

**IWUF Competition Rules
Bylaws
2005**

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Chapter 1: Judgment of Optional Events

Section 1: Evaluation of Quality of Movements

1.1 Deduction Criteria for Errors in Standards of Movements in Optional Events

(1) *Deduction Criteria for Errors in Standards of Movements in Optional Changquan, Jianshu, Daoshu, Qiangshu and Gunshu (Table 1-1)*

Type	Movement	Errors for Deduction	Code I	Code II
Balances	Bring leg to head level and hold it with heel up (side kick with heel up) in standing position	Supporting leg bent, raised leg bent	1	10
	Back kick and hold leg in standing position	Supporting leg bent, upper body over 45 degrees in forward bend	1	11
	Yangshen Pingheng YSPH: Backward Balance	Raised leg below horizontal level	1	12
	Shizi Pingheng SZPH: Balance with arms spread sideways	Upper body below horizontal level	1	13
	Cross-leg balance	Thigh of supporting leg not near horizontal level	1	14
Leg Techniques	Qiansaotui QST: Front sweep	Thigh of supporting leg above horizontal level, sole of sweeping foot off carpet, sweeping leg bent	2	20
	Huosaotui HST: Back sweep	Sole of sweeping foot off carpet, sweeping leg bent	2	21
	Diecha DC: Landing to front split	Toes of front foot off carpet, legs not aligned	2	22
	Tantui TK: Snap kick, Chaitui CT: Sidekick with sole	Kicking leg not fully extended from bend	2	23
Jumps	Tengkong Feijiao TKFJ, Xuanfengjiao XFJ and Tengkong Bailian TKBL: Kick in flight, tornado kick and lotus kick	Kicking leg below shoulder level, slap missing	3	30
	Tengkong Zhengtitui TKZTT: Front straight kick in flight	Hanging leg bent	3	31
	Cekong fan CKF, CKF 360 degrees: Aerial cartwheel and aerial cartwheel with full twist	Leg bent obviously	3	32
	Xuanzi XZ, Xuanzi Zhuanti XZZT: Butterfly and butterfly with twist	Upper body higher than 45 degrees in aerial twist, legs obviously bent during twist in flight	3	33
	Tengkongjiantan TKJT: Front	Take-off leg not fully extended	3	34

	snap kick in flight	during snap kick, kicking leg below horizontal level		
Stances	Gongbu GB: Bow stance	Knee of front leg not over instep, thigh of front leg not level, heel of rear foot off carpet, toes of rear foot not turned inward	5	50
	Mabu MB: Horse riding stance	Upper body bent obviously forward, thighs not level, feet not wide apart enough, heels off carpet	5	51
	Xubu XB: Empty stance	Heel of rear foot off carpet, thigh of bent leg not level	5	52
Apparatus-wielding methods	Guajian GJ, Liaojian LJ: Upward parry and uppercut	Wrist straight	6	60
	Wojian WJ: Hold the sword	Forefinger around top of guard touches blade	6	61
	Chantou CT, Guonao GN: Around the head twirling and wrapping	Back of broadsword too far from body	6	62
	Lanqiag LQ, Naqiang NQ: Parry outward and parry inward	No circular movement by spearhead	6	63
	Zhaqiang ZQ: Thrust with spear	Rear hand (not?) on spear tail	6	64
	Liwu Huaqiang LWHQ, Liqu Huagung LWHG, Shuangshou Tiliiao Huagun STTLHG: Vertical figure 8 with spear or cudgel and uppercut with both hands	No vertical circle	6	65
	Throw and catch apparatus	Catch apparatus in folded arms, failure to catch apparatus with single hand	6	66

Notes:

1. 0.1 point will be deducted for more than two (2) errors in standards in (1) movement
2. 0.1 point will be deducted for more than two (2) errors in apparatus-wielding methods
3. A balance should be held motionless for at least two (2) seconds

(2) Deduction Criteria for Errors in Standards of Movements in Optional Taijiquan and Taijijian (Table 1-2)

Type	Movement	Errors for Deduction	Code I	Code II
Balances	Low balance with leg stretched forward	Stretched leg below horizontal level	1	15
	Low balance with leg inserted behind	Foot of inserted leg touches carpet	1	16
	Stamp in low body position	Heel of supporting leg off carpet, stamping leg bent at knee, tiptoes not turned outward	1	17

