

Qin Zhen

Beijing Sport University, CHINA



I am a postgraduate student from Beijing Sport University (BSU). My major is Chinese kung fu. I have been practicing martial arts for 18 years, since I was six years old. Up to now, I have won 19 medals. I won the third, fifth and seventh world traditional wushu championship gold medals in a row. I have been to Thailand, Saudi Arabia, Jordan, Poland, Hungary, Portugal, Spain, Andorra, Norway, Sweden and other countries to participate in the Chinese culture tour. In 2013, I was admitted to BSU and founded the international wushu culture exchange association of BSU, committed to cultivating international wushu communication talents and promoting Chinese wushu to the world.

My main research direction is: International promotion and dissemination of Chinese wushu (kung fu); Chinese wushu culture; The marketization of wushu (kung fu); The modern value of wushu.

My dream is to spread Chinese wushu (kung fu) to the whole world, so that more people can feel its charm, it can serve friends all over the world and bring you wonderful cultural experience and physical and spiritual cultivation, so that you can be healthy and happy.

Topic for the 13th International Teaching Week:

Chinese Kung Fu - Wudang Form

1. Introduction of Chinese wushu
2. Introduction of wudang songxi kung fu
3. Demonstration of Chinese kung fu performance
4. Wushu teaching