



Message by President

Time flies. The 26th term of the Singapore Wushu Dragon and Lion Dance Federation (2018-2020) is about to expire. The Federation organised a number of events over the past two years through the efforts of the Management Committee members and with the support and encouragement from our members. However, many planned events (from the fourth quarter of 2019 to end of 2020) have to be cancelled or postponed due to outbreak of COVID-19.

Looking back 2019, the Federation achieved excellent results in Wushu, Dragon and Lion Dance activities and competitions. For example, at the 10th Asian Youth Wushu Championships, held in Brunei in August 2019, our young athletes won 5 gold, 7 silver, 8 bronze, especially in the Women's Changquan event when our athletes swept the top three spots. At the victory ceremony, three Singapore Flags raised slowly amidst our National anthem, a feat that has never been seen before in international Wushu championships. This spectacular scene was a moment worthy of our appreciation and pride.

At the 15th World Wushu Championships held in October 2019 in Shanghai, China, our athletes achieved good result of two bronzes. At the Southeast Asian Games Wushu events held in Philippines in November, our team won the first gold medal for Team Singapore at the Games and brought joy and glory to the people of Singapore. The Team eventually achieved one gold and one silver at the Games.

Locally, the Federation organised the 25th Ngee Ann City Lion Dance Championship in September 2019 with Mr Ong Ye Kung, Minister for Education as the Guest-Of-Honour. The 1819 Taiji Fiesta held on 13 October 2019 attracted mass participation from 2,800 Taiji enthusiasts. Ms Grace Fu Hai Yen, Minister for Community, Culture and Youth graced the event as the Guest-of-Honour and took part in the mass display. The National Wushu and Sanda Championships was held in November with more than 2,000 athletes participating in various events. The Championships not only attracted high level of competitions but also provided a platform to cultivate new Wushu athletes. The Luminous Dragon Dance Competition held in December 2019 marked the close for our Wushu, Dragon and Lion Dance activities for the year.

May I take this opportunity to express my thanks to all the management committee members and staff who took part in planning and organising the competitions and events as well as members and athletes for their participation. Let us continue to work together and strive for better results.

The new Management Committee (2020-2022) will be elected a new member at the upcoming Annual General Meeting. The new committee will carry out its duties according to the newly approved amended "Constitution". It is my hope that that more committed and young representatives from our affiliated clubs step forward to take part in the election and actively contribute to the development of Wushu, Dragon and Lion Dance.

I hope that the COVID-19 will be over soon and lives return to normalcy so that we could implement our plans for Wushu, Dragon and Lion Dance development. May I wish everyone good health and best of luck. Thank You.

Ang Mong Seng BBM
President
Singapore Wushu Dragon and Lion Dance Federation

光阴似箭，岁月如梭，新加坡武术龙狮总会第26届理事会的两年任期(2018-2020)即将届满。这两年来在通过各理事的努力和配合会员们的支持与鼓励，总会主办了众多活动。但是由于受到新冠病毒疫情影响，许多原定在2019年第四季至2020年年底的活动都被迫取消或延迟举办。

回顾2019年，总会在武术和龙狮的活动及比赛项目都取得优异的成绩。例如2019年8月在文莱举行的第十届亚洲青少年武术锦标赛，我国武术好手获得5金、7银、8铜的优越成绩，尤其是在女子长拳比赛项目中，我国三名武术运动员勇夺前三名，冠、银、铜的荣誉。在颁奖礼上，新加坡的三面国旗，在奏起新加坡国歌时，同时升起，高高飘扬，这是国际武术比赛中从未出现过的壮举。这壮观场面是值得我们赞赏与自豪的一刻。

2019年10月在中国上海举行的第十五届世界武术锦标赛中，我国选手取得二面铜牌，成绩可佳。同年11月在菲律宾举行的东运会武术项目，在赛程的第一天就为新加坡争取到第一面金牌，为国争光，在东运会中共取得一金一银的优越成绩。

总会在9月份举办第廿五届全国义安城舞狮锦标赛。教育部长王乙康先生受邀为优胜队伍主持颁奖仪式。10月份举行1,819太极拳千人操活动获得2千8百位太极拳爱好者踊跃支持和参与，傅海燕部长受邀出席观礼，也亲自参与太极拳的操演，获得好评。11月份举行全国武术暨散打锦标赛，参加比赛武术运动员超过2,000人次。比赛水平高超，也是培育武术新秀的平台。12月份也举行夜光龙比赛以结束2019年全年的武术与龙狮的活动。特此感谢所有参与筹划及负责比赛的所有理事及工作人员，更要感谢所有参赛的会员与运动员，希望大家继续努力以争取更好的成绩。

新一届理事(2020-2022)将会在最近举行的常年会员大会中选出新一任的理事。新一届理事会将会采用已经被批准的新“章程”执行一切事务。我也希望年轻和爱好武术，龙狮的属会成员能踊跃挺身而出，参与新一届理事的选举，积极为武术与龙狮的发展做出努力与贡献，加油!

谨此期望新冠疫情能尽快结束，以恢复正常生活，以展开已经规划好的活动项目，以推动武术与龙狮发展。祝大家身体健康，万事如意。谢谢!