Type	Movement	Errors for Deduction	Code I	Code II
	Cechuai Pinghong CCPH: Side kick with sole in balance	Kicking leg not extended from bend	1	18
Leg Techniques	Fenjiao FJ, Dengjiao DJ: Parting kick and heel kick	Raised leg below horizontal level, raised leg not straight	2	24
	Bailianjiao BLJ: Lotus kick	Swing leg bent when slapping, slap missing	2	25
	Paijia PJ: Pat leg	Swing leg bent when slapping, slap missing	2	26
	Quedilong QDL: Dragon's dive to the ground	Sole of front foot touches carpet when turned inward, angle between legs smaller than 45 degrees	2	27
Jumps	Tengkong Feijia TKFJ, Xuanfengjiao XFJ, Tengkong Bailian TKBL: Kick in flight, tornado kick and lotus kick	Toes of slapped leg below shoulder level, slap missing	3	30
	Tengkong Zhengtitui TKZTT: Front kick in flight	Hanging leg bent	3	31
Stances	Gongbu GB: Bow stance	Knee of front leg not over instep, heel of rear foot off carpet	5	50
	Pobu PB: Crouch stance	Rear leg not bent completely, front leg bent, sole of front foot not turned inward and flat on carpet	5	53
	Shangbu SB: Take a step forward	Shuffle (except for special movements), center of gravity up and down in moves, foot raised too high	5	54
	Tuibu TB: Take a step backward	Shuffle (except for special movements), center of gravity up and down in moves, foot raised too high	5	54
	Jinbu JB: Forward Step	Shuffle (except for special movements), center of gravity up and down in moves, foot raised too high	5	54
	Genbu GB: Follow up step	Shuffle (except for special movements), center of gravity up and down in moves, foot raised too high	5	54
	Cezingbu CXB: Side step	Shuffle (except for special movements), center of gravity up and down in moves, foot raised too high	5	54
Apparatus-wielding methods	Guajian GJ, Liaojian LJ: Upward parry and uppercut	Wrist straight	6	60
	Wojian WJ: Hold the sword	Forefinger around top of guard touches blade	6	61

Notes:

1. 0.1 point will be deducted for more than two (2) errors in standards in (1) movement
2. 0.1 point will be deducted for more than two (2) errors in apparatus-wielding methods

(3) Deduction Criteria for Errors in Standards of Movements in Optional Nanquan, Nandao and Gunshu (Table 1-3)

Type	Movement	Errors for Deduction	Code I	Code II
Leg Techniques	Qiansaotui QST: Front sweep	Thigh of supporting leg above level, sole of sweeping foot off carpet, sweeping leg bent	2	22
	Hengdingtui HDT: Horizontal nail kick	Kicking leg not kept straight after kick, no nail kick to opposite side	2	28
Jumps	Tengkongfeijiao TKFJ, Xuanfengjia XFJ, Tengkong Waibaitui TKWBT: Kick in flight, tornado kick, and outward kick in flight	Toes of slapped leg below shoulder level, slap missing in flight	3	30
Tumbles	Tengkong Pantui 360 degrees Cepa TKPTCP: Cross-leg kick in flight with full twist to land on side	Swing leg below head level	4	40
	Liyudating Zhili LYDTZL: Kip-up	Lift-up on support of hands	4	41
	Tengkong Shuangcechuai TKSCC: Double side kick with sole in flight	Kicking legs not close together, kicking legs bent	4	42
Stances	Gongbu GB: Bow stance	Front leg not bent into near half squat, heel of rear foot off carpet	5	50
	Mabu MB: Horse riding stance	Upper body obviously bent forward, legs not bent into near half squat, thighs below horizontal level, feet not far about enough, heels off carpet	5	51
	Xubu XB: Empty stance	Heel of rear leg off carpet, rear leg not bent to near right angle	5	52
	Pabu PB: Crouch stance (Not in nanquan)	Rear leg not bent completely, front leg bent, sole of front foot not turned inward and flat on carpet	5	53
	Dichu DCB: Butterfly stance	Inner side of cal of kneeling leg not on carpet, inner side of heel of kneeling leg not on carpet	5	55
	Guibu GB: Bent-knee stance	Bent knee on carpet, buttocks not on calf of bent leg	5	56

