



KAMARAJ IAS ACADEMY
Only IAS Academy by Grandson of "Per. unthalaivar Kamarajar"

Aparna Dahiya Wins Gold at 11th Sanda World Cup in Macau

Published On: 16-05-2026



Indian wushu athlete Aparna Dahiya won the gold medal in the women's 52 kg category at the 11th Sanda World Cup held in Macau, China.

She defeated reigning world champion Thi Phuong Nga Ngo of Vietnam in straight sets in the final to secure India's first gold medal of the tournament.

About the 11th Sanda World Cup

Organised by: International Wushu Federation (IWUF)

Competition Format: Elite international Sanda competition featuring top-ranked fighters from across the world.

What is Wushu?

Wushu is a Chinese martial art and combat sport broadly divided into two disciplines:

Taolu

Performance-based discipline

Involves choreographed routines featuring jumps, kicks, punches, balances, and weapon techniques

Athletes are judged on precision, flexibility, and execution

Kamaraj IAS Academy

Plot A P.127, AF block, 6 th street, 11th Main Rd, Shanthy Colony, Anna Nagar, Chennai, Tamil Nadu 600040
Phone: 044 4353 9988 / 98403 94477 / Whatsapp : 09710729833

Sanda (Sanshou)

Full-contact combat sport

Includes punching, kicking, throwing, wrestling, and defensive techniques

Similar to kickboxing combined with grappling techniques

India's Performance in Wushu:

India has gradually emerged as a competitive nation in wushu, especially in the Sanda discipline.

Indian athletes have regularly won medals at:

Asian Games

World Wushu Championships

South Asian Games

Sanda World Cups

Important Indian Wushu Players:

Pooja Kadian:

First Indian to win a gold medal at the World Wushu Championships in 2017

Recipient of the Arjuna Award 2018

Aparna Dahiya:

Silver medalist at the 2025 World Wushu Championships

Gold medalist at the 2026 Sanda World Cup

International Wushu Federation (IWUF):

Established: 1990

Headquarters: Lausanne, Switzerland

Governing body for international wushu competitions

Wushu in Asian Games:

Wushu has been part of the Asian Games since 1990.

China has traditionally dominated the sport.

India has won multiple medals in Sanda events over the years.

Kamaraj IAS Academy

Plot A P.127, AF block, 6 th street, 11th Main Rd, Shanthy Colony, Anna Nagar, Chennai, Tamil Nadu 600040

Phone: **044 4353 9988 / 98403 94477 / Whatsapp : 09710729833**

Macau:

Macais a Special Administrative Region (SAR) of China.

Known for hosting international sporting and cultural events.