



## Vlaams Wushu Instituut



CORNELISBEDDING

Patrick Van Campenhout started teaching the Chinese martial arts (Wushu) 40 years ago. He became a teacher and teaches Taijiquan and Wushu for decades. During his 15 years as an athlete he won 3 European medals and finished 9th place at the WC Wushu. Afterwards he started teaching stress management, personal coaching, teambuilding and ergonomics professionally. He also functioned in large sport organisations such as the BOIC, IOC, SportAccord, ARISF and the International Wushu Federation. This former director of the BOIC also coaches executives and CEO's.

### **When did you start with Wushu?**

From an early age I began learning Wushu and in 1985 I went as 1<sup>st</sup> Belgian in the official Belgian delegation to China for a major seminary. After that I went yearly to China to perfect. I followed my Sifu Ho Amien for 20 years, by travelling weekly to Amsterdam in order to train a whole day.

### **Which of the various Taijiquan styles you personally find the most difficult?**

There are some well-known head Taijiquan styles: Yang, Chen, Wu and Sun style. The Chen style, the original, is the most difficult and requires a lot of effort. This is not accessible to everyone. I have mastered the Yang and Chen style but I only teach publicly the Yang style. My assistants attend private lessons to improve their skills as I mastered it 20 years ago with my Sifu.

### **How did you come up to organise something?**

To promote Wushu in Belgium it was important to organise competitions and internships in order to generate more interest with the public and generate more practitioners.

### **Have you ever encountered problems while organising?**

Usually one is initially overconfident in organizing and they can't take into account everything. It is the "good practice", which comes over time, that organisations can run smoothly through good preparations.

### **Are you trying to reach something with your organisation?**

I try to encourage Wushu for everyone. I also promote a healthy lifestyle. Additionally, I wish to help people to strengthen themselves physically and mentally, to show respect for others and to raise the necessary patience.

### **According to you, to what should organisers pay attention?**

Organisations must take time to think about everything. They better start in time. Afterwards one can start writing a plan. In addition, they will have to convince the necessary sponsors. There are also other facets to think about, for example think of time management and the like.

### **How would you describe the evolution of Wushu in Belgium?**

In 1979, the 1<sup>st</sup> federation was set up at national level. From then on there were BC's organised annually. Wushu was always framed by volunteers. In 1985 we organised the 1<sup>st</sup> Wushu Championship in Brussels. That was a boost for the further promotion of Wushu in Belgium. Nationally we are fluctuating around 2000 members. There is still much work to be done but we have to do it without any subsidy.

**Thank you for the interview interview Patrick.**

**We wish you good luck.**

**Kevin Simons**