

*Invitation*



金龍盃

12th of April 2026

*Dear colleague, martial friend,*

*We have the honor to invite you to attend and participate in the  
**Golden Dragon Cup 2026,***

*which will take place on **April 12th.***

*This year we are releasing a special edition.*

*In addition to the **SANDA** competition on the platform,  
there will also be a **SHOU BO, Level 1 Xiang Bo** competition  
in collaboration with shoubo.be and with the support of the  
VWUF and BWUF.*

*Registration is now open and will close on **March 31<sup>st</sup>.***

*After that, we will no longer accept registrations.*

*The number of **participants** will be  
**limited to 60** for both sanda and shou bo competitions.*

*Enclosed you will find the regulations for both competitions.*

*Please read them attentively!*

*For more information you can contact us on  
the phone numbers or e-mail addresses below.*

*The links for the digital registration forms you will find below.*

*Kind regards*



## ***For more information***

### ***SANDA***

*hamid abroudi*  
[info@longhumen.be](mailto:info@longhumen.be)  
(32) 477572323

### ***SHOU BO***

*Christophe Uyttersprot*  
[christophe.uyttersprot@shoubo.be](mailto:christophe.uyttersprot@shoubo.be)  
(32) 478294587

## ***Registration forms***

### ***GDC Registration Form Sanda***

<https://form.jotform.com/253195232012345>

### ***GDC Registration Form Shou Bo***

<https://form.jotform.com/253195242312349>

## **Program**

**9:00 -10:00 AM**

Check-in, medical examination, and weigh-in

**10:15 AM**

Coaches' briefing

**10:30 AM**

Opening Ceremony

**11:00 AM**

Start of competition

**1:00 PM**

Break

**1:30 PM**

Part 2 of competition

**5:00 PM**

Award ceremony