新加坡武术龙狮总会会长
洪茂诚 BBM

2019年常年会员大会

新加坡武术龙狮总会于2019年6月30日(星期日)上午11时在武总举行会员大会。来自55个普通会员和4个准会员属会的代表出席了会员大会。出席会员大会嘉宾有会长洪茂诚先生BBM、副会长王鼎昆先生、副会长余家兴先生、人民协会总执行理事长兼武总会务顾问陈国明先生,第26届理事会顾问及理事们。

大会除了批准2018年4月1日至2019年3月31日的年度报告、主席致词、秘书长报告及财务报表外,也通过会议讨论,修改章程的建议,以达到平衡武术和舞龙、舞狮活动的全方位发展。

大会最后核准了拟议中的章程修改,其中包括第7c条-...会员常年会费应在每年度12月31日前支付...与第8b条-...在20名理事会理事中将各有10名理事必须由武术相关活动为核心的普通和准会员属会及由舞龙、舞狮相关活动为核心的普通和准会员属会提名。

Annual General Meeting 2019

The Annual General Meeting (AGM) of the Singapore Wushu Dragon & Lion Dance Federation was held on Sunday, 30 June 2019 at 11.00am at the Federation Training Hall. Representatives from 55 Ordinary Members and 4 Associate Members attended the AGM. Also present were President Mr Ang Mong Seng BBM, Vice President Mr Ong Teng Koon, Vice President Mr Yee Chia Hsing, CED of People's Association and Federation Adviser Mr Desmond Tan Kok Ming, Advisers and Members of the 26th Management Committee.

Besides approving the Annual Report, Chairman's Report, Secretary General's Report and Financial Statements for the period from 1 April 2018 to 31 March 2019, the meeting also discussed the proposed changes to Constitution led by President, Mr Ang Mong Seng with the rationale to balance the development in Wushu and Dragon & Lion Dance.

Some of the proposed changes approved at the AGM included Clause 7c-... subscription fees be paid before 31 December of the Year... and Clause 8b-... Of the twenty (20) Management Committee Members, ten (10) each must be nominated from Ordinary and Associate members whose core business is Wushu-related activities....



在武总练武厅举行的2019年度会员大会。
The Annual General Meeting held at Federation Training Hall.



会长洪茂诚先生BBM欢迎并感谢大家出席大会。他也感谢出版主任李高富先生和秘书处出版了一份记录总会工作的会讯及着重介绍了总会将于2019年7月至2022年间主办的一些大型活动。President Mr Ang Mong Seng BBM welcomed and thanked all for their presence. He thanked Publication Chairman Mr Lee Kau Fu and the Secretariat for producing a newsletter recording the works done by the MC.



属会代表及受邀嘉宾抵达常年会员大会现场时签到的场面。
Members and guests signing their attendance upon arriving at the Meeting site.



与会者认真审查会上提交的各项报告。
Attendees seriously going through the various reports presented at the Meeting.



副会长王鼎昆先生感谢各位理事的辛勤工作和会长的领导。他相信在大家与人民协会的继续支持下,总会今后将做得更好。Vice President Mr Ong Teng Koon thanked fellow MC members for their hard work and the President for his leadership. He is confident that the Federation will do better in future with continued support from PA and all.



副会长余家兴先生感谢所有出席会员大会的属会代表,并感谢他们在时间、专业知识,人力和金钱上的付出与贡献。Vice President Mr Yee Chia Hsing thanked all for attending the AGM as well as contributing their time, expertise, effort and money to the Federation.



主席洪振炎先生JP, BBM对大家表示热烈欢迎,并感谢所有相关团体的支持与协助,使得总会在过去一年取得良好进展。Chairman Mr Ang Chee Yam, JP, BBM extended a warm welcome all and thanked all stakeholders for their support in helping the Federation to achieve good progress in the past year.

人民协会总执行理事长兼武总会务顾问陈国明先生感谢理事们的辛勤工作和运动员在国际比赛中取得好成绩,为新加坡带来了荣耀。他重申承诺人协对总会在武术、舞龙和舞狮活动与发展的支持。

PA CED & Federation Adviser Mr Desmond Tan thanked the MC for their hard work and the athletes for doing well at international competitions and brought glory to Singapore. He reaffirmed PA's commitment to support Wushu, Dragon & Lion Dance activities and development led by the Federation.



会员大会批准了由秘书长刘汉隆先生呈献的2018年度的年度报告和活动报告及由财政王建洲先生BBM呈献的经审计的2018 财政年度财务报告。

The Meeting approved the Annual Report and the activities carried out for FY 2018 presented by zSec Gen Mr Low Han Long; and the audited Financial Report presented by Treasurer Mr Ong Kian Chew BBM.



2019年度会员大会成功圆满举行后与会者合影留念。
A group photo of attendees after the successful Annual General Meeting.

第八届世界传统武术锦标赛 (2金, 5银, 9铜)

第八届世界传统武术锦标赛于2019年6月14至19日在中国峨眉山市举行。这届比赛有48个国家和地区的881位选手参赛，竞争非常激烈。由新加坡武术龙狮总会经过严格精选派出的国家传统武术队最终取得优良的成绩，赢得了2金、5银及9铜，为国争光！

表现突出的运动员有：黄慧芝和林美仪(各获1金、1银)、叶政宏和叶伟胜(各获1银、1铜)、胡翊玮(1银)及张静尹(2铜)。获得铜牌的有何凯隆、张智凯、郭伟杰、黄少源和黄少淳。其他队员有罗良信、康睿芯及梁浩恩。

8th World Kungfu Championships (2 Gold, 5 Silver, 9 Bronze)

The 8th World Kungfu Championships was held in Emeishan, China, from 14 to 19 June 2019. Competitions at the Championship were very intense with 881 athletes from 48 countries and regions.

Our National Traditional Wushu Team, sent by the Singapore Wushu Dragon and Lion Dance Federation after a stringent selection, achieved excellent results by winning 2 gold, 5 silver, 9 bronze medals and flying our Singapore flag high!

Athletes with Outstanding performances were: Hazel Ng and Michaela Lim - one gold and one silver each; Yeap Zheng Hong and Yap Wei Sheng - one silver and one bronze each; Shannon Woo - one silver and Venus Teo - two bronzes. The bronze medallists were Ho Kai Leong, Ernest Teo, Kuek Wei Jie, Ng Shao Yuan and Ng Shao Chun. Other team members were Loh Leong Sin, Ken Rui Xin and Neo Gao En.



