

More activities lined up for UMS Wushu Club

KOTA KINABALU: Universiti Malaysia Sabah held the 3rd Intra-University Wushu Tournament at UMS Chancellor Hall which was organised jointly by UMS Students' Affairs Department, UMS Sport Centre, UMS Wushu Club and Sabah West Coast Wushu Association on March 28.

The tournament was judged by coaches from Sabah West Coast Wushu Association.

Twenty UMS students participated and competed in different barehanded and weapon events including Long Fist, Southern Fist, Knife, Spear, Double-edged Sword, Staff and Southern Single-edged Sword.

UMS Wushu Club is one of the undergraduate organisations admitted by UMS and operated under UMS Sport Centre with Charles Thomas as the club advisor who is also the assistant youth and sports officer of UMS Sport Centre.

Besides, UMS Wushu Club is also assisted by Sabah West Coast Wushu Association in wushu training.

Since 2008, wushu training classes have been held for UMS undergraduates twice a week and the Intra-University Wushu

Tournament had been organised thrice by UMS Wushu Club.

Besides, UMS Wushu Club had presented wushu performances on many UMS activities and programmes including Pesta Ang Pau, Pesta Kemerdekaan, Pesta Convocation Tamu Gadang, International Student's Day, Pesta Tang Lung and others.

Moreover, UMS Wushu Club had sent two athletes representing UMS to compete in Wu Zhuang Yuan Wushu Opening Tournament which was held in Kuala Lumpur on Jan 30.

They brought back 1 gold, 2 silver and 1 bronze medal.

Now UMS Wushu Club is preparing a programme named Kung Fu Night UMS which will be held during Sept or Oct.

Besides participating in the campus activities, UMS Wushu Club also took part in an off campus activity - Wushu reduces the risk of cardiovascular disease - which was organised jointly by the Malaysia Health Promotion Board (LKPM, Lembaga Kesihatan Promosi Malaysia) and Sabah West Coast Wushu Association. UMS Wushu Club has been



ACTIVE MEMBERS ... group photo of UMS Wushu Club after competition.

active for nearly two years and it aims to promote the spirit of wushu sports by teaching undergraduates the art of self-defence, to provide a stage for undergraduates in experiencing organisational leadership and joining a healthy social activity,

to train undergraduates to be positive thinkers, dynamic and proactive, and to identify the undergraduates who are talented in wushu to prepare them for more wushu opening tournaments at the national level in the coming years.