Type	Movement	Errors for Deduction	Code I	Code II
Apparatus-wielding methods	Qilongbu QLB: Dragon-riding stance	Knee of rear leg on carpet, front leg not bent into near half squat	6	57
	Chantou CT, Guonao GN: Around-the-head twining and wrapping	Back of broadsword too far from body	6	62
	Dinggung DG: Push the cudgel	End of cudgel not on carpet, top of cudgel below head level	6	67

Notes:

- 0.1 point will be deducted for more than two (2) errors in standards in (1) movement
- 0.1 point will be deducted for more than two (2) errors in apparatus-wielding methods

1.2 Deduction Criteria for Other Errors in Optional Events and Individual Events without Specific Requirements for Degree of Difficulty

(1) Other Errors and Deduction Criteria (Table 1-4)

Type	Errors for Deduction	Code
Loss of Balance	Upper body swaying, shuffles or skips in balance	70
	Deduction of 0.2 point for extra support	71
	Deduction of 0.3 point for body fall	72
Errors about Apparatus, Costume and Decorations	Blade goes off handle, or apparatus touches body or carpet, or gets deformed	73
	Deduction of 0.2 point breaking apparatus	74
	Deduction of 0.3 point dropping apparatus	75
	Band drops from broadsword, tassel from sword or spearhead, or ornament from costume or headwear. Competitor's body or hands got entangled with head or tassel, or with soft apparatus. Buttons get loose, or costume torn up or shoes off feet.	76
Other Errors	Longtime balance kept motionless for no more than two seconds	77
	Any part of competitor's body touches floor outside carpet.	78
	Movement forgotten.	79

Notes:

- The term "sway" here denotes the upper body moving in two opposite directions during support on a single foot or on both.
- The term "moves" here means movements of either foot during support on a single foot or on both.
- The term "extra support" implies one that occurs during loss of balance, when the competitor's hand, elbow, knee, head, upper arm or nonsupporting foot touches the carpet or is supported on it with the help of his apparatus.
- The term "body fall" means one that occurs when the competitor's hands, shoulder, buttocks, or trunk touches the carpet.
- The duration of a "longtime balance" starts with the beginning of a motionless state.

6. Apparatus touching the floor outside the carpet or any part of the body going into the space beyond the vertical plane above the sidelines of the competition area should not be considered "outside the carpet".
7. All deductions are valued at 0.1 unless otherwise specified.
8. When two (2) or more errors occur successively in one movement, the deductions for each should be added up.

Section 2: Evaluation of Overall Performance

2.1 Criteria for Grading and Evaluating Overall Performance and Deductions for Choreographical Errors in Optional Events (Table 2-1)

Level	Criteria	Grade	Points
Superior	“Superior” for correct movements and techniques, full power flowing smoothly to the right points, for good harmony between hands and eyes, between body and steps, and between body and apparatus; for distinct rhythm and conspicuous style; and for accord between movements and accompanying music	1	3.00 – 2.91
		2	2.90 – 2.71
		3	2.70 – 2.51
Average	“Average” for above-mentioned elements to a fairly good degree	4	2.50 – 2.31
		5	2.30 – 2.11
		6	2.10 – 1.91
Inferior	“Inferior” for lack of above-mentioned elements	7	1.90 – 1.61
		8	1.60 – 1.31
		9	1.30 – 1.01

Choreography	Code	Errors for Deduction
Contents	01 – 08 86 – 88	Deduction of 0.2 points for missing one movement in optional routine
Structure Composition	81	Pause for more than three seconds in a motionless posture (except for longtime balance), or pause before a difficult movement in taijiquan or taijijian
	82	Unmethodical pause
	83	No full use of one of the four corners or center of competition area
Music	84	Deduction of 0.3 points for vocal accompaniment
	85	Deduction of 0.5 points for lack of musical accompaniment as required by Regulations

Note: All deductions are valued at 0.1 point unless otherwise specified.