经过严格的选拔赛入选参加第八届世界传统武术锦标赛的国家传统武术队队员。
Selected members of the National Traditional Wushu Team for the 8th World Kungfu Championships.



两位金牌得主与领队郑顺利先生合影留念。
The two gold medalists posed for a photo with Team Leader Tay Soon Lee.



得奖的感觉真好!
Awesome feelings with their certificate of achievement.



参加第八届世界传统武术锦标赛的国家传统武术队回国后受到热烈欢迎!
Our National Traditional Wushu Team for the 8th World Traditional Wushu Championship received a warm welcome upon their return!

功夫之夜

从2018年起，总会的传统武术小组都连续主办季度“功夫之夜”并邀请国内各个武术团体派队参加演出，以让武术爱好者有多一个机会显显身手、互相切磋与交流。

在最近一场假牛车水广场举行的功夫之夜，参加演出的团体共有15个，表演总人数近100人。当晚的节目多姿多采，有五祖拳、少林洪拳、务本白鹤、武松脱铐拳、形意拳、八卦掌和象形拳、奇门兵器、刀剑、棍枪等及陈、杨、吴、孙、混元等各式太极拳、剑、棍、春秋大刀、等等。表演者当中不缺幼童、少年和中年与乐龄者。个个热忱的投入演出，可喜可贺。

出席观赏表演的观众中有许多国外旅客和本地支持者。场面热闹，反应很好，使得功夫之夜圆满成功。

Kungfu Night

The Traditional Wushu Committee has been organising “Kungfu Night” since 2018 and invited Wushu organisations to send their Wushu enthusiasts to perform at the Kungfu Night which aims to provide more opportunities for these Wushu enthusiasts to display their skills and enhance bonding.

At the recent Kungfu Night held at Kreta Ayer Court, 15 Wushu organisations sent some 100 Wushu enthusiasts to take part. The programmes for the Night were wide-ranging, including the Wuzu fists, Shaolin Hongquan, the White Crane, Wusong fists, Bagua palms and special weapons, swords, spears and Chen, Yang, Wu, Sun and Hunyuan-styled Taijiquan, sword, stick and sabre, and etc. The very young ones were seen among the adolescents, middle-aged and senior performers which leaves us much to cheer about.

Many foreign tourists were there and enjoying themselves, probably due to geographical location of the event. It was indeed a success judging from the lively atmosphere and spontaneous response from the crowd.



黄蓉老师也带队参加“功夫之夜”演出并呈献太极表演。Renowned Taiji Master Wong Yong presented a Taiji routine at the “Kungfu Night”.



各个参加“功夫之夜”演出的队伍都竭力表演，为观众带来了精彩的节目。Every participating team did its best to put up a good show for the captive audience.



刚从第8届世界功夫锦标赛载誉而归的新加坡传统武术队也为“功夫之夜”助兴，呈献精彩的表演。Our Team Singapore Traditional Wushu also presented exciting performances at the “Kungfu Night”.

第10届亚洲青少年 武术锦标赛 (5金, 7银, 8铜)

由14名年轻运动员、两名教练、一名裁判和领队组成的新加坡武术队在2019年8月19日至23日于文莱举行的第10届亚洲青少年武术锦标赛取得出色表现。在第一天的比赛里，参加女子青年长拳的青年运动员横扫了金、银和铜牌。这项壮举在世界武术比赛中从未出现过。5名首次参加国际赛的年轻运动员在首次亮相就取得好成绩。所有14名运动员都至少获得一枚奖牌。新加坡武术队在本届亚洲青少年武术锦标赛中共获得了5金、7银和8铜的佳绩，超越了上一届的4金、8银和2铜的成绩。

总会谨此向武术队表达最深切的祝贺并感谢运动员们的辛劳，认真和杰出的表现。也要谢谢教练杨宁和盛世界、随队裁判张顺龙、领队钟佳峰、随团摄影师和随行的家长们坚定不移的支持。还要感谢幕后默默工作的人士，包括会长、主席、秘书长、武术主任、裁判主任和秘书处职员。

10th Asian Junior Wushu Championships (5 Gold, 7 Silver, 8 Bronze)

At the 10th Asian Junior Wushu Championship held in Brunei from 19 to 23 Aug 2019, our Team Singapore Wushu which comprised 14 young athletes, two coaches, a judge and a team leader, produced a remarkable showing.

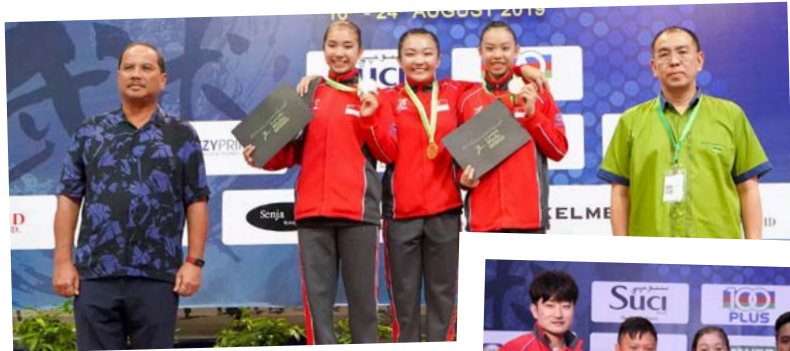
On the first day of competition, three of our youth athletes who participated in the Women's Youth Changquan defeated 14 participants from other countries / areas to sweep all the Gold, Silver and Bronze medals. This feat has never occurred in

Wushu competitions worldwide. Five first-time participants also performed very well on their debut. With all 14 athletes won at least one medal in this competition, this Team had achieved 5 Gold, 7 Silver and 8 Bronze for this 10th Asian Junior Wushu Championships and exceeded its previous Championship achievement of 4 Gold, 8 Silver & 2 Bronze.

