

World-class instructor brings Wushu to students

■ **CLUB SPORTS:** Head coach Dan Wu trained with the top-ranked Wushu team in the world

By Kristin Bailey
Student Activities Reporter

To the untrained eye, it may look like an aggressive, sweaty form of ballet. But to members of the Club Sports team, Wushu is a dynamic and complicated martial art.

Wushu, a contemporary spin-off of the ancient Chinese martial art of Kung Fu, is practiced by more than 20 University students.

"It can be called a sport," said Wushu head coach Dan Wu. "It is also a martial art and a performance art. It's not super-aggressive, and we get a good workout."

A combination of jumps, kicks and other movements requiring flexibility are combined into a "form," or a Wushu routine. Many martial-arts film stars practice Wushu techniques, Wu said.

"We really focus on body movement and correct positioning," he said. "That makes it easier to get into other martial arts. Movie stars learn Wushu because

cinematically, it looks good."

The Wushu team recently competed at the Wushu-Kung Fu Federation Western Regional Championships at the University of California at Berkeley. The team made a good showing, bringing home nine medals, Wu said.

Wu began Wushu as a child in San Francisco. He started the University Wushu club three years ago after training in Beijing with the No. 1 Wushu team in the world.

"When I came to Eugene, there was no Wushu here, although it's in all the big cities," he said.

"Wushu involves two aspects," said University student Jade Dhabolt. "The movement is fluid, yet powerful. It's also a good way to focus yourself."

Dhabolt, who took fourth place in his division at the Berkeley competition, said the sport involves more than physical exertion.

"The ability to focus is powerful in everything," he said. "If you focus yourself, you know where your boundaries are. By knowing that, you can overcome them."

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