2.2 Codes of Major Movements in Optional Events (Table 2-2)

Event	86	87	88	01	02	03	04	05	06	07	08
Changquan	Gongbu	Xubu	Pubu	Tantui	Chuitai	Housaotui	Dingzhou	Koutui pingheng	Quan	Zhang	Gou
Jianshu	Gongbu	Xubu	Pubu	Cijian	Guajian	Liaojian	Bianjian	Pijian	Cuojian	Bengjian	Jian? hua
Daoshu	Gongbu	Xubu	Pubu	Chaotou		Pidan	Zhandao	Guadao	Yundao	Zhadao	Beihua dao
Qiangshu	Gongbu	Xubu	Pubu	Lanqiang	Naqiang	Zhaqiang	Chuanqiang	Bengqiang	Dianqiang	Wuhua qiang	Tiaoba
Gunshu	Gongbu	Xubu	Pubu	Pigun	Henggun	Jiaogun	Pinglungun	Yungun	Chuagun	Wuhuagun	?? huagun
Taijiqian	Gongbu	Xubu	Pubu	Lanquewei			Yunshou				
Taijijian	Gongbu	Xubu	Pubu	Cijian	Gunjian	Liaojian		Pijian	Jiejian	Mojian	Jiaojian
Nanquan	Gongbu	Xubu	Pubu	Qilongbu		Qilinbu				Gunqiao	
Nandao	Gongbu	Xubu	Qilongbu		Gundao	Pidao	Modao	Gudao	Jiedao	Modao	Jianwan huadao
Nangun	Gongbu	Xubu	Qilongbu	Pigun	Henggun	Jiaogun	Gunyangun		Jigun	Dingun	Paogun

Section 3: Evaluation of Degree of Difficulty

3.1 Codes of Degree of Difficulty in Optional Events

(1) Codes of Balances and Leg Techniques (Table 3-1)

Type	Code I	Body Position	Code II	Leg Movement	Code III	Class	Code IV
Balances	1	Upright	1	Move	1	A	0
Leg Techniques	2	Supine	2	Kick	2	B	1
		Prone	3	Control	3	C	2
		Squat	4	Sweep	4		

(2) Codes of Jump and Tumble Techniques (Table 3-2)

Type	Code I	Body position	Code II	Direction of leg	Code III	Class	Code IV
Jumps	3	Straight	1	None	1	A	0
Tumbles	4	Twist	2	Kick upward	2	B	1
		Somersault	3	Inward, leftward	3	C	2
		Roll	4	Outward, rightward	4		
		Cartwheel	5	Forward	5		
		Butterfly	6	Backward	6		
				Downward	7		

(3) Codes of Connected and Throw-and-Catch Movements (Table 3-3)

Pubu	Mabu	Diebu	Bixiduli	Dieshucha	Quedijong	Zuopao	Gongbu	Throw and catch	Landing on single foot
+0	+1	+2	+3	+4	+5	+6	+7	+8	+9

3.2 Determination of Grades and Values of Difficult Movements in Optional Events

(1) Grades and Values of Difficult Movements in Optional Changquan, Jianshu, Daoshu, Qiangshu and Gunshu (Table 4-1)

Difficult Movements

Difficult Movements				
Type	Grade	Value	Contents	Code
Balances	A	0.2	Bring leg to head level in standing position	111A
			Side kick and hold leg in standing position	112A
			Backward balance	113A
	B	0.3	Balance with arms outspread	133B
C	0.4	Back kick and hold leg in standing position	112C	
Leg Techniques	A	0.2	Front sweep with one and a half twist	244A
	B	0.3	Front sweep with two and a half twists	244B
Jumps	A	0.2	Tornado kick with full twist	323A
			Butterfly	333A
			Lotus kick with full twist	324A
			Aerial cartwheel	335A
			Kick in flight (slant and double leg flying kicks)	312A
	B	0.3	Tornado kick with one and a half twist	323B
			Butterfly with full twist	353B
			Lotus kick with one and a half twist	324B
			Aerial cartwheel with full twist	355B
			Front kick in flight	312B
	C	0.4	Aerial cartwheel with double twists	355C
			Tornado kick with double twists	323C
			Butterfly with double twists	353C
Lotus kick with double twists			324C	

