching-takedown-techniques/?lang=zh-hans	https://youtu.be/_gMPElrZfk
193	2022/1/19	The 3rd Set International Wushu Competition Routines: Daoshu (4/4) 第三套国际武术竞赛套路—刀术 (4/4)		http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-daoshu-4-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-daoshu-4-4/?lang=zh-hans	https://youtu.be/3HsBluwe6C0
194	2022/1/20	Competition Event of World Wushu Champions hips: Shuangjian (4/4) 世界武术锦标赛比赛项目—双剑 (4/4)		http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangjian-4-4/	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-shuangjian-4-4/?lang=zh-hans	https://youtu.be/4Ue_nxVYIn4





The 65 th Week: Online Wushu Courses 第 65 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
195	2022/ 1/24	WWC's Competitio n Event: Sanda (5/5) - Close Body Wrestling Techniques 世锦赛比赛 项目—散打 (5/5) : 贴身摔	Chinese Wushu Associati on 中国武术 协会	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-sanda-5-5-close-body-wrestling-techniques/	http://www.iwuf.org/video/competition-event-of-world-wushu-championships-sanda-5-5-close-body-wrestling-techniques/?lang=zh-hans	https://youtu.be/3RaHNat6bYo
196	2022/ 1/25	WWC's Competitio n Event: Xingyiquan (1/4) - Basic Hand Shapes & Three Body Power 世锦赛比赛 项目—形意 拳 (1/4) : 基本手型和 三体势		http://www.iwuf.org/video/wwcs-competition-event-xingyiquan-1-4-basic-hand-shapes-three-body-power/	http://www.iwuf.org/video/wwcs-competition-event-xingyiquan-1-4-basic-hand-shapes-three-body-power/?lang=zh-hans	https://youtu.be/rElp16J6Si4
197	2022/ 1/26	WWC's Competitio n Event: Xingyiquan (2/4) - Five Element Fists 世锦赛比赛 项目—形意 拳 (2/4) : 五行拳		http://www.iwuf.org/video/wwcs-competition-event-xingyiquan-2-4-five-element-fists/	http://www.iwuf.org/video/wwcs-competition-event-xingyiquan-2-4-five-element-fists/?lang=zh-hans	https://youtu.be/4-1hBj6SZJA
The 66 th Week: Online Wushu Courses 第 66 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV





198	2022/1/27	WWC's Competition Event: Xingyiquan (3/4) - Five Element Linking Fists 世锦赛比赛项目—形意拳 (3/4): 五行连环拳	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/wwcs-competition-event-xingyiquan-3-4-five-element-linking-fists/	http://www.iwuf.org/video/wwcs-competition-event-xingyiquan-3-4-five-element-linking-fists/?lang=zh-hans	https://youtu.be/96j1-5zLShY
199	2022/1/28	WWC's Competition Event: Xingyiquan (4/4) - National Xingyiquan Champions' Demonstration 世锦赛比赛项目—形意拳 (4/4): 全国形意拳冠军演练		http://www.iwuf.org/video/wwcs-competition-event-xingyiquan-4-4-national-xingyiquan-champions-demonstration/	http://www.iwuf.org/video/wwcs-competition-event-xingyiquan-4-4-national-xingyiquan-champions-demonstration/?lang=zh-hans	https://youtu.be/9cgXmzSgSeY
200	2022/1/29	2021 WTVC Taijishan's Competition Highlight 2021 国际武联武术套路网络大赛太极扇项目精彩回顾	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-taijishans-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-taijishans-competition-highlight/?lang=zh-hans	https://youtu.be/B_LmPFPo-sc

The 67th Week: Online Wushu Courses
第 67 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
201	2022/2/9	Wushu Sanda Training Methods 武术散打训练方法	Capital University of Physical Education And Sports 首都体育	http://www.iwuf.org/video/wushu-sanda-training-methods/	http://www.iwuf.org/video/wushu-sanda-training-methods/?lang=zh-hans	https://youtu.be/3K1qe8b25U





			学院			
202	2022/2/10	Wushu Elementary Routine- Changquan -Basic Movements 武术初级套路—长拳基本动作	IWUF 国际武联	http://www.iwuf.org/video/wushu-elementary-routine-changquan-basic-movements/	http://www.iwuf.org/video/wushu-elementary-routine-changquan-basic-movements/?lang=zh-hans	https://youtu.be/ZP6dwCYsos4 英 https://youtu.be/HoggF-YLn0 中
203	2022/2/11	Wushu Elementary Routine - Changquan No.3 - Complete Movements Demonstration 武术初级套路—长拳(第三路)整套动作演示		http://www.iwuf.org/video/wushu-elementary-routine-changquan-no-3-whole-movements-demonstration/	http://www.iwuf.org/video/wushu-elementary-routine-changquan-no-3-whole-movements-demonstration/?lang=zh-hans	https://youtu.be/JZnmYtfXb0 https://youtu.be/ppXojCBmFQE
The 68th Week: Online Wushu Courses 第 68 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
204	2022/2/15	Wushu Sanda Basic Skills- Standing Fighting Stance & Footwork Movements 武术散打基本技术：站立格斗势&步伐移动	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-standing-fighting-stance-footwork-movements/	http://www.iwuf.org/video/wushu-sanda-basic-skills-standing-fighting-stance-footwork-movements/?lang=zh-hans	https://youtu.be/b8iW2i6kDkQ
205	2022/2/16	Wushu Elementary Routine- Daoshu- Major Techniques 武术初级套路-刀术-主要刀法	IWUF 国际武联	http://www.iwuf.org/video/wushu-elementary-routine-daoshu-major-techniques/	http://www.iwuf.org/video/wushu-elementary-routine-daoshu-major-techniques/?lang=zh-hans	https://youtu.be/LI3Q5rI3Z-Q https://youtu.be/z3zIriwREpE
206	2022/2/17	The 3rd Set International Wushu Competition	Chinese Wushu Association	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijijian-1-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijijian-1-4/	https://youtu.be/g4tdix6LCVs





		n Routines: Taijijian (1/4) 第三套国际 武术竞赛套 路—太极剑 (1/4)	中国武术 协会		4/?lang=zh-hans	
The 69th Week: Online Wushu Courses 第 69 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
207	2022/ 2/22	Wushu Sanda Basic Skills-Fist Techniques-Front Straight Punch 武术散打基本技术：拳法之前直拳	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-front-straight-punch/	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-front-straight-punch/?lang=zh-hans	https://youtu.be/clxAMuWZEf0
208	2022/ 2/23	Wushu Elementary Routine-Daoshu Complete Movements Demonstration 武术初级套路-刀术整套动作演示	IWUF 国际武联	http://www.iwuf.org/video/wushu-elementary-routine-daoshu-complete-movements-demonstration/	http://www.iwuf.org/video/wushu-elementary-routine-daoshu-complete-movements-demonstration/?lang=zh-hans	https://youtu.be/Dc1uxO4SPaI https://youtu.be/isnOusqCvxl
209	2022/ 2/24	The 3rd Set International Wushu Competition Routines: Taijijian (2/4) 第三套国际武术竞赛套路—太极剑 (2/4)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijijian-2-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijijian-2-4/?lang=zh-hans	https://youtu.be/g4tdix6LCVs
The 70th Week: Online Wushu Courses 第 70 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV





210	2022/3/1	Wushu Sanda Basic Skills-Fist Techniques-Rear Straight Punch 武术散打基本技术：拳法之后直拳	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-rear-straight-punch/	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-rear-straight-punch/?lang=zh-hans	https://youtu.be/KvjkDeF8MRk
211	2022/3/2	Wushu Elementary Routine-Jianshu-Major Techniques 武术初级套路-剑术-主要剑法	IWUF 国际武联	http://www.iwuf.org/video/wushu-elementary-routine-jianshu-major-techniques/	http://www.iwuf.org/video/wushu-elementary-routine-jianshu-major-techniques/?lang=zh-hans	https://youtu.be/ipDN2GhMsPU https://youtu.be/zQtiU-QFWrc
212	2022/3/3	The 3rd Set International Wushu Competition Routines: Taijijian (3/4) 第三套国际武术竞赛套路—太极剑(3/4)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijijian-3-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijijian-3-4/?lang=zh-hans	https://www.youtube.com/watch?v=0Wl2zFpdAQk

The 71st Week: Online Wushu Courses
第 71 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
213	2022/3/9	Wushu Sanda Basic Skills-Fist Techniques-Front Hook Punch 武术散打基本技术：拳法之前摆拳	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-front-hook-punch/	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-front-hook-punch/?lang=zh-hans	https://youtu.be/ID38-TX3ouA
214	2022/3/10	Wushu Elementary Routine-Jianshu Complete Movements Demonstration	IWUF 国际武联	http://www.iwuf.org/video/wushu-elementary-routine-jianshu-complete-movements-demonstration/	http://www.iwuf.org/video/wushu-elementary-routine-jianshu-complete-movements-demonstration/?lang=zh-hans	https://youtu.be/x-Fr2cnzq9w https://youtu.be/ET3e2K05iIQ





		tion 武术初级套 路-剑术整套 动作演示				
215	2022/ 3/11	The 3rd Set International Wushu Competition Routines: Taijijian (4/4) 第三套国际武术竞赛套路—太极剑 (4/4)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijijian-4-4/	http://www.iwuf.org/video/the-3rd-set-international-wushu-competition-routines-taijijian-4-4/?lang=zh-hans	https://youtu.be/B7LZog0q7Ps
The 72nd Week: Online Wushu Courses 第 72 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
216	2022/ 3/15	Wushu Sanda Basic Skills-Fist Techniques-Rear Hook Punch 武术散打基本技术：拳法之后摆拳	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-rear-hook-punch/	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-rear-hook-punch/?lang=zh-hans	https://youtu.be/ws4tc7Chj0M
217	2022/ 3/16	Wushu Elementary Routine-Qiangshu-Major Techniques 武术初级套路-枪术-主要枪法	IWUF 国际武联	http://www.iwuf.org/video/wushu-elementary-routine-qiangshu-major-techniques/	http://www.iwuf.org/video/wushu-elementary-routine-qiangshu-major-techniques/?lang=zh-hans	https://youtu.be/03vl3UNlyzI https://youtu.be/FTNFCdWnZFA
218	2022/ 3/17	2021 WTVN Nandao's Competition Highlight 2021 国际武联武术套路网络大赛南刀项目精彩回顾	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/2021-wtvc-nandaos-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-nandaos-competition-highlight/?lang=zh-hans	https://youtu.be/0C_u11cR1eQ
The 73rd Week: Online Wushu Courses 第 73 期线上武术课程						





No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
219	2022/3/22	Wushu Sanda Basic Skills-Fist Techniques-Front Uppercut 武术散打基本技术：拳法之前勾拳	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-front-uppercute/	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-front-uppercute/?lang=zh-hans	https://youtu.be/RykZ61bxmWY
220	2022/3/23	Wushu Elementary Routine-Qiangshu Complete Movements Demonstration 武术初级套路-枪术整套动作演示	IWUF 国际武联	http://www.iwuf.org/video/wushu-elementary-routine-qiangshu-complete-movements-demonstration/	http://www.iwuf.org/video/wushu-elementary-routine-qiangshu-complete-movements-demonstration/?lang=zh-hans	https://youtu.be/ACqLYiHfdm4 https://youtu.be/ImYIM7iYRh0
221	2022/3/24	2021 WTVC Taijiquan's Competition Highlight 2021 国际武联武术套路网络大赛太极拳项目精彩回顾	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-taijiquans-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-taijiquans-competition-highlight/?lang=zh-hans	https://youtu.be/9vBwSfngLxc
The 74th Week: Online Wushu Courses 第 74 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
222	2022/3/29	Wushu Sanda Basic Skills-Fist Techniques-Rear Uppercut 武术散打基本技术：拳法之后勾拳	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-rear-uppercute/	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-rear-uppercute/?lang=zh-hans	https://youtu.be/AYgAvY6iB94
223	2022/	Wushu	IWUF	http://www.iwuf.org/video	http://www.iwuf.org/video/	https://youtu.be/innC_g





	3/30	Elementary Routine-Gunshu-Major Techniques 武术初级套路-棍术-主要棍法	国际武联	/wushu-elementary-routine-gunshu-major-techniques/	wushu-elementary-routine-gunshu-major-techniques/?lang=zh-hans	JRuv8 https://youtu.be/GaPsOYKkSpE
224	2022/4/1	2021 国际武联武术套路网络大赛太极剑项目精彩回顾 2021 WTVC Taijijian's Competition Highlight	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-taijiquans-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-taijijians-competition-highlight/?lang=zh-hans	https://youtu.be/Af-D6FMSk6A
The 75th Week: Online Wushu Courses 第 75 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
225	2022/4/6	Wushu Sanda Basic Skills-Fist Techniques-Spinning Back Fist 武术散打基本技术：拳法之鞭拳	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-spinning-back-fist/	http://www.iwuf.org/video/wushu-sanda-basic-skills-fist-techniques-spinning-back-fist/?lang=zh-hans	https://youtu.be/7c_ZA2h4eMc
226	2022/4/7	Wushu Elementary Routine-Gunshu Complete Movements Demonstration 武术初级套路-棍术整套动作演示	IWUF 国际武联	http://www.iwuf.org/video/wushu-elementary-routine-gunshu-complete-movements-demonstration/	http://www.iwuf.org/video/wushu-elementary-routine-gunshu-complete-movements-demonstration/?lang=zh-hans	https://youtu.be/ap8eoRs04is https://youtu.be/KAf9yvv6fN0
227	2022/4/8	2021 WTVC Changquan's Competition Highlight 2021 国际武联武术套	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武	http://www.iwuf.org/video/2021-wtvc-changquans-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-changquans-competition-highlight/?lang=zh-hans	https://youtu.be/SrSWiRnwCmw





		路网络大赛 长拳项目精 彩回顾	术套路网 络大赛			
The 76th Week: Online Wushu Courses 第 76 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
228	2022/ 4/12	Wushu Sanda Basic Skills- Leg Techniques -Front Push Kick 武术散打基本技术：腿法之前正蹬腿	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-front-push-kick/	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-front-push-kick/?lang=zh-hans	https://youtu.be/5VNCCPsexds
229	2022/ 4/14	Simplified 24 Movements Taijiquan: Opening & Part Wild Horse's Mane 24 式简化太极拳：起势 &野马分鬃	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-opening-part-the-wild-horses-mane/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-opening-part-the-wild-horses-mane/?lang=zh-hans	https://youtu.be/878hrRaEDWE
230	2022/ 4/15	2021 WTVC Nanquan's Compet 2021 国际武联武术套路网络大赛南拳项目精彩回顾 Highlight	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-nanquans-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-nanquans-competition-highlight/?lang=zh-hans	https://www.youtube.be/5VNCCPsexds
The 77th Week: Online Wushu Courses 第 77 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
231	2022/ 4/19	Wushu Sanda Basic Skills-	Capital University of	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-back-push-	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-back-push-	https://www.youtube.be/DAKME3v3aeOA





		Leg Techniques-Back Push Kick 武术散打基本技术：腿法之后正蹬腿	Physical Education And Sports 首都体育学院	kick/	kick/?lang=zh-hans	
232	2022/4/20	Simplified 24 Movements Taijiquan: White Crane Spreads its Wings 24 式简化太极拳：白鹤亮翅	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-white-crane-spreads-its-wings/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-white-crane-spreads-its-wings/?lang=zh-hans	https://youtu.be/yJIs0CgscHo
233	2022/4/21	2021 WTVC Daoshu's Competition Highlight 2021 国际武联武术套路网络大赛刀术项目精彩回顾	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-daoshus-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-daoshus-competition-highlight/?lang=zh-hans	https://youtu.be/Dl0awFSzEDQ
The 78th Week: Online Wushu Courses 第 78 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
234	2022/4/26	Wushu Sanda Basic Skills-Leg Techniques-Front Side Kick 武术散打基本技术：腿法之前侧踹踢	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-front-side-kick/	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-front-side-kick/?lang=zh-hans	https://youtu.be/yxcQNWIDYrg
235	2022/4/27	Simplified 24 Movements Taijiquan: Brush Knee with Opposite Step on	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-brush-knee-with-opposite-step-on-both-sides/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-brush-knee-with-opposite-step-on-both-sides/?lang=zh-hans	https://youtu.be/IrPCrn0t9g