The Federation extended its deepest appreciations to these young athletes for their hard work, determination and sterling performance; Coaches Yang Ning and Sheng Shijie; Team Judge Teo Soon Long; Team Manager Cheng Jia Hong; Official Photographer Kelvin Koh; and accompanying parents for their unwavering support. Our thanks also go to the people behind the scene, including our President, Chairman, Sec Gen, Wushu Chairman, Judge Chairman and Secretariat staff.



国际武术比赛历史一刻 - 三面新加坡国旗同时在颁奖礼上升起。
A very proud moment in Wushu history - three Singapore Flags flying high at the Victory Ceremony.



在第一天的比赛里，王璠苓、蔡欣葶和吕盈莹横扫了女子青年长拳的金、银和铜牌。这项壮举从未在国际武术比赛中出现过。
Kimberly Ong Li Ling, Isabel Chua Xin Ting and Le Yin Shuen swept the top spots in the Women's Youth Changquan event.



陈子怡获得刀术和棍术金牌和长拳铜牌。
Zoe Tan Ziyi won a gold each in Daoshu and Gunshu; and a bronze in Changquan.



参加第10届亚洲青少年武术锦标赛的新加坡武术队。
Team Singapore Wushu at the 10th Asian Junior Wushu Championship.

第15届世界武术锦标赛 (2铜)

新加坡武术龙狮总会派出了武术队参加于2019年10月10日至17日在中国上海举行的第15届世界武术锦标赛。12名武术运动员中有4名是散打运动员。

在这个全球最高武术比赛平台上，新加坡武术队与世界各国的武术好手进行了激烈的竞争，最终取得了二枚铜牌的不俗表现。

林思韦在第15届世界武术锦标赛里分别在男子棍术、男子刀术项目中各获得铜牌。
Jowen Lim Si Wei won a bronze each in Men's Daoshu and Gunshu events at the 15th WWC.

第30届东南亚运动会 (1金、1银)

第30届东南亚运动会的武术项目比赛于2019年11月29日至12月2日在菲律宾马尼拉举行。由于这一届的武术比赛项目由十二个减少到六个，所以竞争格外激烈。

新加坡武术龙狮总会派出的武术队不负众望，取得1金、1银的佳绩。在男子长拳项目中，上一届该项目只获得铜牌的杨宇翔一雪前耻，不但取得金牌，也取得了第30届东南亚运动会的第一面金牌，为新加坡队打响第一炮，不但为国人带来了喜悦，也争得荣耀。



参加第30届东南亚运动会的武总武术队与会长洪茂诚先生BBM、领队翁清海先生合影留念!

Group photo of Team Singapore Wushu at the 30th SEA Games with SWDLDF President Ang Mong Seng and Team Leader Vincent Ng.

15th World Wushu Championships (2 Bronze)

The Singapore Wushu Dragon and Lion Dance Federation sent a Wushu team to participate in the 15th World Wushu Championship held in Shanghai, China from 10 to 17 October 2019. Of the 12 athletes, four were Sanda athletes.

Our athletes competed against athletes from around the world at this world's highest Wushu competition platform. They gave their best and performed well, bringing back two bronze medals.



参加第15届世界武术锦标赛的国家武术队回国后受到热烈欢迎!
Our National Wushu Team for the 15th World Wushu Championship received a warm welcome upon their return!

30th Southeast Asian Games (1 Gold, 1 Silver)

The 30th Southeast Asian Games Wushu Competitions was held in Manila, Philippines from 29 Nov to 2 Dec 2019. As there were only six events in this year's Wushu events, competition became particularly fierce.

Team Singapore Wushu lived up to expectation despite great pressure and achieved 1 gold, 1 silver at the Games. In the Men's Changquan event, Yong Yi Xiang, who only won a bronze medal in the last Games, not only won a gold medal this time but also won the first gold medal of the 30th SEA Games, a good start for Team Singapore. His achievement brought joy and glory to the people of Singapore.



获得第30届东南亚运动会的第一面金牌的杨宇翔从受邀出席第30届东南亚运动会的武总会长洪茂诚先生手中领取奖牌，别具意义。
Yong Yi Xiang, who won the first gold medal of the 30th SEA Games, received his medal from SWDLDF President Ang Mong Seng.



林思韦在男子棍、刀术混合项目中获得银牌。
Jowen Lim Si Wei won a silver medal at the Men's combined cudgel and broadsword event.

第25届義安城全国舞狮锦标赛

由新加坡武术龙狮总会主办，義安城公司赞助的全国舞狮锦标赛已于2019年9月14日圆满成功进行。

全国舞狮锦标赛分别吸引了14和50多支舞狮队争夺自选高桩组和传统组（儿童、青年、女子和公开赛）的竞赛。预赛于2019年7月26日至28日在西海岸民众联络所举行。半决赛和决赛于2019年9月9日至14日在乌节路义安城广场举行。

观众不但能观看参赛舞狮队伍所带来的精彩刺激的演出，还欣赏了鼓乐、舞龙、传统耍大旗、踩高跷、武术表演和散打示范。教育部长王乙康先生是这第25届義安城全国舞狮锦标赛总决赛的大会主宾，并为获奖的舞狮队伍颁奖。

25th Ngee Ann City National Lion Dance Championship 2019

Organised by the Singapore Wushu Dragon & Lion Dance Federation and sponsored by Ngee Ann City Ltd, the National Lion Dance Championship 2019 was successfully held on 14 September 2019.

