



December  
2024

# BRITISH COUNCIL FOR CHINESE MARTIAL ARTS

A YEAR IN REVIEW



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# 2024 NEWSLETTER SUMMARY

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Welcome to the BCCMA 2024 Newsletter!

This year has been full of incredible achievements and exciting developments. From international successes at the European Wushu Championships, World Taiji Championships, and World Wushu Championships, to our packed schedule of national competitions and newly added events, 2024 has been a milestone year.

We've also expanded our offerings with free judging courses, new coaching opportunities, and specialised workshops like Wushu Bingdao.

For all the details, dive into the following pages.

Let's continue to grow and celebrate our amazing community together!



December 2024

**As 2024 draws to a close, we at the British Council for Chinese Martial Arts (BCCMA) celebrate a year filled with remarkable achievements, milestones, and growth. Here's a recap of our incredible year**



February – March 2024

## February Highlights

**25/02/2024**

Team GB Modern Wushu Taolu Selection for 2024 European Championships: An exciting event as our finest athletes were chosen to represent Great Britain.

**03/03/2024**

Traditional Wushu Team Selection: The selection brought together members from across the BCCMA community, showcasing remarkable talent.





May 2024

# May 2024 - European Wushu Championships 03-05/05/2024 -

19th European Wushu Championships in Stockholm:  
Team GB Wushu returned with 10 medals:  
5 Gold, 2 Silver, and 3 Bronze!

Congratulations to our incredible athletes across Modern  
Wushu, Traditional Wushu, and Sanda.





May 2024

## **Team Great Britain Participants:**

*Modern Wushu: Coach - Mike Donohuge*  
*Athletes*

- Kehan Chen
- Ashleigh Wykes
- Zachary Ladkin

*Traditional Wushu: Payam Ezad Panah*  
*Athletes*

- Myrsini C Christodoulelli
- Kristina Sharif
- Maki Nakasone
- Junayed Guven

*Sanda / Light Sanda: Paniko Evagorou*  
*Athletes*

- Nicholas Moir
- Bryony Duchesne
- Chanad Demjan
- Oscar Nixey



May 2024

**26/05/2024 -**

Team GB Taiji Prepares for the 4th World Taiji Championships in Singapore

Our Taiji team trained relentlessly for the prestigious World Taiji Championships in August, demonstrating their unwavering discipline and passion.





# Summer Success

**23/06/2024 -**

Traditional Wushu Taolu Judging Course

Payam Ezad Panah delivered an insightful course reviewing the latest IWUF traditional judging methods, helping judges prepare for the British National Traditional Taolu Championships.

**30/06/2024 -**

Modern Wushu Taolu Judging Course

An online course led by Mike Donoghue, Head of Modern Wushu, reviewed IWUF rules for Group A and B judges, maintaining high standards for competitions.







# Summer Success

## 30/06/2024 - Sanda Judging Course

A valuable refresher course was held by *Paniko Evagorou*, Head of Sanda and Qingda, and Executive Member of BCCMA. The session provided essential knowledge for both new and experienced judges, ensuring consistency and excellence in officiating.



**Sanda Judges**



# Summer Success

**13/07/2024 -**

British National Wushu Taolu Championships

A vibrant celebration of Chinese Martial Arts, uniting over 20 member associations to showcase Modern, Traditional, and Internal Wushu Arts.





# Summer Success

## **July 2024 -**

Junior, Youth, and Adult Sanda/light Sanda Championships

Truly spectacular events for all ages! These championships provided a prestigious national platform for showcasing exceptional Wushu Sanda skills, celebrating the artistry and athleticism of competitors across the board





# 4th World Taiji Championships

## **August - A Global Stage for Team GB** **4th World Taiji Championships in Singapore**

Team GB Taiji represented Great Britain with pride on the world stage, delivering awe-inspiring performances.

*Team Leder: Peter Warr*

*Team Coach: Simon Watson*

Athletes:

- Myrsini Chionia Christodoulelli (**World Silver Medal**)
- Barry Phelan (**World Bronze Medal**)
- Stanislav Baltsezak
- Yoko Yaghmaie
- Danae Holtby





**September** 2024 saw the hosting of the 9th World Junior Wushu Championships by the Brunei Wushu Federation. Great Britain sent the same junior wushu team as it did in 2022, namely Kehan Chen, Dominik Liu and Yavor Iliev. Unfortunately Yavor was unable to compete due to picking up an ankle injury right before the competition. Kehan Chen managed a respectable 5th place in the world for boy Changquan group B. Kehan also finished top 8 for his group B Gunshu performance, whilst Dominik Liu secured an impressive top 8 finish for group A male Jianshu. All in all a very memorable trip and a great experience for the junior team, beating the number of top 8 finishes of 2 set in their first WJWC in 2022.



Great Britain's top wushu athlete Sam Mak, secured a double position at the 3rd Taolu World Cup by way of 4th and 6th place finishes at the 16th World Wushu Championships in Dallas in 2023. Sam headed out to Tokyo in October as the first British athlete ever to qualify for the sport's showpiece event consisting of only the very best Wushu athletes from around the world. Having qualified for both Qiangshu and Jianshu, Sam managed an impressive 4th place in Qiangshu and was literally a 2cm jumping kick rotation away from a bronze medal in Jianshu. This was an even more impressive feat considering that Sam had been injured for most of 2024 and had only managed 4 training sessions before Tokyo.