		Both Sides 24 式简化太极拳: 左右搂膝拗步				
236	2022/4/28	2021 WTVC Nangun's Competition Highlight 2021 国际武联武术套路网络大赛南棍项目精彩回顾	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-nanguns-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-nanguns-competition-highlight/?lang=zh-hans	https://youtu.be/LHJDYpj3EPc
The 79th Week: Online Wushu Courses 第 79 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
237	2022/5/5	Wushu Sanda Basic Skills-Leg Techniques-Back Side Kick 武术散打基本技术: 腿法之后侧端踢	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-back-side-kick/	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-back-side-kick/?lang=zh-hans	https://youtu.be/_V_6xEfxeal
238	2022/5/6	Simplified 24 Movements Taijiquan: Strum the Pipa 24 式简化太极拳: 手挥琵琶	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-strum-the-pipa/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-strum-the-pipa/?lang=zh-hans	https://youtu.be/nxpOhxcLKLO
239	2022/5/7	2021 WTVC Qiangshu's Competition Highlight 2021 国际武联武术套路网络大赛枪术项目精彩回顾	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-qiangshus-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-qiangshus-competition-highlight/?lang=zh-hans	https://youtu.be/TANd8ex3TiM





The 80 th Week: Online Wushu Courses 第 80 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
240	2022/ 5/10	Wushu Sanda Basic Skills-Leg Techniques -Front Round Horse Kick 武术散打基本技术：腿法之前鞭腿	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-front-round-horse-kick/	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-front-round-horse-kick/?lang=zh-hans	https://youtu.be/XokefQaGpvA
241	2022/ 5/11	2021 WTVC Jianshu's Competition Highlight 2021 国际武联武术套路网络大赛剑术项目精彩回顾	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-jianshus-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-jianshus-competition-highlight/?lang=zh-hans	https://youtu.be/2ki5w9AfQHg
242	2022/ 5/12	Simplified 24 Movements Taijiquan: Retreat with Arms Curling on Both Sides 24 式简化太极拳：左右倒卷肱	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-retreat-with-arms-curling-on-both-sides/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-retreat-with-arms-curling-on-both-sides/?lang=zh-hans	https://youtu.be/eIW3iP2D-no
The 81 st Week: Online Wushu Courses 第 81 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
243	2022/ 5/17	Wushu Sanda Basic Skills-Leg Techniques -Back Round House Kick 武术散打基本技术	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-back-round-house-kick/	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-back-round-house-kick/?lang=zh-hans	https://youtu.be/-ISY234OVQ8





		本技术：腿法之后鞭腿				
244	2022/5/18	2021 WTVC Gunshu's Competition Highlight 2021 国际武联武术套路网络大赛棍术项目精彩回顾	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-gunshus-competition-highlight/	http://www.iwuf.org/video/2021-wtvc-gunshus-competition-highlight/?lang=zh-hans	https://youtu.be/dnlh8cxQI5M
245	2022/5/19	Simplified 24 Movements Taijiquan: Grasp the Peacock's Tail (Left & Right) 24 式简化太极拳：左揽雀尾、右揽雀尾	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-grasp-the-peacocks-tail-left-right/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-grasp-the-peacocks-tail-left-right/?lang=zh-hans	https://youtu.be/vp8cvlFdUfQ
The 82nd Week: Online Wushu Courses 第 82 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
246	2022/5/24	Wushu Sanda Basic Skills- Leg Techniques -Left and Right Push Kick 武术散打基本技术：腿法之左右正蹬腿	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-left-and-right-push-kick/	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-left-and-right-push-kick/?lang=zh-hans	https://youtu.be/uMdIOT-2JIU
247	2022/5/25	2021 WTVC Awards Winner's Competition Highlights- Zahra KIANI (IRI) 2021 国际武联武术套路网络大赛	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-zahra-kiani-iri/	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-zahra-kiani-iri/?lang=zh-hans	https://youtu.be/9I9Y_sOp8uw





		路网络大赛 获奖选手精 彩回顾： Zahra KIANI（伊 朗）				
248	2022/ 5/26	Simplified 24 Movements Taijiquan: Single Whip 24 式简化太 极拳：单鞭	Beijing Institute of Technolo gy 北京理工 大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-single-whip/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-single-whip/?lang=zh-hans	https://youtu.be/XDCUzG6Nu7Q
The 83rd Week: Online Wushu Courses 第 83 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
249	2022/ 5/31	Wushu Sanda Basic Skills- Leg Techniques -Left and Right Round House Kick 武术散打基 本技术：腿 法之左右鞭 腿	Capital Universit y of Physical Educatio n And Sports 首都体育 学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-left-and-right-round-house-kick/	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-techniques-left-and-right-round-house-kick/?lang=zh-hans	https://youtu.be/AzNTEVdfZPM
250	2022/ 6/1	2021 WTVC Awards Winner's Competitio n Highlights- Ronald ESPINOZA (VEN) 2021 国际 武联武术套 路网络大赛 获奖选手精 彩回顾： Ronald ESPINOZA (委内瑞 拉)	IWUF Wushu Taolu Virtual Competitio n 2021 国 际武联武 术套路网 络大赛	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-ronald-espinoza-ven/	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-ronald-espinoza-ven/?lang=zh-hans	https://youtu.be/AkdvFjZV9To
251	2022/	Simplified	Beijing	http://www.iwuf.org/video	http://www.iwuf.org/video/	https://youtu.be/dKvUI





	6/2	24 Movements Taijiquan: Cloud Hands Wave 24 式简化太极拳: 云手	Institute of Technology 北京理工大学	/simplified-24-movements-taijiquan-cloud-hands-wave/	simplified-24-movements-taijiquan-cloud-hands-wave/?lang=zh-hans	U_T5IE
The 84th Week: Online Wushu Courses 第 84 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
252	2022/6/7	Wushu Sanda Basic Skills-Body Contact Wrestling Techniques-Double Leg Takedown 武术散打基本技术: 摔法技术之贴身摔-下潜抱摔	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-body-contact-wrestling-techniques-double-leg-takedown/	http://www.iwuf.org/video/wushu-sanda-basic-skills-body-contact-wrestling-techniques-double-leg-takedown/?lang=zh-hans	https://youtu.be/TIHQae nRHx0
253	2022/6/8	2021 WTVC Awards Winner's Competition Highlights-Rushi DENG (CHN) 2021 国际武联武术套路网络大赛获奖选手精彩回顾: 邓汝诗 (中国)	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-rushi-deng-chn/	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-rushi-deng-chn/?lang=zh-hans	https://youtu.be/4vBGXWa6JTA
254	2022/6/9	Simplified 24 Movements Taijiquan: Single Whip & High Pat on Horse 24 式简化太	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-single-whip-high-pat-on-horse/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-single-whip-high-pat-on-horse/?lang=zh-hans	https://youtu.be/sAwOKHcR9zo





		极拳: 单鞭 &高探马				
The 85th Week: Online Wushu Courses 第 85 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
255	2022/ 6/14	Wushu Sanda Basic Skills- Body Contact Wrestling Techniques -Over Back Throw by Locking Neck 武术散打基本技术: 摔法技术之贴身摔-夹颈过背摔	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-body-contact-wrestling-techniques-over-back-throw-by-locking-neck/	http://www.iwuf.org/video/wushu-sanda-basic-skills-body-contact-wrestling-techniques-over-back-throw-by-locking-neck/?lang=zh-hans	https://youtu.be/saIJZAm4IU
256	2022/ 6/15	2021 WTVC Awards Winner's Competition Highlights- Loan DROUARD (FRA) 2021 国际武联武术套路网络大赛获奖选手精彩回顾: Loan DROUARD (法国)	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-loan-drouard-fra/	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-loan-drouard-fra/?lang=zh-hans	https://youtu.be/rPqkK1Y_C9o
257	2022/ 6/16	Simplified 24 Movements Taijiquan: Right Front Heel Kick 24 式简化太极拳: 右蹬脚	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-right-front-heel-kick/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-right-front-heel-kick/?lang=zh-hans	https://youtu.be/GC6kpHFwYpY
The 86th Week: Online Wushu Courses 第 86 期线上武术课程						





No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
258	2022/ 6/21	Wushu Sanda Basic Skills- Leg Catching Wrestling Techniques -Leg Catching to Upward Pushing 武术散打基本技术：摔法技术之接腿摔-抱腿挑摔	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-catching-wrestling-techniques-leg-catching-to-upward-pushing/	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-catching-wrestling-techniques-leg-catching-to-upward-pushing/?lang=zh-hans	https://youtu.be/hlL53Ezpx7g
259	2022/ 6/22	2021 WTVC Awards Winner's Competition 2021 Highlights-Suijin CHEN (HKG) 2021 国际武联武术套路网络大赛获奖选手精彩回顾：陈穗津 (中国香港)	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-suijin-chen-hkg/	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-suijin-chen-hkg/?lang=zh-hans	https://youtu.be/okBJ4Ejh_60
260	2022/ 6/23	Simplified 24 Movements Taijiquan: Strike Opponent's Ears with Both Fist & Turn Body and Left Heel Kick 24 式简化太极拳：双峰贯耳、转身左蹬脚	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-strike-opponents-ears-with-both-fist-turn-body-and-left-heel-kick/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-strike-opponents-ears-with-both-fist-turn-body-and-left-heel-kick/?lang=zh-hans	https://youtu.be/am81K4yXmLI
The 87th Week: Online Wushu Courses 第 87 期线上武术课程						





No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
261	2022/ 6/27	Wushu Sanda Basic Skills- Leg Catching Wrestling Techniques -Leg Catching to Pressing Downward 武术散打基本技术：摔法技术之接腿摔-抱腿压摔	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-catching-wrestling-techniques-leg-catching-to-pressing-downward/	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-catching-wrestling-techniques-leg-catching-to-pressing-downward/?lang=zh-hans	https://youtu.be/DC9LlMGpZkM
262	2022/ 6/28	2021 WTVC Awards Winner's Competition Highlights-Shunhong YANG (CHN) 2021 国际武联武术套路网络大赛获奖选手精彩回顾：杨顺洪（中国）	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-shunhong-yang-chn/	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-shunhong-yang-chn/?lang=zh-hans	https://youtu.be/xTQ3yyBjY3M
263	2022/ 6/29	Simplified 24 Movements Taijiquan: Left & Right Low Posture 24 式简化太极拳：左、右下势独立	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-left-right-low-posture/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-left-right-low-posture/?lang=zh-hans	https://youtu.be/5lrs1VHyuSo
The 88th Week: Online Wushu Courses 第 88 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV





264	2022/7/5	Wushu Sanda Basic Skills- Leg Catching Wrestling Techniques- Leg Catching to Side Sweep 武术散打基本技术：摔法技术之接腿摔-抱腿勾踢摔	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-catching-wrestling-techniques-leg-catching-to-side-sweep/	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-catching-wrestling-techniques-leg-catching-to-side-sweep/?lang=zh-hans	https://youtu.be/JhhymufEwvc
265	2022/7/6	2021 WTVC Awards Winner's Competition Highlights- Nanoha KIDA (JPN) 2021 国际武联武术套路网络大赛获奖选手精彩回顾：Nanoha KIDA (日本)	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-nanoha-kida-jpn/	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-nanoha-kida-jpn/?lang=zh-hans	https://youtu.be/85avulIf-eM
266	2022/7/7	Simplified 24 Movements Taijiquan: Work at Shuttles on Both Sides 24 式简化太极拳：左右穿梭	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-work-at-shuttles-on-both-sides/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-work-at-shuttles-on-both-sides/?lang=zh-hans	https://youtu.be/S4eYIQ3pLLc
The 89th Week: Online Wushu Courses 第 89 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
267	2022/7/11	Wushu Sanda Basic Skills- Leg Catching Wrestling	Capital University of Physical Education And	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-catching-wrestling-techniques-leg-catching-to-neck-pressing-	http://www.iwuf.org/video/wushu-sanda-basic-skills-leg-catching-wrestling-techniques-leg-catching-to-neck-pressing-	https://youtu.be/lj5bBH AZhHY





		Techniques -Leg Catching to Neck Pressing Downward 武术散打基本技术：摔法技术之接腿摔-接腿压颈摔	Sports 首都体育学院	downward/	downward/?lang=zh-hans	
268	2022/7/12	2021 WTVC Awards Winner's Competition Highlights-Hao TU (CHN) 2021 国际武联武术套路网络大赛获奖选手精彩回顾：涂浩（中国）	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/simplified-24-movements-taijiquan-needle-at-sea-bottom-flash-through-the-armback/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-needle-at-sea-bottom-flash-through-the-armback/?lang=zh-hans	https://youtu.be/0DWqnyf6UaQ
269	2022/7/13	Simplified 24 Movements Taijiquan: Needle at Sea Bottom & Flash Through the Back 24 式简化太极拳：海底针、闪通臂	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-hao-tu-chn/	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-hao-tu-chn/?lang=zh-hans	https://youtu.be/DRydbiy2MGY
The 90th Week: Online Wushu Courses 第 90 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
270	2022/7/19	Sanda Basic Skills:Fist Combinations (1/2) 散打基本技术：拳法组合技术（1/2）	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/sanda-basic-skills-fist-combinations-1-2/	http://www.iwuf.org/video/sanda-basic-skills-fist-combinations-1-2/?lang=zh-hans	https://youtu.be/mmu9REvZ74E





271	2022/7/20	2021 WTVC Awards Winner's Competition Highlights - Geng Yeam CHAN (SGP) 2021 国际武联武术套路网络大赛获奖选手精彩回顾: Geng Yeam CHAN (新加坡)	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网络大赛	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-geng-yeam-chan-sgp/	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-geng-yeam-chan-sgp/?lang=zh-hans	https://youtu.be/Tp1UDxNd4_M
272	2022/7/21	Simplified 24 Movements Taijiquan: Turn Body, Deflect, Parry & Punch 24 式简化太极拳: 转身搬拦捶	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-turn-body-deflect-parry-punch-2/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-turn-body-deflect-parry-punch-2/?lang=zh-hans	https://youtu.be/i3Ffd_3Fjak
The 91st Week: Online Wushu Courses 第 91 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
273	2022/7/26	Sanda Basic Skills:Fist Combinations (2/2) 散打基本技术: 拳法组合技术 (2/2)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/sanda-basic-skillsfist-combinations-2-2/	http://www.iwuf.org/video/sanda-basic-skillsfist-combinations-2-2/?lang=zh-hans	https://youtu.be/ZOc6LcqAAmY
274	2022/7/27	2021 WTVC Awards Winner's Competition Highlights-Salwaa dhana AZALIA	IWUF Wushu Taolu Virtual Competition 2021 2021 国际武联武术套路网	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-salwaa-dhana-azalia-ina/	http://www.iwuf.org/video/2021-wtvc-awards-winners-competition-highlights-salwaa-dhana-azalia-ina/?lang=zh-hans	https://youtu.be/76iVUJSXS6U





		(INA) 2021 国际 武联武术套 路网络大赛 获奖选手精 彩回顾: Salwaa dhana AZALIA (印 度尼西亚)	络大赛			
275	2022/ 7/28	Simplified 24 Movements Taijiquan: Apparent Close Up 24 式简化太 极拳: 如封 似闭	Beijing Institute of Technolo gy 北京理工 大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-apparent-close-up/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-apparent-close-up/?lang=zh-hans	https://youtu.be/imY9dLb_0UA
The 92nd Week: Online Wushu Courses 第 92 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
276	2022/ 10/18	Sanda Basic Skills: Leg Combinati ons (1/2) 散打基本技 术: 腿法组 合技术 (1/2)	Capital Universit y of Physical Educatio n And Sports 首都体育 学院	http://www.iwuf.org/video/sanda-basic-skills-leg-combinations-1-2/	http://www.iwuf.org/video/sanda-basic-skills-leg-combinations-1-2/?lang=zh-hans	https://youtu.be/QgdpyubNH11
277	2022/ 10/19	Children's Wushu: East Rising Sun Wushu Exercise for Health - Complete Demonstra tion 少儿武术: 旭日东升武 术操-完整演 示	Zhonghu a Wuhun Studio The People's Governm ent of Gaohang Town, Pudong New Area, Shanghai 《中华武 魂》工作 室 上海浦东 新区高行 镇人民政府 联合出	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-complete-demonstration/	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-complete-demonstration/?lang=zh-hans	https://www.youtube.com/watch?v=H8e3wdVujRo