This 25th edition of the Championship attracted 14 Lion Dance troupes in the Free-styled category; and more than 50 Lion Dance teams in the Children, Youth, Female and Open events under the Traditional category. The Preliminary rounds were held from 26 to 28 July 2019 at West Coast Community Centre; and the semi-finals and finals were held from 9 to 14 September 2019 at the Ngee Ann City Civic Plaza at Orchard Road.

Besides the excitement brought by the competing Lion Dance teams, the audiences were also entertained by Drum music, Dragon dance, traditional huge flags, stilt-walking, Wushu and Sanda demo. Minister for Education, Mr Ong Ye Kung graced the Grand Final of the 25th Ngee Ann City National Lion Dance Championship as the Guest-Of-Honour and gave away prizes to the top winning Lion Dance Teams.



第25届義安城全国舞狮锦标赛嘉宾席。
Our invited guests at the 25th Ngee Ann City National Lion Dance Championship.



大会主宾教育部长王乙康先生莅临第25届義安城全国舞狮锦标赛总决赛现场。
Arrival of Guest-of-Honour Mr Ong Ye Kung, Minister for Education.

大批观众已经在舞狮锦标赛总决赛开始前聚集现场。
Large crowds gathered at site before the Finals started.



由各团体呈献的节令鼓、舞龙、传统耍大旗、踩高跷、武术表演和散打示范为舞狮锦标赛总决赛助兴。
Audience entertained by Drum music, Dragon dance, traditional huge flags, stilt-walking, Wushu and Sanda demo.



南狮自选组的狮队能给观众带来紧张刺激的感觉。传统组的狮队则以多样化的造型和布置吸引观众的目光。While the Lions in the free-style category brought excitement to the audience, Lions in the Traditional category attracted their attention through diversity in props and decorations.



大会主宾教育部长王乙康先生为第25届义安城全国舞狮锦标赛自选组的优胜队伍颁奖。左图是冠军艺威体育会B队、右图是亚军艺威体育会A队。

Minister for Education, Mr Ong Ye Kung presented trophies to winners of the Free-style category. Left - Champion, Yi Wei Athletic Association Team B and Right - 1st Runners-up, Yi Wei Athletic Association Team A.



会长洪茂诚先生BBM为传统组的优胜队伍颁奖。左图是亚军时代文化艺术坊A队、下图是冠军九仙宫体育会A队。

President Mr Ang Mong Seng BBM presented trophies to winners of the Traditional category. Left - 1st Runners-up, Times Cultural Arts Team A; Bottom - Champion, Kiew Sian King Athletic Association Team A.



1819 太极拳千人操

新加坡武术龙狮总会为配合新加坡开埠200周年庆祝而主办的1819太极拳千人操已经于2019年10月13日傍晚假武吉峇督西8道的英国人国际学校圆满成功举行。大会主宾是我国社区、文化与青年部长，傅海燕女士。

2千8百位来自55个团体 - 7个武总属会、31所民众俱乐部/联络所、14所居民委员会中心、三所学校/初级学院/毕业生协会 - 的太极拳爱好者在行动上打了五轮由新加坡五大太极门派指导编排的13式太极拳套路。参加者不但能领取一条特别为活动设计的T-恤和帽子，也观赏了难得一见的武术表演，包括有“太极女皇”之称的苏自芳老师、新加坡传统武术联盟及国家武术队的表演。

大会主宾，傅海燕部长在致词中感谢大家对活动的支持。因为活动不仅促进了太极拳这个有助于个人保持身体健康的运动，也为参加者们提供了一个互动和互相学习的机会。

1819 Taiji Fiesta

This Taiji event saw 2,800 Taijiquan enthusiasts coming together and executed five rounds of 太极拳十三式 (13-stroke Taiji) in a mass display which was specially choreographed by Grand Taijiquan Masters from the five main (Chen, Yang, Wu, Wu and Sun) Taiji schools. These participants came from 55 organisations - 7 affiliated clubs, 31 Community Clubs/Centres, 14 Residents' Committee Centres and three school/college/alumni.

Besides receiving a specially-designed event T-shirt and a cap, all participants were treated to rare performances by “Queen of Taiji”, Ms Su Zifang; the Singapore Traditional Wushu Federation; and our very own National Wushu Team.

In her address, Guest-of-Honour Ms Grace Fu Hai Yen, Minister for Community, Culture and Youth expressed her thanks to all for supporting this major Taiji event which not only promoted the Taiji activity as a healthy sport that helps individual to keep physically fit but also provided an opportunity for them to interact, engage and learn from each other.

傅海燕部长抵达活动现场时受到热烈的欢迎。
Minister Grace Fu received a resounding welcome upon her arrival at the event site.



会长洪茂诚先生BBM致欢迎词。
President Mr Ang Mong Seng BBM delivered his welcome address.



1819太极拳千人操的嘉宾们合影留念。 Our invited guests posed for a group photo.

会长洪茂诚先生BBM颁赠纪念品(一把太极剑)给傅海燕部长以示感谢。
President Mr Ang Mong Seng BBM presented a token of appreciation (a Taiji sword) to Minister Grace Fu.



傅海燕部长与获选参加第30届东南亚运动会武术比赛的运动员会面聊天，互动交流。
Minister Grace Fu met and chit-chatted with selected athletes for the 30th Southeast Asian Games Wushu Competitions.



“太极皇后”苏自芳女士、新加坡传统武术联盟的武术队及国家武术队的太极拳运动员也为大家呈献精彩表演。
Performances by the “Queen of Taiji”, Ms Su Zifang; Wushu exponents from the Singapore Traditional Wushu Federation; and Taiji athletes from our National Wushu Team.



