



# **Directives For the Selection Trials of the** **(20<sup>th</sup> Asian Games 2026)**



## **Event Overview**

- **20th Asian Games: 19 Sep – 4 Oct 2026**
- **Location: Aichi & Nagoya, Japan**

## **□ Eligibility**

### **SANDA:**

- **Age: 16–40 years (Born between Jan 1, 1986 – Dec 31, 2010)**
- **Weight Categories:**
- **Male: 56kg, 60kg, 65kg, 70kg, 75kg**
- **Female: 52kg, 60kg,**

### **TAOLU:**

- **Age: 14+ years**
- **Optional Routines:**
- **Bare Hand: Changquan (Male-Female)**
- **Gunshu-Daoshu (Male All Round)**
- **Jianshu-Qiangshu (Female All Round)**
- **Nanquan-Nangun (Male All Round)**
- **Nanquan-Nandao (Female All Round)**
- **Taijiquan-Taijijian (Male-Female All Round)**

□

## EVENT SCHEDULE FOR SANDA

<b>S. NO</b>	<b>DATE</b>	<b>SCHEDULE</b>	<b>VENUE</b>
1.	<b>22<sup>ND</sup> AUG 2025</b> 06 AM TO 07 AM	<b>(WEIGH-IN)</b>	SKISC SRINAGAR
2.	<b>22<sup>ND</sup> AUG 2025</b> 08 AM TO 10 AM  04 PM TO 07 PM	<b>PHYSICAL TESTS</b> 1. COOPER TEST (12 MIN RUNNING) 2. SPEED ENDURANCE (800 MTR FOR SANADA/ 600 MTR FOR TAOLU)	KASHMIR UNIVERSITY
3.	<b>23<sup>RD</sup> AUG 2025</b> 08 AM TO 01 AM 02 AM TO 06 PM	<b>SKILL TESTS</b> (BOUNTS)	SKISC SRINAGAR
4.	<b>24<sup>TH</sup> AUG 2025</b> 08 AM TO 01 AM 02 AM TO 05 PM	<b>SKILL TESTS</b> (BOUNTS)	SKISC SRINAGAR

### EVENT SCHEDULE FOR TAOLU

<b>S. NO</b>	<b>DATE</b>	<b>SCHEDULE</b>	<b>VENUE</b>
1.	<b>25<sup>TH</sup> AUG 2025</b> 06 AM TO 07 AM	(REGISTRATION)	NERC IMPHAL
2.	<b>25<sup>TH</sup> AUG 2025</b> 07:30 AM TO 10 AM  04 PM TO 07 PM	<b>PHYSICAL TESTS</b> 1. COOPER TEST (12 MIN RUNNING) 2. SPEED ENDURANCE (600 MTR FOR TAOLU)	NERC IMPHAL
3.	<b>26<sup>TH</sup> AUG 2025</b> 08 AM TO 11 AM 04 AM TO 06 PM	<b>SKILL TESTS</b> BARE HANDS SHORT WEAPONS	NERC IMPHAL
4.	<b>27<sup>TH</sup> AUG 2025</b> 08 AM TO 11 AM	<b>SKILL TESTS</b> LONG WEAPONS	NERC IMPHAL

**Physical standards norms for the qualifying for a specific skill test are as follows:**

**# (Cooper test 12 Min Running)**

2800 Meters for boys and 2400 Meters for girls

**# (800 Meters Speed Endurance test for Sanda athletes)**

2.30 minutes for boys and 3 minutes for the girls

**# (600 Meters Speed endurance test for Taolu athletes)**

1.55 minutes for boys and 2.15 minutes for girls

## **Trials Format & Judging Criteria**

### **SANDA:**

- Rules: IWUF 2024 Sanda rules
- Rounds: 2 minutes each
- Format: knockout/Round Robin
- Ranking: Based on the number of bouts won

### **TAOLU:**

- Rules: IWUF 2024 Taolu rules
- Judging Focus:
  1. Quality of movements
  2. Degree of difficulty
  3. Overall performance
- Scoring Benchmarks:
- Minimum score to qualify: 9.50
- Advanced requirements for senior male and female competitors (e.g., dynamic connections, high-level jumps)

This is for the Chang group, all events male-female and the Nan Group, all events male-female.

\* For male athletes' degree of difficulty

value is very high standards like 720 + connection or either from new rules dynamic + dynamic from b grade value jumps and connection

for example - 312a+324b+1

For female 1 jump compulsory from grade b and connection

for example, 324b+1 and any connection

from dynamic + dynamic + connection for example- 312a+324a+1

For Taijiquan and Taijijian  
for male 312a+324c+5 is compulsory

or any jump or balance+ connection from grade b is compulsory  
for female 312a+324b+5 is compulsory  
or any jump or balance + connection from grade b is compulsory

overall performance is the most important  
The above details are the benchmark for the qualification for  
enrolment in the ranking series.

**If any Taolu athlete has not reached at benchmark scoring, the  
final decision for the selection will be made by the WAI selection  
committee.**

**Notes:**

- 1. Only physically fit athletes shall be allowed to participate in the skill/specific tests.**
- 2. All the events and bouts will be videotaped.**
- 3. Top 7 (Sanda) and Top 3 (Taolu) will be selected in the first ranking series, one place will be reserved for the World championships participants.**
- 4. Ranking series will be held after every 02 months and the selection will be based on the performance in the ranking tournament.**
- 5. Top 3 athletes in each category will be enrolled into NCC.**
- 6. Athletes in the 17th WWC can be directly enrolled (subject to fitness) in the first phase however, they have to appear in the ranking tournament thereafter.**
- 7. The World Games athletes Ms. N Roshibina Devi (Asian Games Medallist) and Ms. Namrata Batra (World Games Medalist) will be directly enrolled (subject to fitness) in the first phase however, they have to appear in the ranking tournament thereafter.**

## **Documents Required (Compulsory)**

**Must be submitted before the selection trial:**

- **Indian Passport**
- **Original Medical Fitness Certificate (not older than 15 days)**
- **Waiver Liability Form (signed by parent/guardian)**
- **Insurance Document**

## **Additional Notes**

- **Doping control team present – athletes must cooperate.**
- **Any indiscipline will be dealt with strictly.**
- **Bring own equipment and correct uniforms (per event/corner).**
- **All costs (boarding, lodging, travel) to be borne by athletes.**
- **All events will be videotaped.**
- **Affiliated States/Units must send their best athletes.**

## **□ Selection Committee Members**

- |   |                 |
|---|-----------------|
| • <b>President of WAI –</b>             | <b>Chairman</b> |
| • <b>National Chief Coach –</b>         | <b>Member</b>   |
| • <b>National Awardee –</b>             | <b>Member</b>   |
| • <b>International Player/Referee –</b> | <b>Member</b>   |
| • <b>Observer from SAI –</b>            | <b>Member</b>   |

## **□ Technical Officials**

- **Sanda: Head Judges, Assistant Head Judges, Sideline & Platform Judges**
- **Taolu: Head Judge, Assistant Head Judge, Panel Judges**

**Your Truly**



**Jitender Singh Bajwa**

**President**