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278	2022/10/20	Simplified 24 Movements Taijiquan: Cross Hands & Closing 24 式简化太极拳: 十字手&收势	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-cross-hands-closing/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-cross-hands-closing/?lang=zh-hans	https://youtu.be/KLAh7lZWzD4
The 93rd Week: Online Wushu Courses 第 93 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
279	2022/10/25	Sanda Basic Skills: Leg Combinations (2/2) 散打基本技术: 腿法组合技术 (2/2)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/sanda-basic-skills-leg-combinations-2-2/	http://www.iwuf.org/video/sanda-basic-skills-leg-combinations-2-2/?lang=zh-hans	https://youtu.be/pGuSU4i7dtU
280	2022/10/26	Simplified 24 Movements Taijiquan: Complete Demonstration 24 式简化太极拳: 完整演示	Beijing Institute of Technology 北京理工大学	http://www.iwuf.org/video/simplified-24-movements-taijiquan-complete-demonstration/	http://www.iwuf.org/video/simplified-24-movements-taijiquan-complete-demonstration/?lang=zh-hans	https://youtu.be/JRFZvUZu0lg
281	2022/10/27	Children's Wushu: East Rising Sun Wushu Exercise for Health - Opening & Stretching Exercise 少儿武术: 旭日东升武术操-起势&拉伸运动	Zhonghua Wuhun Studio The People's Government of Gaohang Town, Pudong New Area, Shanghai 《中华武魂》工作室 上海浦东新区高行镇人民政府联合出	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-opening-stretching-exercise/	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-opening-stretching-exercise/?lang=zh-hans	https://youtu.be/vLQTq-4LTnl





The 94 th Week: Online Wushu Courses 第 94 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
282	2022/ 11/1	Sanda Basic Skills: Fist & Leg Combinati ons (1/2) 散打基本技 术: 拳腿组 合技术 (1/2)	Capital Universit y of Physical Educatio n And Sports 首都体育 学院	http://www.iwuf.org/video/sanda-basic-skills-fist-leg-combinations-1-2/	http://www.iwuf.org/video/sanda-basic-skills-fist-leg-combinations-1-2/?lang=zh-hans	https://youtu.be/OWKJTJ711U8
283	2022/ 11/2	Children's Wushu: East Rising Sun Wushu Exercise for Health - Open & Close Exercise 少儿武术: 旭日东升武 术操-开合运 动	Zhonghu a Wuhun Studio The People's Governm ent of Gaohang Town, Pudong New Area, Shanghai 《中华武 魂》工作 室	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-open-close-exercise/	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-open-close-exercise/?lang=zh-hans	https://youtu.be/C1TSRuXq55w
284	2022/ 11/3	Children's Wushu: East Rising Sun Wushu Exercise for Health - Kicking Exercise 少儿武术: 旭日东升武 术操-踢腿运 动	上海浦东 新区高行 镇人民政府 联合出品	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-kicking-exercise/	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-kicking-exercise/?lang=zh-hans	https://youtu.be/QQ1QCgDbbOo
285	2022/ 11/4	Children's Wushu: East Rising Sun Wushu Exercise for Health - Side Extension Exercise 少儿武术: 旭日东升武 术操-侧展运		http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-side-extension-exercise/	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-side-extension-exercise/?lang=zh-hans	https://www.youtube.com/watch?v=6HmhtXcrvVk





The 95 th Week: Online Wushu Courses 第 95 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
286	2022/ 11/8	Sanda Basic Skills: Fist & Leg Combinations (2/2) 散打基本技 术: 拳腿组 合技术 (2/2)	Capital Universit y of Physical Educatio n And Sports 首都体育 学院	http://www.iwuf.org/video/sanda-basic-skills-fist-leg-combinations-2-2/	http://www.iwuf.org/video/sanda-basic-skills-fist-leg-combinations-2-2/?lang=zh-hans	https://youtu.be/9AFOf8omUHE
287	2022/ 11/9	Children's Wushu: East Rising Sun Wushu Exercise for Health - Twisting Exercise 少儿武术: 旭日东升武 术操-拧转运 动	Zhonghu a Wuhun Studio The People's Governm ent of Gaohang Town, Pudong New Area, Shanghai 《中华武 魂》工作 室	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-twisting-exercise/	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-twisting-exercise/?lang=zh-hans	https://youtu.be/IIQ22vZ7pME
288	2022/ 11/10	Children's Wushu: East Rising Sun Wushu Exercise for Health - Bending and Arching Exercise 少儿武术: 旭日东升武 术操-俯仰运 动	上海浦东 新区高行 镇人民政府 联合出品	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-bending-and-arching-exercise/	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-bending-and-arching-exercise/?lang=zh-hans	https://youtu.be/uRSY8Jlclr4
289	2022/ 11/11	Children's Wushu: East Rising Sun Wushu Exercise for Health - Jumping Exercise & Ending Form 少儿武术: 旭日东升武		http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-jumping-exercise-ending-form/	http://www.iwuf.org/video/childrens-wushu-east-rising-sun-wushu-exercise-for-health-jumping-exercise-ending-form/?lang=zh-hans	https://youtu.be/w1cEy69IYZc





The 96 th Week: Online Wushu Courses 第 96 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
		术操-跳跃运动&收势				
290	2022/11/15	Sanda Basic Skills: Fist & Throwing Combinations (1/2) 散打基本技术: 拳摔组合技术 (1/2)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/sanda-basic-skills-fist-throwing-combinations-1-2/	http://www.iwuf.org/video/sanda-basic-skills-fist-throwing-combinations-1-2/?lang=zh-hans	https://youtu.be/dE1mCWNV9J8
291	2022/11/16	Children's Wushu: Five Steps Routine - Palm & Fist Techniques 少儿武术: 五步拳-掌法 & 拳法	Zhonghua Wuhun Studio The People's Government of Gaohang Town, Pudong New Area, Shanghai 《中华武魂》工作室 上海浦东新区高行镇人民政府联合出品	http://www.iwuf.org/video/childrens-wushu-five-steps-routine-palm-fist-techniques/	http://www.iwuf.org/video/childrens-wushu-five-steps-routine-palm-fist-techniques/?lang=zh-hans	https://www.youtube.com/watch?v=i1p4kaLr7GA
292	2022/11/17	Children's Wushu: Five Steps Routine - Horse Stance & Bow Stance 少儿武术: 五步拳-马步 & 弓步		http://www.iwuf.org/video/childrens-wushu-five-steps-routine-palm-fist-techniques/	http://www.iwuf.org/video/childrens-wushu-five-steps-routine-palm-fist-techniques/?lang=zh-hans	https://www.youtube.com/watch?v=i1p4kaLr7GA
293	2022/11/18	Children's Wushu: Five Steps Routine - Holding Fists with Feet Together & Forward Punch in Bow Stance 少儿武术: 五步拳-并步抱拳 & 弓步冲拳				





The 97 th Week: Online Wushu Courses 第 97 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
294	2022/ 11/22	Sanda Basic Skills: Fist & Throwing Combinati ons (2/2) 散打基本技 术: 拳摔组 合技术 (2/2)	Capital Universit y of Physical Educatio n And Sports 首都体育 学院	http://www.iwuf.org/video/sanda-basic-skills-fist-throwing-combinations-2-2/	http://www.iwuf.org/video/sanda-basic-skills-fist-throwing-combinations-2-2/?lang=zh-hans	https://youtu.be/aiKBG3T1Mnc
295	2022/ 11/23	Children's Wushu: Five Steps Routine - Forward Punch and Snap Kick & Block and Punch in Horse Stance 少儿武术: 五步拳-弹踢 冲拳&马步 架打	Zhonghu a Wuhun Studio The People's Governm ent of Gaohang Town, Pudong New Area, Shanghai 《中华武 魂》工作 室 上海浦东 新区高行 镇人民政府 联合出品	http://www.iwuf.org/video/childrens-wushu-five-steps-routine-forward-punch-and-snap-kick-block-and-punch-in-horse-stance/	http://www.iwuf.org/video/childrens-wushu-five-steps-routine-forward-punch-and-snap-kick-block-and-punch-in-horse-stance/?lang=zh-hans	https://youtu.be/cq8329WEGAI
296	2022/ 11/24	Children's Wushu: Five Steps Routine - Cover and Punch in Resting Stance Part & Thread Palm with Raised Knee and Crouching Stance 少儿武术: 五步拳-歇步 盖打&提膝 仆步穿掌		http://www.iwuf.org/video/childrens-wushu-five-steps-routine-cover-and-punch-in-resting-stance-part-thread-palm-with-raised-knee-and-crouching-stance/	http://www.iwuf.org/video/childrens-wushu-five-steps-routine-cover-and-punch-in-resting-stance-part-thread-palm-with-raised-knee-and-crouching-stance/?lang=zh-hans	https://youtu.be/iQhi6aJotYo
297	2022/ 11/25	Children's Wushu: Five Steps Routine - Hook Hand and Lift Palm in		http://www.iwuf.org/video/childrens-wushu-five-steps-routine-hook-hand-and-lift-palm-in-empty-stance-closing-position/	http://www.iwuf.org/video/childrens-wushu-five-steps-routine-hook-hand-and-lift-palm-in-empty-stance-closing-position/?lang=zh-hans	https://youtu.be/-te8Fyd9H8k





		Empty Stance & Closing Position 少儿武术: 五步拳-虚步 勾手挑掌& 收势				
The 98th Week: Online Wushu Courses 第 98 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
298	2022/ 12/27	8th WJWC Children Category - Boys' 42kg Final 第八届世青赛少年组男子 42 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-children-category-boys-42kg-final/	http://www.iwuf.org/video/8th-wjwc-children-category-boys-42kg-final/?lang=zh-hans	https://youtu.be/JQ2q4zsbWX8
299	2022/ 12/28	8th WJWC Taijishan's Competition Highlight 第八届世青赛太极扇项目精彩回顾		http://www.iwuf.org/video/8th-wjwc-taijishans-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-taijishans-competition-highlight/?lang=zh-hans	https://youtu.be/3a6GnXDwBZ4
300	2022/ 12/29	Children's Wushu: Ten Steps Routine (1/3) 少儿武术: 十步拳 (1/3)	Zhonghua Wuhun Studio 《中华武魂》工作室出品	http://www.iwuf.org/video/childrens-wushu-ten-steps-routine-1-3/	http://www.iwuf.org/video/childrens-wushu-ten-steps-routine-1-3/?lang=zh-hans	https://youtu.be/23WZE9M4b0
The 99th Week: Online Wushu Courses 第 99 期线上武术课程						
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接		
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV
301	2023/ 1/3	8th WJWC Children Category - Boys' 45kg Final 第八届世青	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-children-category-boys-45kg-final/	http://www.iwuf.org/video/8th-wjwc-children-category-boys-45kg-final/?lang=zh-hans	https://youtu.be/UOORfVavijQ





		赛少年组男子 45 公斤级决赛				
302	2023/1/3	8th WJWC Girls-Group A Jianshu Competition Highlight 第八届世青赛 A 组女子剑术精彩回顾		http://www.iwuf.org/video/8th-wjwc-girls-group-a-jianshu/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-jianshu/?lang=zh-hans	https://youtu.be/Y5J3SuwBAk0
303	2023/1/3	Children's Wushu: Ten Steps Routine (2/3) 少儿武术: 十步拳 (2/3)	Zhonghua Wuhun Studio 《中华武魂》工作室出品	http://www.iwuf.org/video/children-wushu-ten-steps-routine-2-3/	http://www.iwuf.org/video/children-wushu-ten-steps-routine-2-3/?lang=zh-hans	https://youtu.be/l8J3okisD2w

The 100th Week: Online Wushu Courses
第 100 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
304	2023/1/10	8th WJWC Children Category - Boys' 48kg Final 第八届世青赛少年组男子 48 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-children-category-boys-48kg-final/	http://www.iwuf.org/video/8th-wjwc-children-category-boys-48kg-final/?lang=zh-hans	https://youtu.be/od4WqC-Eaho	https://www.bilibili.com/video/BV1ie4y187Dm/?p=12&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
305	2023/1/11	8th WJWC Boys-Group A Changquan Competition Highlight 第八届世青赛 A 组男子长拳精彩回顾		http://www.iwuf.org/video/8th-wjwc-group-a-boys-changquan-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-group-a-boys-changquan-competition-highlight/?lang=zh-hans	https://youtu.be/Yj4WNB7FMic	https://www.bilibili.com/video/BV1ie4y187Dm/?p=13&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
306	2023/1/12	Children's Wushu: Ten Steps Routine (3/3) 少儿武术:	Zhonghua Wuhun Studio 《中华武魂》工作室	http://www.iwuf.org/video/children-wushu-ten-steps-routine-3-3/	http://www.iwuf.org/video/children-wushu-ten-steps-routine-3-3/?lang=zh-hans	https://youtu.be/J_Zl8ZlBvEY	https://www.bilibili.com/video/BV1NP4y1v7Le/?p=3&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





		十步拳 (3/3)	出品				
The 101st Week: Online Wushu Courses 第 101 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
307	2023/ 2/1	8th WJWC Children Category - Boys' 52kg Final 第八届世青 赛少年组男 子 52 公斤 级决赛	IWUF 国际武术 联合会	http://www.iwuf.org/video/8th-wjwc-children-category-boys-52kg-final/	http://www.iwuf.org/video/8th-wjwc-children-category-boys-52kg-final/?lang=zh-hans	https://youtu.be/Uoj5QRzhGhE	https://www.bilibili.com/video/BV1ie4y187Dm/?p=14&share_source=copy_web&vd_source=0f29692a321472e1256b26c7b0e3499
308	2023/ 2/2	8th WJWC Girls-Group A Changquan Competition Highlight 第八届世青 赛 A 组女子 长拳精彩回 顾			http://www.iwuf.org/video/8th-wjwc-grils-group-a-changquan-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-grils-group-a-changquan-competition-highlight/?lang=zh-hans	https://youtu.be/ucDBqtNeGms
309	2023/ 2/3	Children's Wushu: 8 Steps Serial Routine (1/4) 少儿武术: 八步连环拳 (1/4)	Zhonghu a Wuhun Studio 《中华武 魂》工作 室 出品	http://www.iwuf.org/video/childrens-wushu-8-steps-serial-routine-1-4/	http://www.iwuf.org/video/childrens-wushu-8-steps-serial-routine-1-4/?lang=zh-hans	https://youtu.be/aGG2m4uQXZQ	https://www.bilibili.com/video/BV1H8411g7jX/?share_source=copy_web&vd_source=0f29692a321472e1256b26c7b0e3499
The 102nd Week: Online Wushu Courses 第 102 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
310	2023/ 2/7	8th WJWC Children Category - Boys' 56kg Final 第八届世青 赛少年组男 子 56 公斤	IWUF 国际武术 联合会	http://www.iwuf.org/video/8th-wjwc-children-category-boys-56kg-final/	http://www.iwuf.org/video/8th-wjwc-children-category-boys-56kg-final/?lang=zh-hans	https://youtu.be/rB_Sog3dV84	https://www.bilibili.com/video/BV1ie4y187Dm/?p=16&share_source=copy_web&vd_source=0f29692a321472e1256b26c7b0e3499