Grade	Value	Type of Connection	Contents	Code
A	0.1	Between dynamic and static	Tornado kick with full twist to horse-riding stance	323A+1A
			Lotus kick with full twist to horse-riding stance	324A+2A
			Tornado kick with full twist to front split	323A+4A
			Butterfly with full twist to front split	353B+4A
			Lotus kick with full twist to front split	324A+4A
			Aerial cartwheel to front split	335A+4A
			Tornado kick with full twist to sitting position	323A+6A
			Lotus kick with full twist to sitting position	324A+6A
			Butterfly to sitting position	333A+6A
			Kick in flight to sitting position	312A+6A
			Front sweep with one and a half twist to sitting position	244A+6A
		Lotus kick with full twist to bow stance	324A+7A	
		Between throw and catch of apparatus	Throw and dive shoulder roll to catch	445A+8A
Throw and kick in flight to catch	312A+8A			
B	0.15	Between difficult movements	Kick in flight followed by aerial cartwheel (within 1 step)	312A+335A(B)
			Tornado kick with full twist followed by butterfly with double twists (within 4 steps)	323A+353C(B)
		Between dynamic and static	Tornado kick with one and a half twist to horse riding stance	323+1B
			Lotus kick with one and a half twist to horse riding stance	324B+1B
			Tornado kick with full twist to stand with one knee raised	323A+3B
			Lotus kick with full twist to stand with one knee raised	324A+3B
			Tornado kick with one and half twist to front split	323B+4B
		Between throw and catch of apparatus	Throw and tornado kick with full twist to catch	323A+8B
			Throw and lotus kick with full twist to catch	324A+8B

Grade	Value	Type of Connection	Contents	Code
A	0.1	Between dynamic and static	Tornado kick with full twist to horse-riding stance	323A+1A
			Lotus kick with full twist to horse-riding stance	324A+2A
			Tornado kick with full twist to front split	323A+4A
			Butterfly with full twist to front split	353B+4A
			Lotus kick with full twist to front split	324A+4A
			Aerial cartwheel to front split	335A+4A
			Tornado kick with full twist to sitting position	323A+6A
			Lotus kick with full twist to sitting position	324A+6A
			Butterfly to sitting position	333A+6A
			Kick in flight to sitting position	312A+6A
			Front sweep with one and a half twist to sitting position	244A+6A
		Lotus kick with full twist to bow stance	324A+7A	
		Between throw and catch of apparatus	Throw and dive shoulder roll to catch	445A+8A
Throw and kick in flight to catch	312A+8A			
C	0.2	Between two difficult movements	Butterfly with full twist followed by tornado kick with double twists (within 4 steps)	353B+323C(C)
			Tornado kick with double twists to horse riding stance	323C+1C
		Between dynamic and static	Tornado kick with one and a half twist to stand with one knee raised	323B+3C
			Lotus kick with one and a half twist to stand with one knee raised	324B+3C
D	0.25	Between dynamic and static	Lotus kick with double twists to horse riding stance	324C+1D
			Tornado kick with double twists to front split	323C+4D
			Butterfly with double twists to front split	353C+4D

Notes:

1. In difficult movements, only four run-up steps are allowed for a take-off, to be followed by landing to a front split for 353C; by the same or by landing to a horse-riding stance, or to stand with one knee raised for 323B; by landing in a horse-riding stance for 324C; and by landing to a horse-riding stance or front split for 323C. For 312B the kicking leg must be the take-off one.
2. The difficult connections between dynamic and static must end in a motionless state in the form of a horse-riding stance, standing with one knee raised, or landing to a front split, as the competitor may take choice. Only one kind of throw-and-catch movement can be chosen for a routine with apparatus.

3. The difficulty movements of balances shall be long time balance.

(2) Determination of Grades and Values of Difficult Movements in Optional Taijiquan and Taijijian (Table 4-2)

[missing table p14]

1. In difficult movements, only one run-up step can be taken for a jump. The kicking leg must be the take-off leg in 312B. The landing must be followed by standing with one knee raised in 322B, 323B and 323C, and by a dragon's dive to the ground with the left leg in front in 324B and 324C.
2. In difficult connections, the competitor must land on the same foot used for kicking and slapping. He can only choose either dragon's dive to the ground or the stance with one knee raised.

(3) Determination of Grades and Values of Difficult Movements in Optional Nanquan, Nandao and Nangun (Table 4-3)

Difficult Movements				
Type	Grade	Value	Contents	Code
Leg Techniques	A	0.2	Front sweep with one and a half twist	244A
	B	0.3	Front sweep with two and a half twist	244B
Jumps	A	0.2	Tornado kick with full twist	323A
			Outward Kick in flight with full twist	324A
			Kick in flight	312A
			Stationary back flip	346A
	B	0.3	Tornado kick with one and half twist	323B
			Outward kick in flight with one and half twist	324B
			Single-step back flip	346B
			Kick in flight with inward half twist	322B
	C	0.4	Tornado kick with double twists	323C
			Outward kick in flight with double twists	324C
Single-step back butterfly with full twist			366C	
Tumbles	A	0.2	Double sideways sole kicks in flight	415A
			Cross legs in flight with full twist to land on side	423A
	C	0.4	Kip-up	447C