# Workshops & Championships

## **22/09/2024 - Taiji Judging course**

Peter Warr, President of BCCMA, and Simon Watson, Head of Taiji and Push Hands, delivered an in-depth course providing invaluable knowledge on IWUF rules for Group A and B Taiji judging. September to November - Workshops and Championships







# Workshops & Championships

**27/10/2024 -**

## **Wushu Bingdao Workshop**

The first-ever Wushu Bingdao workshop was a resounding success, promoting this unique art in UK by *Payam Ezad Panah*, a member of Wushu BingDao committee of WKFE.

More workshops will be provided in 2025! Stay tuned





# Workshops & Championships

## **02/11/2024 - National Junior/Youth Light Sanda Championships**

Following the popularity of the Junior/Youth Qingda Championship, BCCMA organised another successful event, providing an opportunity for even younger warriors to showcase their Light Sanda skills. Over 100 competitors participated in this inspiring event.





# Workshops & Championships

## **3/11/2024 - British National Tai Chi + Tui Shou & Shuaijiao Championships**

A thrilling display of Taiji and traditional wrestling techniques, highlighting the diversity and excellence within BCCMA.





# Closing the Year in Style

**1/12/2024 -**

## **Traditional Wushu Squad Open Session**

To end the year, an open training session welcomed BCCMA members to experience a day alongside the Traditional Wushu Squad—a perfect way to celebrate a successful 2024!





# Unlock Your Potential

## **Unlock Your Potential with BCCMA in 2025!**

At the British Council for Chinese Martial Arts (BCCMA), we are committed to empowering our members with top-notch training and resources! ✨

**Take advantage of our exceptional courses and services in 2025:**

- ✓ **L2 Coaching Course**
- ✓ **Biomechanics & Sport Injuries**
- ✓ **Sports Psychology**
- ✓ **Nutrition**
- ✓ **Professional Standards Course**
- ✓ **Safeguarding**
- ✓ **First Aid Training**
- ✓ **DBS Checks**

*and many more courses!*



# Behind the Scenes at BCCMA

**Behind the Scenes at BCCMA – Meet the Heroes Making It All Happen! 🎬**

**At the British Council for Chinese Martial Arts (BCCMA), there's a team of extraordinary individuals working tirelessly behind the scenes to create unforgettable experiences, promote Wushu, and guide Team Great Britain to success.**

## **David Nichols**

Our Competition and Event Manager, and an Executive Member of BCCMA, is the mastermind behind the smooth running and success of all our competitions. His hard work ensures every event is a memorable experience for participants and spectators alike.



## **Chris Ellirker**

Our Coach Education Officer and Executive Member of BCCMA designs and delivers insightful, practical, and game-changing courses for our members, helping them excel in their martial arts journey.

## **Our Exceptional Coaches – The Backbone of Team Great Britain**

**Behind every medal and extraordinary performance by Team GB are these dedicated and tireless leaders:**

- Mike Donoghue – Head of Modern Wushu Taolu
- Paniko Evagorou – Head of Sanda / Light Sanda
- Payam Ezad Panah – Head of Traditional Wushu Taolu
- Simon Watson – Team GB Taiji Coach
- Nicholas Evagorou - Team GB Sanda/Light Sanda Coach



**Their commitment to excellence inspires our athletes and ensures the continued growth and success of Wushu in Great Britain.**

**A huge thank you to this phenomenal team for their passion, dedication, and hard work! Let's make 2025 another year of success and inspiration!**



## ✧ Looking Ahead to 2025 ✧

As we reflect on this extraordinary year, we eagerly anticipate the challenges and opportunities of 2025. From new competitions to workshops and events, the journey ahead promises to be just as exciting! Thank you to all our members, athletes, coaches, and volunteers for making 2024 truly unforgettable. Wishing you all a peaceful and well-deserved December break—a moment of calm before the excitement of 2025! Here's to another year of success and growth!

The image features a large, semi-transparent logo for the British Council for Chinese Martial Arts (BCCMA) in the background. The logo is circular with a yellow border and contains a Union Jack flag, a yellow anchor, and a figure in traditional Chinese attire. The text 'BRITISH COUNCIL FOR CHINESE MARTIAL ARTS' is written around the top inner edge of the logo. In the foreground, there are festive Christmas decorations including green pine branches, red berries, and a large brown pinecone. The overall background is a dark, starry night sky.

**ON BEHALF OF THE BRITISH COUNCIL FOR  
CHINESE MARTIAL ARTS, WE EXTEND OUR  
WARMEST WISHES TO ALL OUR MEMBERS  
FOR A JOYOUS FESTIVE SEASON AND A  
NEW YEAR FILLED WITH SUCCESS AND  
PROSPERITY. WE LOOK FORWARD TO AN  
EVENTFUL YEAR AHEAD, BRIMMING WITH  
OPPORTUNITIES AND ACHIEVEMENTS FOR  
EVERYONE.**

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