



## IMPORTANCE OF WUSHU IN PHYSICAL EDUCATION

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**Abstract:** Wushu is a field of endeavor that has its aim to the development of physically, mentally, emotionally, spiritually and socially fit citizen with the help of Wushu exercises.

### Introduction:

Wushu is name of all Chinese martial art which we practice as a sports events. The martial art Wushu is more commonly known as Kungfu in abroad. The origin of Wushu may be stressed back to pre historic time, then our ancestor used stone tools and wooden clubs to defend themselves in hunting both self defense and livelihood. China has for long being considered the father of all Asian martial art and Wushu is the collective name for Tichi, Jiali, Jiaodi, Shobo, Xiangpu, Jijian, Jiaobang, Ciqiang etc. many Wushu style were inspired from animal skill and movements, the idea being to catch the essence of the animal to attack and defend.

Wushu first come to India in 1989 with the formation of the Wushu Association of India (WAI) with a view to spread Wushu as a popular sports among the masses, WAI organized the first wushu championship in 1989 in Lucknow. The Indian Wushu team has regularly being participating in international championship. Government of India officially recognized WAI in 1993. Indian Olympic Association in January 2004 affiliated WAI. The Sports Authority of India (SAI) has started one year diploma course and six week certificate course in Wushu sports coaching. Wushu now included school national game and university national games as a regular discipline and also included in the syllabus of Physical Education of the various universities in India.

Wushu is an internal and external exercise of mind and body which help to develop the players physically, mentally, socially, emotionally and spiritually. "Wu" which means "web" and "shu" means "art". The word wu has five meaning they are:-

- 1) Dance
- 2) Exercise
- 3) Fight
- 4) Combat
- 5) war

The basic movements of Wushu are stances, kicks, punches, balances, jumps, sweeps and throws, based on aggregate categories of traditional Chinese martial art styles and can be changed for competitions to highlight one's strengths.

Wushu, taolu and sanshou consist of very rich and different movements, including extension and contraction, windmilling, balancing, jumping and somersault, thus involving nearly all the parts of the human body.

Wushu is helpful treatment for chronic diseases because it stresses that physical movement. With the help of Wushu exercise the cardiovascular endurance can improve, enhance aerobic and anaerobic metabolism, stimulate respiration and also increases vital capacity. It also has good effect on physical fitness components like, cardiovascular endurance, flexibility, strength, balance, and co-ordination.

Muscular strength also improved with Wushu exercise on regular basic. Very important aspect of Wushu is balance. Balance is developed both by standing exercise on one leg as well as learning how to performance quick traveling movement never lose balance. With the help of regular Wushu exercise hand eye coordination will improve. Wushu exercise improve all round flexibility. Wushu teaches self discipline and to use our mind to make our body do thing.

### Conclusions:

Wushu is an effective method of improving the pliability of joints, back and legs graceful movement of body which is a visual delight. It improve exercise of thinking leading to stimulation of nervous system that is good for intellectual development hence, Wushu is getting recognition and popularity in physical education to develop strong, stout, robust and sturdy population of the nation.

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