

Invitation

GOLDEN DRAGON CUP



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 31st**.

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
(32) 477572323

SHOU BO

Christophe Uyttersprot
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