副会长余家兴先生为参加千人操的团体代表颁发证书。右边为理事会兼和工委会主席洪振炎先生JP, BBM。
Vice President Mr Yee Chia Hsing presented certificates to representative of participating organisations. He was assisted by Chairman of Management Committee and Organising Committee, Mr Ang Chee Yam JP, BBM.



新加坡传统武术联盟派出120名会员参加1819年太极拳千人操的表演节目。
The Singapore Traditional Wushu Federation sent 120 members to perform at the 1819 Taiji Fiesta.



会长洪茂诚先生BBM颁发感谢证书给支持千人操的人士与团体代表。
President Mr Ang Mong Seng BBM presented certificates of appreciation to supporters.

1819年太极拳千人操的壮观场面。
A magnificent sight of the 1819 Taiji Fiesta.



2019年全国武术与散打锦标赛

新加坡武术龙狮总会主办的2019年全国武术与散打锦标赛已于2019年11月21日至24日假裕廊路上段Arena乡村俱乐部旁的新加坡羽毛球馆圆满成功举行。锦标赛旨在宣传武术为一项健康运动及为志同道合的武术爱好者提供一个测试实力和相互学习的机会。

锦标赛共举行4天，吸引了70个团体(29个属会会员、19个民众俱乐部/联络所、居民委员会中心和22所学校)的1千1百名运动员报名参加142项个人和团队比赛项目。总参赛人数为2千1人次。会长洪茂诚先生为2019年全国武术与散打锦标赛主持开幕仪式。副会长王鼎昆先生、余家兴先生、多位顾问、主任们也受邀观赏比赛，并担任颁奖嘉宾。

National Wushu and Sanda Championship 2019

The Singapore Wushu Dragon & Lion Dance Federation organised the "National Wushu and Sanda Championships 2019" at the Singapore Badminton Hall at Upper Jurong Road. The aim was to promote Wushu as a healthy sport and provide an opportunity for like-minded participants to gain exposure and learn from one another.

Held over four days from 21 to 24 November 2019, the Championships attracted 70 organisations (29 affiliated clubs, 19 CCs/ RCs and 22 schools) and registered 1,100 unique participants entering for 142 individual and team events, with total participation of 2,100 participants. Vice Presidents, Mr Ong Teng Koon and Mr Yee Chia Hsing and Chairmen of Subcommittees were also present and gave away medals to winning athletes.



会长洪茂诚先生
BBM为2019年全国武术与散打锦标赛主持开幕仪式。
President Mr Ang Mong Seng BBM officiated at the Official Opening.



运动员代表宣誓。
Athletes' Representatives recited the Pledge.



副会长王鼎昆先生为获奖运动员颁发奖牌。左侧为顾问胡进胜先生PBM。
Vice President Mr Ong Teng Koon presented medals to winning athletes, assisted by Advisor, Mr James Ow, PBM.



副会长余家兴先生为获奖运动员颁发奖牌。
Vice President Mr Yee Chia Hsing presented medals to the winning athletes.



主席洪振炎先生 JP, BBM颁发感谢盾牌给赞助团体。
Chairman Mr Ang Chee Yam, JP, BBM present plaques to sponsors.



会长洪茂诚先生BBM为参赛团体代表颁发奖牌。
President Mr Ang Mong Seng BBM presented plaques to the representatives of participating organisations.



家人和朋友的支持和鼓励是运动员的推动力。
Support and encouragement from family and friends is a driving force for our athletes.



多位主任受邀担任颁奖嘉宾，为获奖运动员颁发奖牌。
Chairmen of Subcommittees were also present to give away medals to winning athletes.



参赛团体领导、运动员、裁判员列席，等待2019年全国武术与散打锦标赛正式开锣。

Team leaders, Athletes and Judges formed up for Official Opening of the National Wushu and Sanda Championships 2019.



比赛不分年龄、种族与性别。除了有刀、剑、拳、棍、枪，还有太极与团体项目。
Regardless of age, race and gender, the competition included sabres, swords, fists, cudgels, spears, Taiji and Team events.





参加夜光龙比赛的队伍。
Participating Dragon Dance troupes formed up for the Competition.



副会长余家兴先生为2019夜光龙比赛冠军队新加坡威勇体育会颁发冠军奖杯。
Vice President Mr Yee Chia Hsing presented trophy to the Champion of Luminous Dragon Dance Competition, Wei Yong Athletic Association (Singapore).



2019夜光龙比赛亚军队-平福武文化体育会。
PHB Cultural Association is 1st Runners-up of the Luminous Dragon Dance Competition 2019.

2019年夜光龙比赛

2019年夜光龙比赛已经于2019年12月28日傍晚假裕廊路上段新加坡武装部队军医学院对面Arena乡村俱乐部旁的新加坡羽毛球馆圆满成功举行。

五支本地顶尖龙狮团都派出了夜光龙队伍角逐夜光龙比赛的龙王挑战奖杯与最高荣誉。

副会长兼蔡厝港集选区国会议员余家兴先生是大会主宾，并为优胜队伍颁奖。

Luminous Dragon Dance Competition 2019

The 2019 Luminous Dragon Dance Competition was successfully held on Sat, 28 Dec 2019 at Singapore Badminton Hall @ Arena at Upper Jurong Road, opposite SAFTI Medical Institute.

Five top local troupes sent in their Luminous Dragon Dance team to vie for the Challenge Trophy and top honour at the 2019 Luminous Dragon Dance Competition.

Vice President of the Singapore Wushu Dragon and Lion Dance Federation and Member of Parliament for Chua Choo Kang GRC, Mr Yee Chia Hsing graced the Competition as the Guest-of-Honour. He also gave away prizes to the winning teams at the end of the Competition.



夜光龙比赛圆满成功举行后的大合照。
A group photo after the successful Luminous Dragon Dance Competition.