		级决赛					
311	2023/2/8	8th WJWC Boys-Group A Taijijian Competition Highlight 第八届世青赛 A 组男子太极剑精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-a-taijijian-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-taijijian-competition-highlight/?lang=zh-hans	https://youtu.be/W5dXdfoxgw8	https://www.bilibili.com/video/BV1ie4y187Dm/?p=17&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
312	2023/2/9	Children's Wushu: 8 Steps Serial Routine (2/4) 少儿武术: 八步连环拳 (2/4)	Zhonghua Wuhun Studio 《中华武魂》工作室出品	http://www.iwuf.org/video/childrens-wushu-8-steps-serial-routine-2-4/	http://www.iwuf.org/video/childrens-wushu-8-steps-serial-routine-2-4/?lang=zh-hans	https://youtu.be/hDDhxLu_PyU	https://www.bilibili.com/video/BV1H8411g7jX/?p=2&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
The 103rd Week: Online Wushu Courses 第 103 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
313	2023/2/14	8th WJWC Children Category - Boys' 48kg Final 第八届世青赛少年组男子 48 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-48kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-48kg-final/?lang=zh-hans	https://youtu.be/F1ugwcMnGKg	https://www.bilibili.com/video/BV1ie4y187Dm/?p=18&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
314	2023/2/15	8th WJWC Boys-Group A Taijijian Competition Highlight 第八届世青赛 A 组女子太极剑精彩回顾		http://www.iwuf.org/video/8th-wjwc-grils-group-a-taijijian-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-grils-group-a-taijijian-competition-highlight/?lang=zh-hans	https://youtu.be/523aLhMTPPw	https://www.bilibili.com/video/BV1ie4y187Dm/?p=19&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
315	2023/2/16	Children's Wushu: 8 Steps Serial Routine (3/4) 少儿武术: 八步连环拳 (3/4)	Zhonghua Wuhun Studio 《中华武魂》工作室出品	http://www.iwuf.org/video/childrens-wushu-8-steps-serial-routine-3-4/	http://www.iwuf.org/video/childrens-wushu-8-steps-serial-routine-3-4/?lang=zh-hans	https://youtu.be/we8Gz_TEoEM	https://www.bilibili.com/video/BV1H8411g7jX/?p=3&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 104 th Week: Online Wushu Courses 第 104 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
316	2023/ 2/21	8th WJWC Children Category - Girls' 52kg Final 第八届世青 赛少年组女 子 52 公斤 级决赛	IWUF 国际武术 联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-grils-52kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-grils-52kg-final/?lang=zh-hans	https://youtu.be/T6C7rpxa4cQ	https://www.bilibili.com/video/BV1ie4y187Dm/?p=20&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
317	2023/ 2/22	8th WJWC Boys-Group B Changquan Competitio n Highlight 第八届世青 赛 B 组男子 长拳精彩回 顾		http://www.iwuf.org/video/8th-wjwc-boys-group-bchangquan-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-bchangquan-competition-highlight/?lang=zh-hans	https://youtu.be/Ly8p4UIR7yY	https://www.bilibili.com/video/BV1ie4y187Dm/?p=21&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
318	2023/ 2/23	Children's Wushu: 8 Steps Serial Routine (4/4) 少儿武术: 八步连环拳 (4/4)		Zhonghu a Wuhun Studio 《中华武 魂》工作 室 出品	http://www.iwuf.org/video/childrens-wushu-8-steps-serial-routine-3-4/	http://www.iwuf.org/video/childrens-wushu-8-steps-serial-routine-3-4/?lang=zh-hans	https://youtu.be/we8Gz_TEoEM
The 105 th Week: Online Wushu Courses 第 105 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
319	2023/ 2/28	8th WJWC Children Category - Girls' 56kg Final 第八届世青 赛少年组女 子 56 公斤 级决赛	IWUF 国际武术 联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-grils-56kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-grils-56kg-final/?lang=zh-hans	https://youtu.be/T6C7rpxa4cQ	https://www.bilibili.com/video/BV1ie4y187Dm/?p=22&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
320	2023/ 2/28	8th WJWC Boys-Group A Changquan Competitio n Highlight 第八届世青 赛 A 组男子 长拳精彩回 顾		http://www.iwuf.org/video/8th-wjwc-boys-group-a-changquan-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-changquan-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=O2qY2Odw	https://www.bilibili.com/video/BV1ie4y187Dm/?p=23&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





	3/2	A Jianshu Competition Highlight 第八届世青赛 A 组男子剑术精彩回顾		jianshu-competition-highlight/	jianshu-competition-highlight/?lang=zh-hans	dio	m/?p=23&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
321	2023/3/3	Children's Wushu: Elementary Changquan Routine No.3 (1/5) 少儿武术: 初级长拳第三路 (1/5)	Zhonghua Wuhun Studio 《中华武魂》工作室 出品	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-1-5/	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-1-5/?lang=zh-hans	https://www.youtube.com/watch?v=e7iF5gYE_6Y	https://www.bilibili.com/video/BV1cj41137Zq/?share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499

The 106th Week: Online Wushu Courses
第 106 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
322	2023/3/8	8th WJWC Children Category - Girls' 60kg Final 第八届世青赛少年组女子 60 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-grils-60kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-grils-60kg-final/?lang=zh-hans	https://youtu.be/BU3c9rFvhuY	https://www.bilibili.com/video/BV1ie4y187Dm/?p=24&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
323	2023/3/9	8th WJWC Boys-Group A Nanquan Competition Highlight 第八届世青赛 A 组男子南拳精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-a-nanquan-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-nanquan-competition-highlight/?lang=zh-hans	https://youtu.be/4a9BY-yDWM	https://www.bilibili.com/video/BV1ie4y187Dm/?p=25&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499

The 107th Week: Online Wushu Courses
第 107 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
324	2023/3/14	8th WJWC Children Category -	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-52kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-52kg-final/?lang=zh-hans	https://youtu.be/gETQjliOOHE	https://www.bilibili.com/video/BV1ie4y187Dm/?p=26&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499





		Boys' 52kg Final 第八届世青赛少年组男子 52 公斤级决赛			hans		e=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
325	2023/3/15	8th WJWC Girls-Group B Changquan Competition Highlight 第八届世青赛 B 组女子长拳精彩回顾		http://www.iwuf.org/video/8th-wjwc-girls-group-b-changquan-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-b-changquan-competition-highlight/?lang=zh-hans	https://youtu.be/GZkYq79bDrw	https://www.bilibili.com/video/BV1ie4y187Dm/?p=27&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
326	2023/3/16	Children's Wushu: Elementary Changquan Routine No.3 (2/5) 少儿武术：初级长拳第三路 (2/5)	Zhonghua Wuhun Studio 《中华武魂》工作室出品	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-2-5/	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-2-5/?lang=zh-hans	https://www.youtube.com/watch?v=gOSwyOl1HMw	https://www.bilibili.com/video/BV1cj41137Zq/?p=2&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
327	2023/3/16	Children's Wushu: Elementary Changquan Routine No.3 (3/5) 少儿武术：初级长拳第三路 (3/5)	Zhonghua Wuhun Studio 《中华武魂》工作室出品	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-3-5/	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-3-5/?lang=zh-hans	https://youtu.be/hVj20dtfga4	https://www.bilibili.com/video/BV1cj41137Zq/?p=3&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
The 108th Week: Online Wushu Courses 第 108 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
328	2023/3/21	8th WJWC Children Category - Girls' 48kg Final 第八届世青赛少年组女子 48 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-grils-48kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-grils-48kg-final/?lang=zh-hans	https://www.youtube.com/watch?v=mLlpBlhK58I	https://www.bilibili.com/video/BV1ie4y187Dm/?p=28&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499





329	2023/3/22	8th WJWC Boys-Group A Daoshu Competition Highlight 第八届世青赛 A 组男子刀术精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-a-daoshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-daoshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=fxQD7g2altQ	https://www.bilibili.com/video/BV1e4y187Dm/?p=29&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
330	2023/3/23	Children's Wushu: Elementary Changquan Routine No.3 (4/5) 少儿武术: 初级长拳第三路 (4/5)	Zhonghua Wuhun Studio 《中华武魂》工作室出品	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-4-5/	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-4-5/?lang=zh-hans	https://www.youtube.com/watch?v=ARgcTM9N06o	https://www.bilibili.com/video/BV1cj41137Zq/?p=4&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499

The 109th Week: Online Wushu Courses
第 109 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
328	2023/3/21	8th WJWC Children Category - Girls' 48kg Final 第八届世青赛少年组女子 48 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-grils-48kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-grils-48kg-final/?lang=zh-hans	https://www.youtube.com/watch?v=mLlpBlhK58I	https://www.bilibili.com/video/BV1e4y187Dm/?p=30&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
329	2023/3/22	8th WJWC Boys-Group A Daoshu Competition Highlight 第八届世青赛 A 组男子刀术精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-a-daoshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-daoshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=fxQD7g2altQ	https://www.bilibili.com/video/BV1e4y187Dm/?p=31&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
330	2023/3/30	Children's Wushu: Elementary Changquan Routine No.3 (5/5) 少儿武术: 初级长拳第三路	Zhonghua Wuhun Studio 《中华武魂》工作室出品	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-4-5/	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-4-5/?lang=zh-hans	https://www.youtube.com/watch?v=ARgcTM9N06o	https://www.bilibili.com/video/BV1cj41137Zq/?p=5&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499





The 110 th Week: Online Wushu Courses 第 110 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
331	2023/4/5	8th WJWC Children Category - Boys' 60kg Final 第八届世青赛少年组男子 60 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-60kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-60kg-final/?lang=zh-hans	https://youtu.be/mh1I9dUdyD8	https://www.bilibili.com/video/BV1ie4y187Dm/?p=61&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
332	2023/4/6	8th WJWC Girls-Group B Jianshu Competition Highlight 第八届世青赛 B 组女子剑术精彩回顾		http://www.iwuf.org/video/8th-wjwc-grils-group-a-jianshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-grils-group-a-jianshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=uYYhVnxgL_9	https://www.bilibili.com/video/BV1ie4y187Dm/?p=63&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
333	2023/4/7	Children's Wushu: Elementary Changquan Routine No.3 (Complete demonstration) 少儿武术: 初级长拳第三路 (完整演示)	Zhonghua Wuhun Studio 《中华武魂》工作室出品	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-complete-demonstration/	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-complete-demonstration/?lang=zh-hans	https://www.youtube.com/watch?v=stvB-GdwFwk	https://www.bilibili.com/video/BV1cj41137Zq/?p=6&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
The 111 st Week: Online Wushu Courses 第 111 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
334	2023/4/11	8th WJWC Children Category - Boys' 65kg Final 第八届世青	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-65kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-65kg-final/?lang=zh-hans	https://www.youtube.com/watch?v=xgVrh1Qdmf0	https://www.bilibili.com/video/BV1ie4y187Dm/?p=32&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





		赛少年组男子 65 公斤级决赛					
335	2023/4/12	8th WJWC Boys-Group B Jianshu Competition Highlight 第八届世青赛 B 组男子剑术精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-b-jianshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-b-jianshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=dMK1VH1Agw0	https://www.bilibili.com/video/BV1ie4y187Dm/?p=33&share_source=copy_web&vd_source=0f29692a321472e1256b26c7b0e3499
336	2023/4/14	Elementary Changquan Routine No.3 - Ready Position 初级长拳第三路-预备式	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-complete-demonstration/	http://www.iwuf.org/video/childrens-wushu-elementary-changquan-routine-no-3-complete-demonstration/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/89UjhJ3O2vc 武术 TV 链接中文配音: https://youtu.be/jqF8XJPcHPA	https://www.bilibili.com/video/BV1R24y1w7BS/?share_source=copy_web&vd_source=0f29692a321472e1256b26c7b0e3499

The 112nd Week: Online Wushu Courses

第 112 期线上武术课程

No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
337	2023/4/18	8th WJWC Children Category - Boys' 70kg Final 第八届世青赛少年组男子 70 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-70kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-70kg-final/?lang=zh-hans	https://www.youtube.com/watch?v=cCYKr7SkUE	https://www.bilibili.com/video/BV1ie4y187Dm/?p=34&share_source=copy_web&vd_source=0f29692a321472e1256b26c7b0e3499
338	2023/4/19	8th WJWC Girls-Group A Gunshu Competition Highlight 第八届世青赛 A 组女子棍术精彩回顾		http://www.iwuf.org/video/8th-wjwc-girls-group-a-gunshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-gunshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=z2fy2DZIP-E	https://www.bilibili.com/video/BV1ie4y187Dm/?p=64&share_source=copy_web&vd_source=0f29692a321472e1256b26c7b0e3499
339	2023/4/21	Elementary Changquan Routine No.3 - Section 1 (Movement 1 & 2)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-one-movement-no-12/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-one-movement-no-12/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/PTCOjqNpm8g 武术 TV 链接中文配音: https://youtu.be/mB6zmg1gRbw	https://www.bilibili.com/video/BV1R24y1w7BS/?p=2&share_source=copy_web&vd_source=0f29692a321472e1256b26c7b0e3499





		初级长拳第三路-第一段 (动作 1&2)	都体育学院				
The 113rd Week: Online Wushu Courses 第 113 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
340	2023/4/25	8th WJWC Children Category - Boys' 80kg Final 第八届世青赛少年组男子 80 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-70kg-final/	http://www.iwuf.org/video/8th-wjwc-junior-category-boys-70kg-final/?lang=zh-hans	https://www.youtube.com/watch?v=cCYKr7Sk_UE	https://www.bilibili.com/video/BV1ie4y187Dm/?p=36&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
341	2023/4/26	8th WJWC Boys-Group A Gunshu Competition Highlight 第八届世青赛 A 组男子棍术精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-a-gunshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-gunshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=WXq8LqfpyZg	https://www.bilibili.com/video/BV1ie4y187Dm/?p=37&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
342	2023/4/28	Elementary Changquan Routine No.3 - Section 1 (Movement 3 & 4) 初级长拳第三路-第一段 (动作 3&4)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-one-movement-no-34-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-one-movement-no-34-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/Aof4UK1XYso 武术 TV 链接中文配音: https://youtu.be/RBoUuINrpWI	https://www.bilibili.com/video/BV1R24y1w7BS/?p=3&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
The 114th Week: Online Wushu Courses 第 114 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
343	2023/5/4	7th WKFC International Weapon Group Routine-	IWUF 国际武术联合会	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-aus/	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-aus/?lang=zh-hans	https://www.youtube.com/watch?v=vmEsqV5Yay0	https://www.bilibili.com/video/BV11X4y1m7Mk/?share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





		AUS 第七届世传 赛国际组集 体器械项目- 澳大利亚					26c7bf0e3499
344	2023/ 5/5	8th WJWC Girls-Group B Nandao Competitio n Highlight 第八届世青 赛 B 组女子 南刀精彩回 顾		http://www.iwuf.org/video/8th-wjwc-girls-group-b-nandao-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-b-nandao-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=cabPQvzkssA	https://www.bilibili.com/video/BV1ie4y187Dm/?p=38&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
345	2023/ 5/6	Elementary Changquan Routine No.3 - Section 1(Moveme nt 5 & 6) 初级长拳第 三路-第一段 (动作 5&6)	Capital Universit y of Physical Educatio n And Sports 首 都体育学 院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-1%ef%bc%88movement-no-5-6%ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-1%ef%bc%88movement-no-5-6%ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/qrtvTdy6jgg 武术 TV 链接中文配音: https://youtu.be/AXXr-7BScuE	https://www.bilibili.com/video/BV1R24y1w7BS/?p=4&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
The 115th Week: Online Wushu Courses 第 115 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
346	2023/ 5/9	7th WKFC Internation al Bare Hand Group Routine- JPN 第七届世传 赛国际组集 体徒手项目- 日本	IWUF 国际武术 联合会	http://www.iwuf.org/video/7th-wkfc-international-bare-hand-group-routine-jpn/	http://www.iwuf.org/video/7th-wkfc-international-bare-hand-group-routine-jpn/?lang=zh-hans	https://www.youtube.com/watch?v=RBZvMh27M04	https://www.bilibili.com/video/BV11X4y1m7Mk/?p=2&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
347	2023/ 5/10	8th WJWC Boys-Group B Nandao Competitio n Highlight 第八届世青 赛 B 组男子 南刀精彩回 顾		http://www.iwuf.org/video/8th-wjwc-boys-group-b-nandao-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-b-nandao-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=SheFoLiYWC8	https://www.bilibili.com/video/BV1ie4y187Dm/?p=39&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