Difficult Connections				
Grade	Value	Type of Connection	Contents	Code
A	0.1	Between difficult movements	Tornado kick with full twist followed by kick in flight (within 2 steps)	323A+332A(A)
			Tornado kick with full twist followed by single-step back somersault (within 2 steps)	323A+346B(A)
			Outward kick in flight with full twist to horse-riding stance	324A+1A
		Between dynamic and static	Tornado kick in flight with full twist to butterfly stance	323A+2A
			Kick in flight to stand with one knee raised	312A+3A
B	0.15	Between difficult movements	Tornado kick with full twist followed by single-step back butterfly with full twist (within 2 steps)	312A+366C(B)
		Between dynamic and static	Outward kick in flight with one and half twist to horse-riding stance	323B+1A
			Stationary back flip to butterfly stance	346A+2B
			Single-step back flip to butterfly stance	346B+2B
			Tornado kick with one and half twist to butterfly stance	323B+2B
Kick in flight with inward half twist to stand with one knee raised	322B+3B			
C	0.2	Between dynamic and static	Tornado kick with full twist to stand with one knee raised	323A+3C
			Outward kick in flight with full twist to stand with one knee raised	324A+3C
			Single-step back butterfly with full twist to butterfly stance	366C+2C
D	0.25	Between dynamic and static	Tornado kick with double twists to horse-riding stance	323C+1D
			Outward kick in flight with double twists to horse-riding stance	324A+1D
			Kip-up to stand with one knee raised	447C+3D

Notes:

1. Only four run-up steps are allowed for a jump in difficult movements. The landing must be followed by a butterfly stance for 346A, 346B and 323B; by a stance with one knee raised for 323A and 445A; and by a horse-riding stance for 324B, 323C and 324C. No slapping is needed for 324A, 324B and 324C.
2. In difficult connections, the landing must be made on the same foot as used for kicking and slapping. Connections between dynamic and static should end in a motionless state. The competitor can only choose from among the horse-riding stance, butterfly stance and stance with one knee raised.

3.3 Confirmation of Movements Not in Conformity with Requirements for Degree of Difficulty in Optional Events

(1) Confirmation of Movements Not in Conformity with Requirements for Degree of Difficulty in Optional Changquan, Jianshu, Daoshu, Qiangshu and Gunshu (Table 4-4)

Difficulty	Type	Contents	Not in Conformity with Requirements
Difficult movements	Balance	Bring leg to head level in standing position Side kick and hold leg in standing position Shizi Pingheng SZPH Balance with arms spread sideways	Raised leg not vertical
		Back kick and hold leg in standing position	Raised leg not vertical Kicking leg not held from behind shoulder
		Yangshen Pingheng YSPH Backward balance	Upper body 45 above horizontal level
	Leg Techniques	Zhishen Quansao ZSQS Front sweep with double twists Zhishen Qiansao ZSQS Front sweep with two and half twists	Incomplete rotation

Difficulty	Type	Contents	Not in Conformity with Requirements
	Jumps	Xuanfengjiao XFJ 360 Tornado kick with full twist Xuanfengjiao XFJ 540 Tornado kick with one and half twist Xuanfengjiao XFJ 720 Tornado kick with double twists	Run-up with more than 4 steps Incomplete rotation Inward kicking leg not high enough
Xuanzi XZ, Cekongfan CKF Butterfly and aerial cartwheel		Run-up with more than 4 steps Not executed in flight	
Tengkong bailian TKBL 360 Lotus kick with full twist Tengkong Bailian TKBL 540 Lotus kick with one and half twist Tengkong Bailian TKBL 720 Lotus kick with double twists		Run-up with more than 4 steps Incomplete rotation Outward kicking leg not high enough	
Xuanzi Zhuanti 360 XZZT Butterfly with full twist Xuanzi Zhuanti XZZT 720 Butterfly with double twists Cekongfan Zhuanti CKFZT 360 Aerial cartwheel with full twist Cekongfan Zhuanti CKFZT 720 Aerial cartwheel with double twists		Run-up with more than 4 steps Incomplete rotation	
Tengkongfeijiao TKFJ Kick in flight (with slanting leg or both legs)		Run-up with more than 4 steps Not executed in flight Slapped leg not high enough	
Front kick in flight		Run-up with more than 4 steps Not executed in flight Tiptoes of kicking leg not touching forehead	
Difficult connections		Between difficult movements	Tengkong Feijiao TKFJ + Cekongfan CKF Kick in flight with full twist followed by aerial cartwheel with double twists (within 1 step) Xuanfengjiao XFJ 360 - Xuanzi Zhuanti XZZT 720 Tornado kick with full twist followed by butterfly with double twists (within 4 steps) Xuanzi Zhuanti XZZT 360 + Xuanfengjiao XFJ 720 Butterfly with full twist followed by tornado kick with double twists (within 4 stpes)

