

# WUSHU (JH & SH)

## CCA days and timings:

Monday: 3.30 pm to 7.00 pm  
Saturday: 8.30 am to 12.00 pm

## Venue:

Multi-Purpose Hall (MPH) / Music Atrium

## Introduction:

Wushu is a form of martial arts that improves one's stamina, agility, coordination and also build up their self-confidence when practising Wushu. Modern day Wushu is a unique type of sport that can be performed as a form of performing arts, whilst incorporating both grace and power.

In Dunman High Wushu Team, the main objective is to encourage self-discipline and cultivate team spirit amongst members, albeit imparting new skills in an enjoyable way.

Under the faithful guidance of our coaches, **Mrs Chua Sze Muay** and **Mr Quek Soon Tuck**, we hone our skills and also gain invaluable life lessons. By the end of their 4-year journey in Wushu, everyone would have performed at least once in school performances, and have plenty of opportunities to lead the team.

We perform at various school events such as the Chinese New Year Celebration, Speech Day, DHS Open House and the Dunman High Asean Plus, amongst other public performances.

In 2018, Dunman High Wushu was given the honour to perform at the **Istana Open House** right in front of President Halimah Yacob.

Apart from competitions and performances, team bonding activities are also organised during the holidays to spark chemistry in the team, including our annual Christmas celebrations, Chinese New Year gathering, and team dinners with our coaches.

## Achievements:

2019: 2 gold, 7 silver, 26 bronze

- A Girls: gold for group quanshu, 3rd runners up in divisional placings
- B Girls: 2nd runners up for group quanshu, 2nd runner up in divisional placings

2018: 1 gold, 4 silver, 15 bronze

2017: 1 gold, 1 silver, 20 bronze