348	2023/5/11	Elementary Changquan Routine No.3 - Section 1(Movement 7 & 8) 初级长拳第三路-第一段 (动作 7 & 8)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-1%ef%bc%88movement-no-7-8%ef%bc%89/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-1%ef%bc%88movement-no-7-8%ef%bc%89-ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/4rFh1zREVJg 武术 TV 链接中文配音: https://youtu.be/oEaf5LhfDLk	https://www.bilibili.com/video/BV1R24y1w7BS/?p=5&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
The 116th Week: Online Wushu Courses 第 116 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
349	2023/5/16	7th WKFC International Bare Hand Group Routine-USA 第七届世传赛国际组集体徒手项目-美国	IWUF 国际武术联合会	http://www.iwuf.org/video/7th-wkfc-international-bare-hand-group-routine-usa/	http://www.iwuf.org/video/7th-wkfc-international-bare-hand-group-routine-usa/?lang=zh-hans	https://www.youtube.com/watch?v=pmP5leifsTs	https://www.bilibili.com/video/BV11X4y1m7Mk/?p=3&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
350	2023/5/18	8th WJWC Boys-Group A Nangun Competition Highlight 第八届世青赛 A 组男子南棍精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-a-nangun-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-nangun-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=XVaC71LXXsE	https://www.bilibili.com/video/BV1ie4y187Dm/?p=40&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
351	2023/5/19	Elementary Changquan Routine No.3 - Section 2(Movement 9 & 10) 初级长拳第三路-第二段 (动作 9 & 10)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-2%ef%bc%88movement-no-9-10%ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-2%ef%bc%88movement-no-9-10%ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/69bhGi2a90 武术 TV 链接中文配音: https://youtu.be/M3g6Lk5DEOg	https://www.bilibili.com/video/BV1R24y1w7BS/?p=6&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
The 117th Week: Online Wushu Courses 第 117 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩





				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
352	2023/ 5/23	7th WKFC International Weapon Group Routine- Turkey 第七届世传 赛国际组集 体器械项目- 土耳其	IWUF 国际武术 联合会	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-tur/	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-tur/?lang=zh-hans	https://www.youtube.com/watch?v=HfqEI0BQOml	https://www.bilibili.com/video/BV11X4y1m7Mk/?p=4&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
353	2023/ 5/24	8th WJWC Girls-Group A Nangun Competition Highlight 第八届世青 赛 A 组女子 南棍精彩回 顾		http://www.iwuf.org/video/8th-wjwc-girls-group-a-nangun-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-nangun-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=JHUTIOuWvay	https://www.bilibili.com/video/BV1ie4y187DM/?p=41&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
354	2023/ 5/25	Elementary Changquan Routine No.3 - Section 2(Movement 11 & 12) 初级长拳第 三路-第二段 (动作 11 & 12)	Capital University of Physical Education And Sports 首 都体育学 院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-2%ef%bc%88movement-no-11-12%ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-2%ef%bc%88movement-no-11-12%ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/mZXvzgeDGQ 武术 TV 链接中文配音: https://youtu.be/QcsBp0CXoj4	https://www.bilibili.com/video/BV1R24y1w7BS/?p=7&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
The 118th Week: Online Wushu Courses 第 118 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
355	2023/ 5/29	7th WKFC International Bare Hand Group Routine- ITA 第七届世传 赛国际组集 体徒手项目- 意大利	IWUF 国际武术 联合会	http://www.iwuf.org/video/7th-wkfc-international-bare-hand-group-routine-ita/	http://www.iwuf.org/video/7th-wkfc-international-bare-hand-group-routine-ita/?lang=zh-hans	https://www.youtube.com/watch?v=IVI97v5tbh0	https://www.bilibili.com/video/BV11X4y1m7Mk/?p=9&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
356	2023/ 5/30	8th WJWC Boys-Group C Jianshu Competitio		http://www.iwuf.org/video/8th-wjwc-boys-group-c-jianshu-competition-	http://www.iwuf.org/video/8th-wjwc-boys-group-c-jianshu-competition-	https://www.youtube.com/watch?v=4xHg0p_Mxm8	https://www.bilibili.com/video/BV1ie4y187DM/?p=42&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





		n Highlight 第八届世青 赛 C 组男子 剑术精彩回 顾		highlight/ highlight/?lang=zh-hans			e=copy_web&vnd_sour ce=0f29692a321472e1 256b26c7bf0e3499
357	2023/ 6/2	Elementary Changquan Routine No.3 - Section 2(Moveme nt 13 & 14) 初级长拳第 三路-第二段 (动作 13 & 14)	Capital Universit y of Physical Educatio n And Sports 首 都体育学 院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-2ef%bc%88movement-no-13-14ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-2ef%bc%88movement-no-13-14ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/uaScPA9FZgE 武术 TV 链接中文配音: https://youtu.be/4t2Mbqtflfc	https://www.bilibili.com/video/BV1R24y1w7BS/?p=8&share_source=copy_web&vnd_source=0f29692a321472e1256b26c7bf0e3499
The 119th Week: Online Wushu Courses 第 119 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
358	2023/ 6/5	7th WKFC Internation al Bare Hand Group Routine- TPE 第七届世传 赛国际组集 体徒手项目- 中华台北	IWUF 国际武术 联合会	http://www.iwuf.org/video/7th-wkfc-international-bare-hand-group-routine-tpe/	http://www.iwuf.org/video/7th-wkfc-international-bare-hand-group-routine-tpe/?lang=zh-hans	https://www.youtube.com/watch?v=iaE6iOMtXo0	https://www.bilibili.com/video/BV11X4y1m7Mk/?p=5&share_source=copy_web&vnd_source=0f29692a321472e1256b26c7bf0e3499
359	2023/ 6/6	8th WJWC Girls-Group C Jianshu Competition Highlight 第八届世青 赛 C 组女子 剑术精彩回 顾		http://www.iwuf.org/video/8th-wjwc-girls-group-c-jianshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-c-jianshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=rLBsUpHWJK0	https://www.bilibili.com/video/BV1ie4y187Dm/?p=43&share_source=copy_web&vnd_source=0f29692a321472e1256b26c7bf0e3499
360	2023/ 6/8	Elementary Changquan Routine No.3 - Section 2(Moveme nt 15 & 16) 初级长拳第 三路-第二段 (动作 15 & 16)	Capital Universit y of Physical Educatio n And Sports 首 都体育学 院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-2ef%bc%88movement-no-15-16ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-2ef%bc%88movement-no-15-16ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/bdeDk4obX_U 武术 TV 链接中文配音: https://youtu.be/g6sLJAkALUA	https://www.bilibili.com/video/BV1R24y1w7BS/?p=9&share_source=copy_web&vnd_source=0f29692a321472e1256b26c7bf0e3499





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361	2023/6/9	8th WJWC Girls-Group A Taijishan Gold Medalist Performance 第八届世青赛 A 组女子太极扇精彩回顾	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/8th-wjwc-girls-group-a-taijishan-gold-medalist-performance/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-taijishan-gold-medalist-performance/?lang=zh-hans	https://www.youtube.com/watch?v=HRRERk13aOI	https://www.bilibili.com/video/BV1om4y1i7rA/?share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
The 120th Week: Online Wushu Courses 第 120 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
362	2023/6/12	7th WKFC International Bare Hand Group Routine-SRI 第七届世传赛国际组集体徒手项目-斯里兰卡	IWUF 国际武术联合会	http://www.iwuf.org/video/7th-wkfc-international-bare-hand-group-routine-sri/	http://www.iwuf.org/video/7th-wkfc-international-bare-hand-group-routine-sri/?lang=zh-hans	https://www.youtube.com/watch?v=xFryUjkKokU	https://www.bilibili.com/video/BV11X4y1m7Mk/?p=6&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
363	2023/6/13	8th WJWC Boys-Group B Nanquan Competition Highlight 第八届世青赛 B 组男子南拳精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-b-nanquan-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-b-nanquan-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=HON36bf0w	https://www.bilibili.com/video/BV1ie4y187Dm/?p=44&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
364	2023/6/14	Elementary Changquan Routine No.3 - Section 3 (Movement 17 & 18) 初级长拳第三路-第三段 (动作 17 & 18)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-3%ef%bc%88movement-no-17-18%ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-3%ef%bc%88movement-no-17-18%ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/eeeQqH3fpg8 武术 TV 链接中文配音: https://youtu.be/9Rwi6iElp5g	https://www.bilibili.com/video/BV1R24y1w7BS/?p=10&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
365	2023/6/16	8th WJWC Boys-Group A Taijiquan Gold	Capital University of Physical	http://www.iwuf.org/video/8th-wjwc-boys-group-a-taijiquan-gold-medalist-	http://www.iwuf.org/video/8th-wjwc-boys-group-a-taijiquan-gold-medalist-	https://www.youtube.com/watch?v=R4gnoU8UPU	https://www.bilibili.com/video/BV1om4y1i7rA/?p=2&share_source





		Medalist Performance 第八届世青赛 A 组男子太极拳精彩回顾	Education And Sports 首都体育学院	performance/	performance/?lang=zh-hans		=copy_web&vnd_source=0f29692a321472e1256b26c7bf0e3499
The 121st Week: Online Wushu Courses 第 121 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
366	2023/6/20	7th WKFC International Weapon Group Routine-RSA 第七届世传赛国际组集体器械项目-南非	IWUF 国际武术联合会	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-rsa/	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-rsa/?lang=zh-hans	https://www.youtube.com/watch?v=uOFNvrsbJ3s	https://www.bilibili.com/video/BV11X4y1m7Mk/?p=7&share_source=copy_web&vnd_source=0f29692a321472e1256b26c7bf0e3499
367	2023/6/21	8th WJWC Girls-Group B Nanquan Competition Highlight 第八届世青赛 B 组女子南拳精彩回顾		http://www.iwuf.org/video/8th-wjwc-girls-group-b-nanquan-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-b-nanquan-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=N6BTEd_Bimc	https://www.bilibili.com/video/BV1ie4y187Dm/?p=45&share_source=copy_web&vnd_source=0f29692a321472e1256b26c7bf0e3499
368	2023/6/22	8th WJWC Girls-Group A Taijiquan Gold Medalist Performance 第八届世青赛 A 组女子太极拳精彩回顾		http://www.iwuf.org/video/8th-wjwc-girls-group-a-taijiquan-gold-medalist-performance/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-taijiquan-gold-medalist-performance/?lang=zh-hans	https://www.youtube.com/watch?v=gf1qHfgWi3A	https://www.bilibili.com/video/BV1om4y1i7rA/?p=3&share_source=copy_web&vnd_source=0f29692a321472e1256b26c7bf0e3499
369	2023/6/25	Elementary Changquan Routine No.3 - Section 3(Movement 19 & 20) 初级长拳第三路-第三段	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-3%ef%bc%88movement-no-19-20%ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-3%ef%bc%88movement-no-19-20%ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/z9i0zOMS0A0 武术 TV 链接中文配音: https://youtu.be/RQIveebifQ0	https://www.bilibili.com/video/BV1R24y1w7BS/?p=11&share_source=copy_web&vnd_source=0f29692a321472e1256b26c7bf0e3499





The 122nd Week: Online Wushu Courses 第 122 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
370	2023/ 6/27	7th WKFC International Weapon Group Routine-USA 第七届世传赛国际组集体器械项目-美国	IWUF 国际武术联合会	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-usa/	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-usa/?lang=zh-hans	https://www.youtube.com/watch?v=6Kets36Hbgs	https://www.bilibili.com/video/BV11X4y1m7Mk/?p=8&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
371	2023/ 6/28	8th WJWC Boys-Group A Nandao Competition Highlight 第八届世青赛 A 组男子南刀精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-a-nandao-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-nandao-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=4w7eZ-NO2CI	https://www.bilibili.com/video/BV1ie4y187DM/?p=46&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
372	2023/ 6/29	8th WJWC Boys-Group B Taijiquan Gold Medalist Performance 第八届世青赛 B 组男子太极拳精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-b-taijiquan-gold-medalist-performance/	http://www.iwuf.org/video/8th-wjwc-boys-group-b-taijiquan-gold-medalist-performance/?lang=zh-hans	https://www.youtube.com/watch?v=V5VVHmHaSUY	https://www.bilibili.com/video/BV1om4y1i7rA/?p=4&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
373	2023/ 6/30	Elementary Changquan Routine No.3 - Section 3(Movement 21 & 22) 初级长拳第三路-第三段 (动作 21 & 22)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-3%ef%bc%88movement-no-21-22%ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-3%ef%bc%88movement-no-21-22%ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/B2YrGOhG-2E 武术 TV 链接中文配音: https://youtu.be/4fia7rftPtPk	https://www.bilibili.com/video/BV1R24y1w7BS/?p=12&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
The 123rd Week: Online Wushu Courses 第 123 期线上武术课程							





No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
374	2023/ 7/4	7th WKFC International Weapon Group Routine- FRA 第七届世传 赛国际组集 体器械项目- 法国	IWUF 国际武术 联合会	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-fra/	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-fra/?lang=zh-hans	https://www.youtube.com/watch?v=8cKt2YCRHBQ	https://www.bilibili.com/video/BV11X4y1m7Mk/?p=10&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
375	2023/ 7/5	8th WJWC Girls-Group A Nandao Competition Highlight 第八届世青 赛 A 组女子 南刀精彩回 顾		http://www.iwuf.org/video/8th-wjwc-girls-group-a-nandao-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-nandao-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=34a7rD_kOcg	https://www.bilibili.com/video/BV1ie4y187Dm/?p=47&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
376	2023/ 7/6	8th WJWC Girls-Group B Taijiquan Gold Medalist Performance 第八届世青 赛 B 组女子 太极拳冠军 视频精彩回 顾— Priscilla ZOU (美 国)		http://www.iwuf.org/video/8th-wjwc-girls-group-b-taijiquan-gold-medalist-performance/	http://www.iwuf.org/video/8th-wjwc-girls-group-b-taijiquan-gold-medalist-performance/?lang=zh-hans	https://www.youtube.com/watch?v=I3JN5ET-WIU	https://www.bilibili.com/video/BV1om4y1i7rA/?p=5&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
377	2023/ 7/7	Elementary Changquan Routine No.3 - Section 3(Movement 23 & 24) 初级长拳第 三路-第三段 (动作 23 & 24)	Capital University of Physical Education And Sports 首 都体育学 院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-3%ef%bc%88movement-no-23-24%ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-3%ef%bc%88movement-no-23-24%ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/JPTwUHYpiEM 武术 TV 链接中文配音: https://youtu.be/iKSIbeQeKi4	https://www.bilibili.com/video/BV1R24y1w7BS/?p=13&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499