散打比赛与交流会

一直以来，总会都会定期主办散打比赛与交流会以让散打的运动员和爱好者切磋武艺及互相分享心得，并通这平台来推广散打活动为一项健康的运动，并引起大众的兴趣以吸引他们把散打当成嗜好。

在2019年10月12日，总会在碧山社区俱乐部为20位散打运动员散打运动员和爱好者举办了一场友谊赛。在比赛开始前，会长洪茂诚先生为参加第15届世界武术锦标赛的散打队主持授旗仪式。总会也委任赖永生教练为正骨师，并颁发了委任证书给他。赖教练随后为参加散打比赛的运动员讲解有关人体骨骼的构造。接着，国家散打教练陈忠洋也讲解参加散打比赛需要注意的安全事项。

谨此感谢前主席洪鼎良先生PBM为友谊赛提供赞助。

Sanda Friendly & Interaction

The Federation has been organising Sanda matches and interactions regularly for Sanda athletes and enthusiasts to spar their skills. Using these as platforms, the Federation hopes to promote Sanda activities as a healthy sport and generate interest and attract prospects to take up Sanda as a hobby.

On 12 October 2019, a Sanda Friendly was held at Bishan Community Club for 20 Sanda athletes and enthusiasts. Before the matches commenced, President Mr Ang Mong Seng officiated the Flag Presentation to Sanda athletes for competing at the 15th World Wushu Championship. A Certificate was also presented to Coach Lai Yong Sheng of his appointment Orthopedist of the Federation. Coach Lai then gave a briefing on human bone structure. Our National Sanda Coach, Chen Zhongyang also briefed contestants on the safety precautions.

Our thanks go to former Chairman Mr Hoon Thing Leong, PBM for his sponsorship to the event.



会长洪茂诚先生BBM为参加第15届世界武术锦标赛的散打队主持授旗仪式。前排为国家散打队队员。President Mr Ang Mong Seng officiated at the Flag Presentation for our Sanda Team heading for the 15th World Wushu Championship.



主席洪振炎先生JP, BBM为赖永生教练颁发武总正骨师的委任证书。Chairman Mr Ang Chee Yam JP, BBM presented Certificate of Appointment as Orthopedist to Coach Lai Yong Sheng.



赖永生教练为参加散打比赛的运动员讲解有关人体骨骼的构造。旁述者是武术主任翁清海。Coach Lai Yong Sheng gave a briefing on human structure, assisted by our Wushu Subcommittee Chairman, Vincent Ng.



国家散打队教练陈忠洋讲解参加散打比赛时所需要注意的安全事项。National Sanda Coach, Chen Zhongyang briefed contestants on the safety precautions.



国家武术队为散打比赛带来余兴表演。Athletes from our National Wushu Team staged a performance at the Sanda event.



散打比赛时对手们拳打脚踢。
Fists and legs flying around at Sanda matches.



参加散打比赛的运动员和他们的支持者合影留念。
Group photo of Sanda athletes and their supporters.



主席洪振炎先生JP, BBM为为散打比赛优胜者颁奖。
Chairman Mr Ang Chee Yam JP, BBM presented trophy to winners of Sanda match.



会长洪茂诚先生BBM为散打比赛优胜者颁奖。身着长袖者为前主席兼比赛赞助洪鼎良先生PBM。
President Mr Ang Mong Seng presented trophy to winners of Sanda matches. The gentleman in long sleeves is our former Chairman and sponsor, Mr Hoon Thing Leong, PBM.

2020年新春舞狮 采青证书颁发仪式

在2020年金鼠年来临之前，新加坡武术龙狮总会于2020年1月5日上午主办了新春采青证书颁发仪式，并为属会中的187个本地龙狮团体颁发新春佳节采青准证。

会长洪茂先生BBM在致词中感谢所有龙狮团体踊跃前来申请准证，并提醒他们必须遵守采青的准则，不要违规。采青是农历新年的一个传统礼仪，也带来欢乐的氛围。会长吁请各团体进行采青时和睦相处，如有任何问题可向武总反映，寻求协助。

总会在颁发仪式之后安排了自助餐会，让与会者享用，并进行交流。场面温馨！

2020 Chinese New Year Caiqing Permit Ceremony

The Singapore Wushu Dragon and Lion Dance Federation held a Caiqing Permit Presentation Ceremony before the 2020 Chinese New Year. 187 Dragon and Lion Troupes from our affiliated clubs received their Caiqing permit from President Mr Ang Mong Seng during the ceremony on the morning of Sunday, 5 January 2020.

At the dialogue held before the ceremony, President Ang Mong Seng thanked and reminded the club representatives to strictly abide by Caiqing guidelines. Caiqing is a traditional activity of Lunar New Year which adds joyful atmosphere to the festival. He hoped that all Caiqing troupes maintain harmony when they conduct Caiqing during this period and seek assistance from Federation if needs be.

A buffet lunch was served after the ceremony for participants to enjoy as they mingled amongst themselves.



会长洪茂诚先生BBM在2020年新春舞狮采青证书颁发仪式进行之前的对话会上致欢迎词。President Mr Ang Mong Seng gave a welcome speech at the Dialogue before the 2020 Caiqing Permit Presentation Ceremony.



会长洪茂诚先生BBM主持采青证书颁发式。President Mr Ang Mong Seng presented Caiqing Permit to successful applicants.

属会代表在对话会上提问。Representatives of our affiliated clubs raised questions at the Dialogue.



2020年新春舞狮采青证书颁发仪式圆满举行后的大合照。A group photo after the 2020 Caiqing Permit Presentation Ceremony.