The 124th Week: Online Wushu Courses
第 124 期线上武术课程





No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
378	2023/ 7/11	7th WKFC International Weapon Group Routine-CAN 第七届世传赛国际组集体器械项目-加拿大	IWUF 国际武术联合会	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-can/	http://www.iwuf.org/video/7th-wkfc-international-weapon-group-routine-can/?lang=zh-hans	https://www.youtube.com/watch?v=EK2N7rgcgs	https://www.bilibili.com/video/BV11X4y1m7Mk/?p=11&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
379	2023/ 7/12	8th WJWC boys-Group B Nangun Competition Highlight 第八届世青赛 B 组男子南棍精彩回顾		http://www.iwuf.org/video/8th-world-junior-wushu-championships-boys-group-b-nangun-competition-highlight/	http://www.iwuf.org/video/8th-world-junior-wushu-championships-boys-group-b-nangun-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=N3hsASbSzb4	https://www.bilibili.com/video/BV1ie4y187Dm/?p=48&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
380	2023/ 7/13	8th WJWC Boys-Group A Taijijian Gold Medalist Performance 第八届世青赛 A 组男子太极剑冠军视频精彩回顾—Rainer reinaldy FERDIANSY AH (印尼)		http://www.iwuf.org/video/8th-wjwc-boys-group-a-taijijian-gold-medalist-performance/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-taijijian-gold-medalist-performance/?lang=zh-hans	https://www.youtube.com/watch?v=K8qWo9SMIw0	https://www.bilibili.com/video/BV1om4y1i7rA/?p=6&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
381	2023/ 7/14	Elementary Changquan Routine No.3 - Section 4(Movement 25 & 26) 初级长拳第三路-第四段(动作 25& 26)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-4%ef%bc%88movement-no-25-26%ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-4%ef%bc%88movement-no-25-26%ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://www.youtube.com/watch?v=w8t85uqnziE 武术 TV 链接中文配音: https://www.youtube.com/watch?v=fUooqk_P_Tk	https://www.bilibili.com/video/BV1R24y1w7BS/?p=14&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 125th Week: Online Wushu Courses 第 125 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
382	2023/ 7/18	7th WKFC International Men's group A Gunshu 第七届世传赛国际组男子 A 组棍术精彩回顾	IWUF 国际武术联合会	http://www.iwuf.org/video/7th-wkfc-international-mens-group-a-gun-cudgel-staff-competition-highlight/	http://www.iwuf.org/video/7th-wkfc-international-mens-group-a-gun-cudgel-staff-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=Mg8D0yLuW0	https://www.bilibili.com/video/BV1g8411S76d/?share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
383	2023/ 7/19	8th WJWC Girls-Group B Nangun Competition Highlight 第八届世青赛 B 组女子南棍精彩回顾		http://www.iwuf.org/video/8th-wjwc-girls-group-b-nangun-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-b-nangun-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=Qw4bQBxp7OI	https://www.bilibili.com/video/BV1ie4y187Dm/?p=49&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
384	2023/ 7/20	8th WJWC Girls-Group A Taijijian Gold Medalist Performance 第八届世青赛 A 组女子太极剑冠军视频精彩回顾—Wai Meng KUOK (中国澳门)		http://www.iwuf.org/video/8th-wjwc-girls-group-a-taijijian-gold-medalist-performance/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-taijijian-gold-medalist-performance/?lang=zh-hans	https://www.youtube.com/watch?v=WGuqaeYOf70	https://www.bilibili.com/video/BV1om4y1i7rA/?p=7&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
385	2023/ 7/21	Elementary Changquan Routine No.3 - Section 4(Movement 27 & 28) 初级长拳第三路-第四段(动作 27& 28)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-4%ef%bc%88movement-no-27-28%ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-4%ef%bc%88movement-no-27-28%ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://www.youtube.com/watch?v=jF8AR6iT5X8 武术 TV 链接中文配音: https://www.youtube.com/watch?v=PUSLnM6AXNU	https://www.bilibili.com/video/BV1R24y1w7BS/?p=15&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 126th Week: Online Wushu Courses 第 126 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
386	2023/ 9/5	9th WKFC Wushu Kungfu Gala - Zhou Lin (Emeiquan) 第九届世传赛武术功夫表演秀-周琳 (峨眉拳)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-zhou-lin-emeiquan/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-zhou-lin-emeiquan/?lang=zh-hans	https://www.youtube.com/watch?v=A77aAW4xjTI	https://www.bilibili.com/video/BV1rP411a7v6/?share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
387	2023/ 9/6	8th WJWC Boys-Group A Qiangshu Competition Highlight 第八届世青赛 A 组男子枪术精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-a-qiangshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-qiangshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=K79jbDzSTSU	https://www.bilibili.com/video/BV1ie4y187Dm/?p=50&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
388	2023/ 9/7	9th WKFC International Bare Hand Group Routine-VIE 第九届世传赛国际组集体徒手项目-越南		http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-vie/	http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-vie/?lang=zh-hans	https://www.youtube.com/watch?v=u7105iyvop8	https://www.bilibili.com/video/BV1rP411a7v6/?p=3&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
389	2023/ 9/8	Elementary Changquan Routine No. 3 - Section 4 (Movement No. 29 & 30) 初级长拳第三路-第四段 (动作 29 & 30)	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-4ef%bc%88movement-no-29-30ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-4ef%bc%88movement-no-29-30ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://www.youtube.com/watch?v=N-UJwlzsyqc 武术 TV 链接中文配音: https://www.youtube.com/watch?v=aqXrBfbgmcw	https://www.bilibili.com/video/BV1R24y1w7BS/?p=16&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 127th Week: Online Wushu Courses 第 127 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
390	2023/ 9/12	9th WKFC Wushu Kungfu Gala - Colaco David Daniel Goncalo (Tanglangquan) 第九届世传赛武术功夫表演秀-Colaco David Daniel Goncalo (螳螂拳)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-colaco-david-daniel-goncalo-tanglangquan/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-colaco-david-daniel-goncalo-tanglangquan/?lang=zh-hans	https://www.youtube.com/watch?v=MHSTx6ahG3k	https://www.bilibili.com/video/BV1rP411a7v6/?p=2&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
391	2023/ 9/13	8th WJWC Girls-Group A Qiangshu Competition Highlight 第八届世青赛 A 组女子枪术精彩回顾	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-girls-group-a-qiangshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-qiangshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=26p_VDsvhq9	https://www.bilibili.com/video/BV1ie4y187Dm/?p=51&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
392	2023/ 9/14	9th WKFC International Bare Hand Group Routine-MAS 第九届世传赛国际组集体徒手项目-马来西亚	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-mas/	http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-mas/?lang=zh-hans	https://www.youtube.com/watch?v=enRsYmpFv4M	https://www.bilibili.com/video/BV1rP411a7v6/?p=4&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
393	2023/ 9/15	Elementary Changquan Routine No. 3 - Section 4 (Movement No. 31 & 32) 初级长拳第三路-	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-4ef%bc%88movement-no-31-32ef%bc%89ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-section-4ef%bc%88movement-no-31-32ef%bc%89ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://www.youtube.com/watch?v=A_m797GPrZE 武术 TV 链接中文配音: https://www.youtube.com/watch?v=yUKKtbekcg8	https://www.bilibili.com/video/BV1R24y1w7BS/?p=17&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





		第四段（动作 31 & 32）					
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The 128th Week: Online Wushu Courses 第 128 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
394	2023/ 9/19	9th WKFC Wushu Kungfu Gala - Yeung Debbie (42-Style Taijijian) 第九届世传赛武术功夫表演秀-杨千缔 (42 式太极拳)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-yeung-debbie-24-style-taijijian/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-yeung-debbie-24-style-taijijian/?lang=zh-hans	https://www.youtube.com/watch?v=DzupTeEpP7c	https://www.bilibili.com/video/BV1rP411a7v6/?p=5&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
395	2023/ 9/20	8th WJWC Boys-Group C Gunshu Competition Highlight 第八届世青赛 C 组男子棍术精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-c-gunshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-c-gunshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=IZFC7tfQzyc	https://www.bilibili.com/video/BV1ie4y187Dm/?p=52&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
396	2023/ 9/21	9th WKFC International Bare Hand Group Routine-GRE 第九届世传赛国际组集体徒手项目-希腊		http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-gre/	http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-gre/?lang=zh-hans	https://www.youtube.com/watch?v=iBbqUBCxEWs	https://www.bilibili.com/video/BV1rP411a7v6/?p=6&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
397	2023/ 9/22	Elementary Changquan Routine No. 3 - Ending Position 初级长拳第三路-收势		Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/elementary-changquan-routine-no-3-ending-position-ai-voice-english/	http://www.iwuf.org/video/elementary-changquan-routine-no-3-ending-position-ai-voice-english/?lang=zh-hans	武术 TV 链接英文配音: https://www.youtube.com/watch?v=eVVbBp7YRSU 武术 TV 链接中文配音: https://www.youtube.com/watch?v=Ep8Wf_cXtb8





The 129th Week: Online Wushu Courses 第 129 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
398	2023/ 9/25	9th WKFC Wushu Kungfu Gala - Chucholowski Frederic Emanuel (Xingyiquan) 第九届世传赛武术功夫表演秀- Chucholowski Frederic Emanuel (形意拳)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-chucholowski-frederic-emanuel-xingyiquan/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-chucholowski-frederic-emanuel-xingyiquan/?lang=zh-hans	https://www.youtube.com/watch?v=XljbQ-aMFiU	https://www.bilibili.com/video/BV1rP411a7v6/?p=7&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
399	2023/ 9/26	8th WJWC Girls-Group C Gunshu Competition Highlight 第八届世青赛 C 组女子棍术精彩回顾	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-girls-group-c-gunshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-c-gunshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=il3Tk1xVLIU	https://www.bilibili.com/video/BV1ie4y187Dm/?p=53&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
400	2023/ 9/27	9th WKFC International Bare Hand Group Routine-TJK 第九届世传赛国际组集体徒手项目-塔吉克斯坦	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-tjk/	http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-tjk/?lang=zh-hans	https://www.youtube.com/watch?v=QPz-42fQVCI	https://www.bilibili.com/video/BV1rP411a7v6/?p=8&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
401	2023/ 9/28	32 Style Taijijian - Full Demonstration 32 式太极拳-完整演示	Capital University of Physical Education And Sports 首都体育学院	http://www.iwuf.org/video/32-style-taijijian-full-demonstration/	http://www.iwuf.org/video/32-style-taijijian-full-demonstration/?lang=zh-hans	https://www.youtube.com/watch?v=afx-qAzVA5E	https://www.bilibili.com/video/BV1Nj411t7EB/?share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 130th Week: Online Wushu Courses 第 130 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
402	2023/ 10/4	9th WKFC International Bare Hand Group Routine-ITA 第九届世传赛国际组集体徒手项目-意大利	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-ita-2/	http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-ita-2/?lang=zh-hans	https://www.youtube.com/watch?v=ZGZY8n8k17k	https://www.bilibili.com/video/BV1rP411a7v6/?p=10&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
403	2023/ 10/7	8th WJWC Boys-Group C Qiangshu Competition Highlight 第八届世青赛 C 组男子枪术精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-c-qiangshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-c-qiangshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=jqbwCgtk7nl	https://www.bilibili.com/video/BV1ie4y187Dm/?p=54&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
404	2023/ 10/8	9th WKFC Wushu Kungfu Gala - Wang Qianlong (Fanziquan) 第九届世传赛武术功夫表演秀-王乾龙(翻子拳)		http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-wang-qianlong-fanziquan/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-wang-qianlong-fanziquan/?lang=zh-hans	https://www.youtube.com/watch?v=cD9Cpqr9A9E	https://www.bilibili.com/video/BV1rP411a7v6/?p=9&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 131th Week: Online Wushu Courses 第 131 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
405	2023/10/10	9th WKFC Wushu Kungfu Gal - Benjamin Kroetz (Wuzuquan) 第九届世传赛武术功夫表演秀-Benjamin Kroetz (五祖拳)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-benjamin-kroetz-wuzuquan/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-benjamin-kroetz-wuzuquan/?lang=zh-hans	https://www.youtube.com/watch?v=XMEBrfCm3Dc	https://www.bilibili.com/video/BV1rP411a7v6/?p=11&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
406	2023/10/11	8th WJWC Girls-Group C Qiangshu Competition Highlight 第八届世青赛 C 组女子枪术精彩回顾		http://www.iwuf.org/video/8th-wjwc-girls-group-c-qiangshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-c-qiangshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=lp77bgRfQJl	https://www.bilibili.com/video/BV1ie4y187Dm/?p=55&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
407	2023/10/12	9th WKFC International Bare Hand Group Routine -POR 第九届世传赛国际组集体徒手项目-葡萄牙		http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-por/	http://www.iwuf.org/video/9th-wkfc-international-bare-hand-group-routine-por/?lang=zh-hans	https://www.youtube.com/watch?v=MlqcNcnu2f4	https://www.bilibili.com/video/BV1rP411a7v6/?p=12&share_source=copy_web&vvd_source=0f29692a321472e1256b26c7bf0e3499
408	2023/10/13	Elementary Taijijian (32 Movements Taijijian)-Qi Shi 初级太极剑 (32 式太极剑)-起势		Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-qi-shi-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-qi-shi-ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://www.youtube.com/watch?v=3pZiPUmgchU 武术 TV 链接中文配音: https://www.youtube.com/watch?v=Y5ZxwzGo9WM





The 132th Week: Online Wushu Courses 第 132 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
409	2023/10/16	9th WKFC Wushu Kungfu Gala - Nanquan (Low Shun Quan Benette) 第九届世传赛武术功夫表演秀-南拳 (刘顺全)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-nanquan-low-shun-quan-benette/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-nanquan-low-shun-quan-benette/?lang=zh-hans	https://www.youtube.com/watch?v=hRNJr7ad4Yo	https://www.bilibili.com/video/BV1rP411a7v6/?p=13&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
410	2023/10/18	8th WJWC Boys-Group B Gunshu Competition Highlight 第八届世青赛 B 组男子棍术精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-b-gunshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-b-gunshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=My-V1wZpLeM	https://www.bilibili.com/video/BV1ie4y187Dm/?p=56&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
411	2023/10/19	9th WKFC International Weapon Group Routine - Egypt 第九届世传赛国际组集体器械项目-埃及		http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-egy/	http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-egy/?lang=zh-hans	https://www.youtube.com/watch?v=-Qkd6ZQ6Sql	https://www.bilibili.com/video/BV1rP411a7v6/?p=14&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
412	2023/10/20	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.1 & 2) 初级太极剑 (32 式太极剑)-第三段 (动作 1 & 2)		Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-1-movement-no-1-2-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-1-movement-no-1-2-english/?lang=zh-hans	武术 TV 链接英文配音: https://www.youtube.com/watch?v=qMAaUkWrSdQ 武术 TV 链接中文配音: https://www.youtube.com/watch?v=TJLdbPGfLeo





The 133th Week: Online Wushu Courses 第 133 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
413	2023/10/24	9th WKFC Wushu Kungfu Gala - Pudaο (Makris Panos) 第九届世传赛武术功夫表演秀-朴刀 (Makris Panos)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-pudaο-makris-panos/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-pudaο-makris-panos/?lang=zh-hans	https://www.youtube.com/watch?v=Q3bDJAVGEWw	https://www.bilibili.com/video/BV1rP411a7v6/?p=15&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
414	2023/10/25	8th WJWC Girls-Group B Gunshu Competition Highlight 第八届世青赛 B 组女子棍术精彩回顾		http://www.iwuf.org/video/8th-wjwc-girls-group-b-gunshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-b-gunshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=PWO0061b6gl	https://www.bilibili.com/video/BV1ie4y187Dm/?p=62&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
415	2023/10/26	9th WKFC International Weapon Group Routine - Türkiye 第九届世传赛国际组集体器械项目-土耳其		http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-tur/	http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-tur/?lang=zh-hans	https://www.youtube.com/watch?v=HdWfUUmgtU	https://www.bilibili.com/video/BV1rP411a7v6/?p=16&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
416	2023/10/27	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.3 & 4) 初级太极剑 (32 式太极剑)-第三段 (动作 3 & 4)		Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-1-movement-no-3-4-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-1-movement-no-3-4-ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://www.youtube.com/watch?v=-9U6tuRmDQY 武术 TV 链接中文配音: https://www.youtube.com/watch?v=bWVqVJt3Dg