优秀武术龙狮团体 参与春到河畔演出

新加坡武术龙狮总会再度受到邀请，派出表现出色的武术与龙狮队伍参与“春到河畔2020”的表演节目。

“春到河畔2020”大型庆祝表演活动从2020年1月23日至30日（小除夕至农历正月初六），一连八晚在滨海湾浮动舞台举行。除夕当晚除了有激动人心的迎接金鼠年倒数活动，还有七彩缤纷的璀璨烟花。总会在这八晚派出国家武术运动员和邀请本地优秀武术与龙狮队伍呈献精彩表演，与公众同欢共乐庆佳节。

谨此感谢下列团体的鼎力支持 - 诚敬会龙狮体育会(新加坡)、擎威龙狮文化团、武术之家、新加坡文扬龙狮运动协会、劲安龙狮体育协会(新加坡)、新加坡传统武术联盟、星洲惠华国术研究社、新加坡威勇体育会、武程、平福武文化体育会、华艺武术以及时代文化艺术坊。



精彩的传统武术表演。
Exciting traditional martial arts show.

双狮献福为佳节增添喜庆气氛。
Double Lion dance added joy to the celebrative moods.



River Hongbao 2020 Performances

Once again, the Singapore Wushu Dragon and Lion Dance Federation was invited to send outstanding Wushu, Dragon and Lion Dance teams to perform at the River Hongbao 2020.

A large-scale celebration held at The Float @ Marina, the River Hongbao 2020 was held from 23 to 30 January 2020 (Chinese New Year's Eve to the sixth day of first lunar month), with eight nights of performances. The opening night on Chinese New Year's Eve was not only packed with exciting activities for the Countdown to welcome the Golden Rat Year, but also colourful fireworks which awed the huge crowds converged from



棍、枪与双刀的武术对练表演。
“对练” or sparring using sticks, spears and double sabres.

all corners of Singapore. With the aim of leaving good memories for the audiences, the Federation sent its very own National Wushu athletes and invited top local Wushu, Dragon and Lion Dance groups to stage performances for the eight nights.

The Federation wants to record its deepest appreciation to the following organisations for their fervent support: Cheng Jing Hui Dragon & Lion Dance Association (Singapore), QingWei Lion & Dragon Cultural Troupe, Martial House, Wen Yang Sports Association (Singapore), Jin Ann Sports Association (Singapore), Singapore Traditional Wushu Federation, Singapore Hui Hwa Pugilistic Art Association, Wei Yong Athletic Association (Singapore), JJ Wushu Engineering, PHB Cultural Association, Hua Yi Wushu and Times Cultural Arts.



2020年春到河畔首晚的七彩缤纷、火树银花的璀璨烟火秀。
Spectacular Fireworks display on the opening night of the River Hongbao 2020.



新加坡传统武术联盟呈献难得一见的巨龙表演。
A rare Giant Dragon Dance presented by Singapore Traditional Wushu Federation.



告示 Announcement

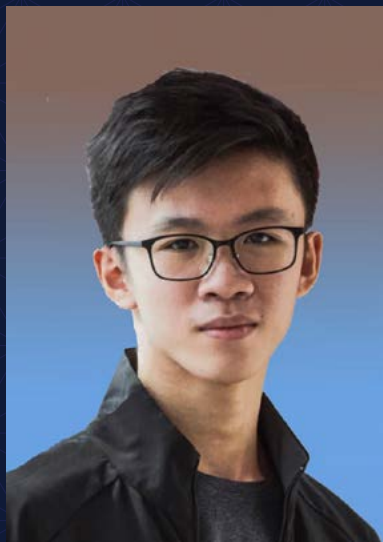
2018新加坡体育奖 Singapore Sports Award 2018

热烈恭贺下列运动员荣获由新加坡国家奥林匹克理事会和体育理事会联合颁发的2018新加坡体育奖。获奖运动员为:

Heartiest Congratulations to the below athletes for winning the Singapore Sports Awards presented by the Singapore National Olympics Council and Sports Singapore:



陈彦凝 - 女运动员功绩奖 (个人)
Vera Tan Yan Ning - Sportswoman
Meritorious Award (Individual)



赖家乐 - 男青年运动员功绩奖 (个人)
Malcom Lai - Sportsboy Meritorious
Award (Individual)



蔡欣葶 - 女青年运动员功绩奖 (个人)
Isabel Chua Xin Ting - Sportsgirl
Meritorious Award (Individual)

国际武术联合会 International Wushu Federation Appointment

新加坡武术龙狮总会会长洪茂诚先生受国际武术联合前名誉主席于再清先生委任为 2019 至 2023 国际武联执行委员会财政。

President Mr Ang Mong Seng has been appointed as the Treasurer of the Internal Wushu Federation (IWUF) Executive Board for 2019-2023 by IWUF Honorary President, Mr Yu Zaiqing.

2022年 第5届世界太极拳锦标赛 5th World Taijiquan Championship 2022

国际武术联合会于2019年常年执行委员会会议决议,由新加坡武术龙狮总会主办2022年第5届世界太极拳锦标赛。
The International Wushu Federation Executive Board has sanctioned that Singapore Wushu Dragon and Lion Dance Federation to organise the 5th World Taijiquan Championship in 2022.

2026年青年奥林匹克运动会 Youth Olympic Games 2026

国际奥林匹克理事会已决定自2026年开始,将武术纳入青年奥林匹克运动会(青奥会) 的比赛项目。运动员的合格年龄为 15至18岁,以青奥会举办年的12月31日计算。下一届的第四届青奥会将于2026年在达喀尔举行。

The International Olympic Council (IOC) has decided to include Wushu events in the Youth Olympic Games (YOG) from Year 2026. The qualifying ages for Wushu athletes shall be 15 to 18 at 31 December of the Year of YOG. The next YOG will be held in Dakar in 2026.