The 134th Week: Online Wushu Courses 第 134 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
417	2023/10/31	9th WKFC Wushu Kungfu Gala - Shaolinquan (Yim Ming Tung) 第九届世传赛武术功夫表演秀-少林拳 (严颖桐)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-shaolinquan-yim-ming-tung/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-shaolinquan-yim-ming-tung/?lang=zh-hans	https://www.youtube.com/watch?v=bWllwsbLqwU	https://www.bilibili.com/video/BV1rP411a7v6/?p=17&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
418	2023/11/1	8th WJWC Boys-Group B Qiangshu Competition Highlight 第八届世青赛 B 组男子枪术精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-b-qiangshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-b-qiangshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=6XogL0ZzWV8	https://www.bilibili.com/video/BV1ie4y187Dm/?p=57&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
419	2023/11/2	9th WKFC International Weapon Group Routine - Singapore 第九届世传赛国际组集体器械项目-新加坡		http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-singapore-english-ai-voice/	http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-singapore-chinese-ai-voice/?lang=zh-hans	https://www.youtube.com/watch?v=Tze7LAc443U	https://www.bilibili.com/video/BV1rP411a7v6/?p=18&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
420	2023/11/3	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.5 & 6) 初级太极剑 (32 式太极剑)-第三段 (动作 5 & 6)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-1-movement-no-5-6/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-1-movement-no-5-6/?lang=zh-hans	武术 TV 链接英文配音: https://www.youtube.com/watch?v=llHE8ppSSGY 武术 TV 链接中文配音: https://www.youtube.com/watch?v=PwK6rvUWLtQ	https://www.bilibili.com/video/BV1Nj411t7EB/?p=4&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 135th Week: Online Wushu Courses 第 135 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
421	2023/11/7	9th WKFC Wushu Kungfu Gala - Hongquan (Evandro da Silva) 第九届世传赛武术功夫表演秀-洪拳 (Evandro da Silva)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-hongquan-evandro-da-silva/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-hongquan-evandro-da-silva/?lang=zh-hans	https://www.youtube.com/watch?v=Kf5Pr4SHY0Q	https://www.bilibili.com/video/BV1rP411a7v6/?p=19&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
422	2023/11/8	8th WJWC Girls-Group B Qiangshu Competition Highlight 第八届世青赛 B 组女子枪术精彩回顾		http://www.iwuf.org/video/8th-wjwc-girls-group-b-qiangshu-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-b-qiangshu-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=XGws3UG920w	https://www.bilibili.com/video/BV1ie4y187Dm/?p=58&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
423	2023/11/9	9th WKFC International Weapon Group Routine - Great Britain 第九届世传赛国际组集体器械项目-英国		http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-great-britain/	http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-great-britain/?lang=zh-hans	https://www.youtube.com/watch?v=YoL1Vicp878	https://www.bilibili.com/video/BV1rP411a7v6/?p=20&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
424	2023/11/10	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.7 & 8) 初级太极剑 (32 式太极剑)-第三段 (动作 7 & 8)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-1-movement-no-7-8-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-1-movement-no-7-8-ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://www.youtube.com/watch?v=MB6cXTMNnBc 武术 TV 链接中文配音: https://www.youtube.com/watch?v=h9X4bXV0xvY	https://www.bilibili.com/video/BV1Nj411t7EB/?p=5&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 136th Week: Online Wushu Courses 第 136 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
425	2023/11/27	9th WKFC Wushu Kungfu Gala - Baguazhang (Kokunbek kyzy Eles) 第九届世传赛武术功夫表演秀-八卦掌 (Kokunbek kyzy Eles)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-baguazhang-kokunbek-kyzy-eles/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-baguazhang-kokunbek-kyzy-eles/?lang=zh-hans	https://www.youtube.com/watch?v=Kf5Pr4SHY0Q	https://www.bilibili.com/video/BV1rP411a7v6/?p=21&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
426	2023/11/28	8th WJWC Boys-Group A Duilian Competition Highlight 第八届世青赛 A 组男子对练精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-a-duilian-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-duilian-competition-highlight/?lang=zh-hans	https://www.youtube.com/watch?v=XGws3UG920w	https://www.bilibili.com/video/BV1ie4y187Dm/?p=59&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
427	2023/11/29	9th WKFC International Weapon Group Routine - South Africa 第九届世传赛国际组集体器械项目-南非		http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-south-africa/	http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-south-africa/?lang=zh-hans	http://www.iwuf.org/video/9th-wkfc-international-weapon-group-routine-south-africa/	https://www.bilibili.com/video/BV1rP411a7v6/?p=22&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
428	2023/12/1	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.9 & 10) 初级太极剑 (32 式太极剑)-第三段 (动作 9 & 10)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-1-movement-no-9-10-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-1-movement-no-9-10-ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/dUfVSjtNtuQ 武术 TV 链接中文配音: https://youtu.be/BJZdl4jhJ-w	https://www.bilibili.com/video/BV1Nj411t7EB/?p=7&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 137th Week: Online Wushu Courses 第 137 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
429	2023/12/5	9th WKFC Wushu Kungfu Gala - Qiangshu (Kokkinaki Anna) 第九届世传赛武术功夫表演秀-枪术 (Kokkinaki Anna)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-qiangshu-kokkinaki-anna/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-qiangshu-kokkinaki-anna/?lang=zh-hans	https://www.youtube.com/watch?v=Kf5Pr4SHY0Q	https://www.bilibili.com/video/BV1rP411a7v6/?p=23&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
430	2023/12/6	8th WJWC Girls-Group A Duilian Competition Highlight 第八届世青赛 A 组女子对练精彩回顾		http://www.iwuf.org/video/8th-wjwc-girls-group-a-duilian-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-duilian-competition-highlight/?lang=zh-hans	https://youtu.be/jSVvw-tlbLM	https://www.bilibili.com/video/BV1ie4y187Dm/?p=60&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
431	2023/12/7	HYX 16th WWC Sanda Women's 52kg Final 恒源祥第十六届世锦赛女子 52 公斤级决赛		http://www.iwuf.org/video/hyx-16th-wwc-sanda-womens-52kg-final/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-womens-52kg-final/?lang=zh-hans	中文解说: https://youtu.be/xCc3zxiTIsM 英文解说: https://youtu.be/Xj8EtkP58A	https://www.bilibili.com/video/BV1cj411j7vw/?p=2&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
432	2023/12/1	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.11 & 12) 初级太极剑 (32 式太极剑)-第三段 (动作 11 & 12)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-2-movement-no-11-12-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-2-movement-no-11-12-ai-voice-english-2/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/oUz7FgHgp1U 武术 TV 链接中文配音: https://youtu.be/8nl3xpAeL30	https://www.bilibili.com/video/BV1Nj411t7EB/?p=6&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 138th Week: Online Wushu Courses 第 138 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
433	2023/12/12	9th WKFC Wushu Kungfu Gala - Xingyiquan 第九届世传赛武术功夫表演秀-形意拳（段媛）	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-xingyiquan-duan-yuan/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-xingyiquan-duan-yuan/?lang=zh-hans	https://youtu.be/-bVXhY-mIQ	https://www.bilibili.com/video/BV1rP411a7v6/?p=27&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
434	2023/12/13	8th WJWC Boys-Group B Taiji (42 movements) Competition Highlight 第八届世青赛 B 组男子 42 式太极剑精彩回顾		http://www.iwuf.org/video/8th-wjwc-boys-group-b-taijijian-42-movements-competition-highlight/	http://www.iwuf.org/video/8th-wjwc-boys-group-b-taijijian-42-movements-competition-highlight/?lang=zh-hans	https://youtu.be/celqOlzM8gU	https://www.bilibili.com/video/BV1ie4y187Dm/?p=65&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
435	2023/12/14	HYX 16th WWC Sanda Women's 56kg Singel Round Robin 3 恒源祥第十六届世锦赛女子 56 公斤级单循环赛-3		http://www.iwuf.org/video/hyx-16th-wwc-sanda-womens-56kg-single-round-robin-3/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-womens-56kg-single-round-robin-3-chinese-commentator/?lang=zh-hans	中文解说： https://youtu.be/uTVqFr71hCA 英文解说： https://youtu.be/j8mEjz2Esr0	https://www.bilibili.com/video/BV1cj411j7vw/?p=3&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
436	2023/12/8	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.13 & 14) 初级太极剑（32 式太极剑）-第三段（动作 13 & 14）	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-2-movement-no-13-14-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-2-movement-no-13-14-ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音： https://youtu.be/aukjo_klo_u0 武术 TV 链接中文配音： https://youtu.be/yLcHHJYMMbU	https://www.bilibili.com/video/BV1Nj411t7EB/?p=8&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 139th Week: Online Wushu Courses 第 139 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
437	2023/12/19	9th WKFC Wushu Kungfu Gala - 42 Style Taijijian (Katemann Uemoto) 第九届世传赛武术功夫表演秀-42 式太极剑 (Katemann Uemoto)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-42-style-taijijian-katemann-uemoto/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-42-style-taijijian-katemann-uemoto/?lang=zh-hans	https://youtu.be/ryV5IUvpMBw	https://www.bilibili.com/video/BV1rP411a7v6/?p=24&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
438	2023/12/20	8th WJWC Group A Changquan Gold Medalist Performance 第八届世青赛 A 组女子长拳冠军视频精彩回顾-Kylie suyoto KWOK (印尼)		http://www.iwuf.org/video/8th-wjwc-girls-group-a-changquan-gold-medalist-performance-kylie-suyoto-kwok%ef%bc%88ina%ef%bc%89/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-changquan-gold-medalist-performance-kylie-suyoto-kwok%ef%bc%88ina%ef%bc%89/?lang=zh-hans	https://youtu.be/9hVgdNtgaf0	https://www.bilibili.com/video/BV1om4y1i7rA/?p=8&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
439	2023/12/22	HYX 16th WWC Sanda Women's 56kg Singel Round Robin 3 恒源祥第十六届世锦赛散打女子 60 公斤级决赛		http://www.iwuf.org/video/hyx-16th-wwc-sanda-womens-60kg-final/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-womens-60kg-final/?lang=zh-hans	中文解说: https://youtu.be/RpDo1sh7PqM 英文解说: https://youtu.be/mlsgdF67GDs	https://www.bilibili.com/video/BV1cj41j7vw/?p=4&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
440	2023/12/15	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.15 & 16) 初级太极剑 (32 式太极剑)-第三段 (动作 15 & 16)	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-2-movement-no-15-16-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-2-movement-no-15-16-ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音: https://youtu.be/4Tw5XRg3d9s 武术 TV 链接中文配音: https://youtu.be/5ihJUb2bmO4	https://www.bilibili.com/video/BV1Nj411t7EB/?p=9&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





The 140th Week: Online Wushu Courses 第 140 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
441	2023/12/26	9th WKFC Wushu Kungfu Gala-Yong Chunquan (Yang Fuhua) 第九届世传赛武术功夫表演秀-咏春拳（杨富华）	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-yong-chunquan-yang-fuhua/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-yong-chunquan-yang-fuhua/?lang=zh-hans	https://youtu.be/lyzjtqXL1Cg	https://www.bilibili.com/video/BV1rP411a7v6/?p=25&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
442	2023/12/27	8th WJWC Boys-Group A Changquan Gold Medalist Performance-Hao ZHANG (CHN) 第八届世青赛 A 组男子长拳冠军视频精彩回顾-张昊（中国）		http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-yong-chunquan-yang-fuhua-2/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-yong-chunquan-yang-fuhua-2/?lang=zh-hans	https://youtu.be/vukVwRmTS-g	https://www.bilibili.com/video/BV1om4y1i7rA/?p=9&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
443	2023/12/28	HYX 16th WWC Sanda Women's 75kg Final 恒源祥第十六届世锦赛散打女子 75 公斤级决赛		http://www.iwuf.org/video/hyx-16th-wwc-sanda-womens-75kg-final-english-commentary/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-womens-75kg-final-chinese-commentary/?lang=zh-hans	中文解说： https://youtu.be/RpecQpCu8Y8 英文解说： https://youtu.be/FDK9ASwrfQY	中文解说： https://www.bilibili.com/video/BV1cj411j7vw/?p=5&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499 英文解说： https://www.bilibili.com/video/BV1cj411j7vw/?p=6&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
444	2023/12/22	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.17 & 18) 初级太极剑（32 式太极剑）-第三段	Chinese Wushu Association 中国武术协会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-3-movement-no-17-18-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-3-movement-no-17-18-ai-voice-chinese/?lang=zh-hans	武术 TV 链接英文配音： https://youtu.be/4KopDB5r3wM 武术 TV 链接中文配音： https://youtu.be/JptPz2-RJB8	英文 AI 配音： https://www.bilibili.com/video/BV1Nj411t7EB/?p=10&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499 中文 AI 配音： https://www.bilibili.com/video/BV1Nj411t7EB/?p=10&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499





		(动作 17 & 18)					11t7EB/?p=11&share_source=copy_web&vd_source=0f29692a321472e1256b26c7bf0e3499
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The 141th Week: Online Wushu Courses 第 141 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
445	2024/1/2	9th WKFC Wushu Kungfu Gala-Taijishan Duilian (Pak Tatiana & Seriakova Liubov) 第九届世传赛武术功夫表演秀-太极扇对练 (Pak Tatiana & Seriakova Liubov)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-taijishan-duilian-pak-tatiana-seriakova-liubov/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-taijishan-duilian-pak-tatiana-seriakova-liubov/?lang=zh-hans	https://youtu.be/WTwi_9ft1X8	https://www.bilibili.com/video/BV1rP411a7v6/?p=26&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
446	2024/1/3	8th WJWC Girls-Group A Nanquan Gold Medalist Performance-Hao ZHANG (CHN) 第八届世青赛 A 组女子南拳冠军视频精彩回顾-杨洁霞 (中国)		http://www.iwuf.org/video/8th-wjwc-girls-group-a-nanquan-gold-medalist-performance-jiexia-yang%ef%bc%88chn%ef%bc%89/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-nanquan-gold-medalist-performance-jiexia-yang%ef%bc%88chn%ef%bc%89/?lang=zh-hans	https://youtu.be/BkmcrgE8xRI	https://www.bilibili.com/video/BV1om4y1i7rA/?p=10&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
447	2024/1/4	HYX 16th WWC Sanda Men's 48kg Final 恒源祥第十六届世锦赛散打男子 48 公斤级决赛		http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-48kg-final-with-english-commentary/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-48kg-final-with-chinese-commentary/?lang=zh-hans	中文解说: https://youtu.be/ced3twYe07k 英文解说: https://youtu.be/5TKQITTUL4A	中文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=7&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99 英文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=8&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
448	2024/1/5	Elementary Taijijian (32 Movements)		http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-	中文配音: https://youtu.be/9SEYtd4O1Q	中文配音: https://www.bilibili.com/video/BV1Nj4





		<p>Taijijian)- Section 3 (Movement No.19& 20) 初级太极剑 (32 式太极 剑)-第三段 (动作 19 & 20)</p>	<p>section-3-movement-no- 19-20-ai-voice-english/</p>	<p>section-3-movement-no- 19-20-ai-voice- chinese/?lang=zh-hans</p>	<p>英文配音: <a href="https://youtu.be/jRljz0aV
kNs">https://youtu.be/jRljz0aV kNs</p>	<p>11t7EB?p=13&vd_s ource=9224b37c0c 47a10eb2815c60d3 37dc99 英文配音: <a href="https://www.bilibili.
com/video/BV1Nj4
11t7EB?p=12&vd_s
ource=9224b37c0c
47a10eb2815c60d3
37dc99">https://www.bilibili. com/video/BV1Nj4 11t7EB?p=12&vd_s ource=9224b37c0c 47a10eb2815c60d3 37dc99</p>
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The 142th Week: Online Wushu Courses 第 142 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
449	2024/1/9	9th WKFC Wushu Kungfu Gala-Shuangbian (Zhang Yuyang)第九届世传赛武术功夫表演秀-双鞭 (张宇阳)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-shuangbian-zhang-yuyang/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-shuangbian-zhang-yuyang/?lang=zh-hans	https://youtu.be/tpRobNZ9QMg	https://www.bilibili.com/video/BV1rP411a7v6/?p=28&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
450	2024/1/10	8th WJWC Boys-Group A Nanquan Gold Medalist Performance-Josh tiesto TANTO(INA) 第八届世青赛 A 组男子南拳冠军视频精彩回顾-Josh tiesto TANTO (印尼)	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-boys-group-a-nanquan-gold-medalist-performance-josh-tiesto-tanto%ef%bc%88ina%ef%bc%89/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-nanquan-gold-medalist-performance-josh-tiesto-tanto%ef%bc%88ina%ef%bc%89/?lang=zh-hans	https://youtu.be/1mJ7DwZVh5E	https://www.bilibili.com/video/BV1om4y1i7rA/?p=11&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
451	2024/1/11	HYX 16th WWC Sanda Men's 52kg Final 恒源祥第十六届世锦赛散打男子 52 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-52kg-final-with-english-commentary/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-52kg-final-with-chinese-commentary/?lang=zh-hans	中文解说: https://youtu.be/ced3twYe07k 英文解说: https://youtu.be/5TKQITL4A	中文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=10&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99 英文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=9&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
452	2024/1/12	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.21& 22) 初级太极剑	IWUF 国际武术联合会	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-3-movement-no-21-22-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-3-movement-no-21-22-ai-voice-chinese/?lang=zh-hans	中文配音: https://youtu.be/LsBtN_wQf-4 英文配音: https://youtu.be/PwqmqzuuE550	中文配音: https://www.bilibili.com/video/BV1Nj411t7EB/?p=16&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99 英文配音: https://www.bilibili.com/video/BV1Nj411t7EB/?p=16&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99





		(32 式太极 剑)-第三段 (动作 21 & 22)					https://www.bilibili.com/video/BV1Nj411t7EB/?p=15&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
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The 143th Week: Online Wushu Courses 第 143 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
453	2024/1/16	9th WKFC Wushu Kungfu Gala-Chaquan (Michal Roucka)第九届世传赛武术功夫表演秀-双鞭 (Michal Roucka)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-chaquan-michal-roucka/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-chaquan-michal-roucka/?lang=zh-hans	https://youtu.be/C3X0yeWvLps	https://www.bilibili.com/video/BV1rP411a7v6/?p=29&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
454	2024/1/17	8th WJWC Boys-Group A Nanquan Gold Medalist Performance-Josh tiesto TANTO(INA)第八届世青赛 A 组男子南拳冠军视频精彩回顾-Hasti SEDIGHI MOURNANI (伊朗)		http://www.iwuf.org/video/8th-wjwc-girls-group-b-nandao-gold-medalist-performance-hastisedighi-mournani%ef%bc%88iri%ef%bc%89/	http://www.iwuf.org/video/8th-wjwc-girls-group-b-nandao-gold-medalist-performance-hastisedighi-mournani%ef%bc%88iri%ef%bc%89/?lang=zh-hans	https://youtu.be/sdv1MW4TvjY	https://www.bilibili.com/video/BV1om4y1i7rA/?p=12&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
455	2024/1/18	HYX 16th WWC Sanda Men's 56kg Final 恒源祥第十六届世锦赛散打男子 56 公斤级决赛		http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-56kg-final-with-english-commentary/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-56kg-final-with-chinese-commentary/?lang=zh-hans	中文解说: https://youtu.be/gK6LOGMHxYs 英文解说: https://youtu.be/a56nhtf9NxY	中文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=12&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99 英文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=11&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
456	2024/1/19	Elementary Taijijian (32 Movements Taijijian)-Section 3 (Movement No.21 & 22) 初级太极剑		http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-3-movement-no-23-24-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-3-movement-no-23-24-ai-voice-chinese/?lang=zh-hans	中文配音: https://youtu.be/c2W-ONiHMqk 英文配音: https://youtu.be/1j8Dmq45Vr8	中文配音: https://www.bilibili.com/video/BV1Nj411t7EB/?p=18&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99





		(32 式太极 剑)-第三段 (动作 23 & 24)					9 英文配音: https://www.bilibili.com/video/BV1Nj411t7EB/?p=17&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
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The 144th Week: Online Wushu Courses 第 144 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
457	2024/1/24	9th WKFC Wushu Kungfu Gala-Fanziqian(Yeung Chung Hei)第九届世传赛武术功夫表演秀-翻子拳 (楊頌熹)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-fanziqian-yeung-chung-hei/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-fanziqian-yeung-chung-hei/?lang=zh-hans	https://youtu.be/l8xEMy2XdsM	https://www.bilibili.com/video/BV1rP411a7v6/?p=30&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
458	2024/1/25	8th WJWC Boys-Group B Nandao Gold Medalist Performance-Yoones KHODAEI (IRI) 第八届世青赛 B 组男子南刀冠军视频精彩回顾-Yoones KHODAEI (伊朗)	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-boys-group-b-nandao-gold-medalist-performance-yoones-khodaei%ef%bc%88iri%ef%bc%89/	http://www.iwuf.org/video/8th-wjwc-boys-group-b-nandao-gold-medalist-performance-yoones-khodaei%ef%bc%88iri%ef%bc%89/?lang=zh-hans	https://youtu.be/JIOcYLw0jvk	https://www.bilibili.com/video/BV1om4y1i7rA/?p=13&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
459	2024/1/26	HYX 16th WWC Sanda Men's 60kg Final 恒源祥第十六届世锦赛散打男子 60 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-60kg-final-with-english-commentary/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-60kg-final-with-chinese-commentary/?lang=zh-hans	中文解说: https://youtu.be/IPcE1yOZyNk 英文解说: https://youtu.be/xE5d1KlojDA	中文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=14&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99 英文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=13&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99





The 145th Week: Online Wushu Courses 第 145 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
460	2024/1/ 30	9th WKFC Wushu Kungfu Gala-Cailifoquan(Sergio Almeida)第九届世传赛武术功夫表演秀-蔡李佛拳 (Sergio Almeida)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-cailifoquan-sergio-almeida/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-cailifoquan-sergio-almeida/?lang=zh-hans	https://youtu.be/62ZbKeHEvsw	https://www.bilibili.com/video/BV1rP411a7v6/?p=31&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
461	2024/2/ 1	8th WJWC Girls-Group A Nangun Gold Medalist Performance-Nazanin BAZDAR (IRI) 第八届世青赛 A 组女子南棍冠军视频精彩回顾-Nazanin BAZDAR (伊朗)	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-girls-group-a-nangun-gold-medalist-performance-nazanin-bazdar%ef%bc%88iri%ef%bc%89/	http://www.iwuf.org/video/8th-wjwc-girls-group-a-nangun-gold-medalist-performance-nazanin-bazdar%ef%bc%88iri%ef%bc%89/?lang=zh-hans	https://youtu.be/Q-XnNi4iyPw	https://www.bilibili.com/video/BV1om4y1i7rA/?p=13&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
462	2024/2/ 2	HYX 16th WWC Sanda Men's 65kg Final 恒源祥第十六届世锦赛散打男子 65 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-65kg-final-with-english-commentary/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-65kg-final-with-chinese-commentary/?lang=zh-hans	中文解说: https://youtu.be/T6Li0lemLEw 英文解说: https://youtu.be/GkwDtl4bAnE	中文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=14&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99 英文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=13&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99





The 146th Week: Online Wushu Courses 第 146 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
463	2024/2/5	9th WKFC Wushu Kungfu Gala-Taijijian(Brown Mitchell Alexandar Leon)第九届世传赛武术功夫表演秀-太极拳 (Brown Mitchell Alexandar Leon)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-taijijian-brown-mitchell-alexandar-leon/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-taijijian-brown-mitchell-alexandar-leon/?lang=zh-hans	https://youtu.be/QNzvQFSbm1c	https://www.bilibili.com/video/BV1rP411a7v6/?p=31&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
464	2024/2/6	8th WJWC Boys-Group A Nangun Gold Medalist Performance-Kai jie bryan TI (MAS) 第八届世青赛 A 组男子南棍冠军视频精彩回顾-Kai jie bryan TI (马来西亚)		http://www.iwuf.org/video/8th-wjwc-boys-group-a-nangun-gold-medalist-performance-kai-jie-bryan-ti%ef%bc%88mas%ef%bc%89/	http://www.iwuf.org/video/8th-wjwc-boys-group-a-nangun-gold-medalist-performance-kai-jie-bryan-ti%ef%bc%88mas%ef%bc%89/?lang=zh-hans	https://youtu.be/hP5oye6bTyM	https://www.bilibili.com/video/BV1om4y1i7rA/?p=13&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99





The 147th Week: Online Wushu Courses 第 147 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
465	2024/2/21	9th WKFC Wushu Kungfu Gala-Duilian(Kokumbek kyzy Eles & Tashmatova Aisalkyn)第九届世传赛武术功夫表演秀-对练 (Kokumbek kyzy Eles & Tashmatova Aisalkyn)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-duilian-kokumbek-kyzy-eles-tashmatova-aisalkyn/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-duilian-kokumbek-kyzy-eles-tashmatova-aisalkyn/?lang=zh-hans	https://youtu.be/EfwkwlP41_8	https://www.bilibili.com/video/BV1rP411a7v6/?p=33&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
466	2024/2/22	8th WJWC Girls-Group B Daoshu Gold Medalist Performance-Thalia marvelina TANZIL(INA)第八届世青赛 B 组女子刀术冠军视频精彩回顾-Thalia marvelina TANZIL (印尼)	IWUF 国际武术联合会	http://www.iwuf.org/video/8th-wjwc-girls-group-b-daoshu-gold-medalist-performance-thalia-marvelina-tanzil-ina/	http://www.iwuf.org/video/8th-wjwc-girls-group-b-daoshu-gold-medalist-performance-thalia-marvelina-tanzil-ina/?lang=zh-hans	https://youtu.be/UnlxEbusJ3Q	https://www.bilibili.com/video/BV1om4y1i7rA/?p=13&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99
467	2024/2/23	HYX 16th WWC Sanda Men's 70kg Final 恒源祥第十六届世锦赛散打男子 70 公斤级决赛	IWUF 国际武术联合会	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-70kg-final-with-english-commentary/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-70kg-final-with-chinese-commentary/?lang=zh-hans	中文解说: https://youtu.be/71DwjgZPnWALEw 英文解说: https://youtu.be/G8wr9lczMGk	中文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=18&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99 英文解说: https://www.bilibili.com/video/BV1cj411j7vw/?p=17&share_source=copy_web&vd_source=9224b37c0c47a10eb2815c60d337dc99





The 148th Week: Online Wushu Courses 第 148 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
468	2024/2/ 27	9th WKFC Wushu Kungfu Gala- Shuanggou (Yang Xu)第 九届世传赛武 术功夫表演秀- 双钩 (杨绪)	IWUF 国际武 术联合 会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-shuanggou-yang-xu/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-shuanggou-yang-xu/?lang=zh-hans	https://youtu.be/P2Z8o1p0T30	https://www.bilibili.com/video/BV1rP411a7v6?p=34&vd_source=9224b37c0c47a10eb2815c60d337dc99
469	2024/2/ 28	8th WJWC Boys-Group B Daoshu Gold Medalist Performance- Yin jie KWAN(MAS) 第八届世青赛 B 组男子刀术 冠军视频精彩 回顾-Yin jie KWAN (马来 西亚)		http://www.iwuf.org/video/8th-wjwc-boys-group-b-daoshu-gold-medalist-performance-yin-jie-kwan-mas/	http://www.iwuf.org/video/8th-wjwc-boys-group-b-daoshu-gold-medalist-performance-yin-jie-kwan-mas/?lang=zh-hans	https://youtu.be/UnlxEbusJ3Q	https://www.bilibili.com/video/BV1om4y1i7rA?p=17&vd_source=9224b37c0c47a10eb2815c60d337dc99
470	2024/3/ 1	Elementary Taijijian (32 Movements Taijijian)- Section 4 (Movement No.25& 26) 初级太极剑 (32 式太极 剑)-第三段 (动作 25 & 26)		http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-4-movement-no-25-26-with-ai-voice-english/	http://www.iwuf.org/video/elementary-taijijian-32-movements-taijijian-section-4-movement-no-25-26-with-ai-voice-chinese/?lang=zh-hans	中文配 音: https://youtu.be/KBmjGA-Hr84 英文配音: https://youtu.be/Z1v6tN2PIOQ	中文配音: https://www.bilibili.com/video/BV1Nj411t7EB?p=20&vd_source=9224b37c0c47a10eb2815c60d337dc99 英文配音: https://www.bilibili.com/video/BV1Nj411t7EB/?p=19&vd_source=9224b37c0c47a10eb2815c60d337dc99





The 149th Week: Online Wushu Courses 第 149 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
471	2024/3/5	9th WKFC Wushu Kungfu Gala-Taijiquan (Jiri Hauska) 第九届世传赛武术功夫表演秀太极拳 (Jiri Hauska)	IWUF 国际武术联合会	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-taijiquan-jiri-hauska/	http://www.iwuf.org/video/9th-wkfc-wushu-kungfu-gala-taijiquan-jiri-hauska/?lang=zh-hans	https://youtu.be/6AOFc0BU7U4	https://www.bilibili.com/video/BV1rP411a7v6?p=35&vd_source=9224b37c0c47a10eb2815c60d337dc99
472	2024/3/6	8th WJWC Girls-Group C Daoshu Gold Medalist Performance-Tsz tung tania CHOW (HKG) 第八届世青赛 C 组女子刀术冠军视频精彩回顾-Tsz tung tania CHOW (中国香港)		http://www.iwuf.org/video/8th-wjwc-girls-group-c-daoshu-gold-medalist-performance-tsz-tung-tania-chow-hkg/	http://www.iwuf.org/video/8th-wjwc-girls-group-c-daoshu-gold-medalist-performance-tsz-tung-tania-chow-hkg/?lang=zh-hans	https://youtu.be/tqzqQO0pwC4	https://www.bilibili.com/video/BV1om4y1i7rA?p=18&vd_source=9224b37c0c47a10eb2815c60d337dc99
473	2024/3/7	HYX 16th WWC Sanda Men's 75kg Final 恒源祥第十六届世锦赛散打男子 75 公斤级决赛		http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-75kg-final-with-english-commentary/	http://www.iwuf.org/video/hyx-16th-wwc-sanda-mens-75kg-final-with-chinese-commentary/?lang=zh-hans	中文解说: https://youtu.be/pVnoqTDXd4Y 英文解说: https://youtu.be/mngW0kS9u_A	中文解说: https://www.bilibili.com/video/BV1cj411j7vw?p=20&vd_source=9224b37c0c47a10eb2815c60d337dc99 英文解说: https://www.bilibili.com/video/BV1cj411j7vw?p=19&vd_source=affac80720825549868e2a54b2819d3a





The 150th Week: Online Wushu Courses 第 150 期线上武术课程							
No. 序号	Date 日期	Topic 主题	Source 来源	Video Links 视频观看链接			
				English Website 英文官网	Chinese Website 中文官网	Wushu TV 武术 TV	Bilibili 哔哩哔哩
474	2024/3/14	8th WJWC Boys—Group C Daoshu Gold Medalist Performance —Suang hang ronan TAN (SGP) 第八届世青赛 C 组男子刀术冠军视频精彩回顾——Suang hang ronan TAN (新加坡)	IWUF 国际武术联合会	https://weibo.com/tv/show/1034:5011832235032640?from=old_pc_videoshow	https://weibo.com/tv/show/1034:5011832235032640?from=old_pc_videoshow	https://youtu.be/EuUN78KlmyY	https://www.bilibili.com/video/BV1om4y1i7rA?p=19&vd_source=9224b37c0c47a10eb2815c60d337dc99
475	2024/3/15	Elementary Taijijian (32 Movements Taijijian)—Section 4 (Movement No.27 & 28) 初级太极剑 (32 式太极剑) ——第四段 (动作 27 & 28)	Chinese Wushu Association 中国武术协会	中文配音: https://weibo.com/tv/show/1034:5012127329746968?from=old_pc_videoshow 英文配音: https://weibo.com/tv/show/1034:5012129242087499?from=old_pc_videoshow	中文配音: https://weibo.com/tv/show/1034:5012127329746968?from=old_pc_videoshow 英文配音: https://weibo.com/tv/show/1034:5012129242087499?from=old_pc_videoshow	武术 TV 链接英文配音: https://youtu.be/guc6cG1oYWo 武术 TV 链接中文配音: https://youtu.be/nnM9U-PXQco	中文配音: https://www.bilibili.com/video/BV1Nj411t7EB?p=22&vd_source=affac80720825549868e2a54b2819d3a 英文配音: https://www.bilibili.com/video/BV1Nj411t7EB?p=21&vd_source=affac80720825549868e2a54b2819d3a