Difficulty	Type	Contents	Not in Conformity with Requirements
	Between dynamic and static	Xhishenqiansao ZSQS + Zuopan ZP Front sweep with one and half twist to sitting position Xuanfengjiao XFJ 360 + Zuopan ZP Lotus kick with full twist to sitting position Xuezi XZ + Zuopan ZP Lotus kick with full twist to sitting position Tengkong Feijiao TKFJ + Zuopan ZP Kick in flight to sitting position	Legs not crossed
		Xuanfengjiao XFJ 360 + Mabu MB Tornado kick with full twist to horse-riding stance Xuanfengjiao XFJ 540 + Mabu MB Tornado kick with one and half twist to horse-riding stance Xuanfengjiao XFJ 720 + Mabu MB Tornado kick with double twists to horse-riding stance Tengkong Bailian TKBL 360 + Mabu MB Lotus kick with full twist to horse-riding stance Tengkong Bailian TKBL 720 + Mabu MB Lotus kick with double twists to horse-riding stance Tengkong Bailian TKBL 360 + Gongbu GB Lotus kick with full twist to bow stance	Landing on feet alternately Shuffles, skips, additional support, or fall on carpet
		Xuanfengjiao XFJ 360 + Dieshucha DSC Tornado kick with full twist to front split Xuanfengjiao XFJ 540 + Dieshucha DSC Tornado kick with one and half twist to front split Xuanfengjiao XFJ 720 + Dieshucha DSC Tornado kick with double twists to front split Xuanzi Zhuanti XZZT 360 + Dieshucha DSC Butterfly with full twist to front split Xuanzi Zhuanti XZZT 720 + Dieshucha DSC Butterfly with double twists to front split Tengkong Bailian TKBL360 + Dieshucha DSC Lotus kick with full twist to front split Cekongfan CKF + Dieshucha DSC Aerial cartwheel to front split	Landing on feet alternately Additional support or fall on carpet
		Xuanfengjiao XFJ 360 + Tixi Duli TXDL Tornado kick with full twist to stand with one knee raised Xuanfengjiao XFJ 540 + Tixi Duli TXDL Tornado kick with one and half twist to stand with one knee raised Tengkong Bailian TKBL 360 + Tixi Duli TXDL Lotus kick with full twist to stand with one knee raised Tengkong Bailian TKBL 540 + Tixi Duli TXDL Lotus kick with one and half twist to stand with one knee raised	Not landing on single foot slapped Shuffles or skips in landing Raised foot touching carpet
	Connections with apparatus throw & catch	Pao + Qiangbei QB + Jie Throw and dive shoulder roll to catch Pao + Tengkong Feijiao TKFJ 360 + Jie Throw and kick in flight with full twist to catch Pao + Xuanfengjiao XFJ 360 + Jie	Jump not in flight Foot swing incomplete Buttocks or knees not off carpet after shoulder roll

Difficulty	Type	Contents	Not in Conformity with Requirements
		Throw and tornado kick with full twist to catch Pao + Tengkong Beilian TKBL 360 + Jie Throw and lotus kick with full twist to catch	Appartus dropped, or caught only by band or tassle

Notes:

1. In jumps with twist to land on both feet, or to land in a horse-riding stance or front split, the calculation of the degree of rotation is based on the angle formed by the line between the two feet at the time of take-off and that at the time of landing.
2. In jumps with twist to land on a single foot, the calculation of the degree of rotation is based on the angle formed by the extended to-to-heel line at the time of take-off and that at the time of landing.
3. In leg sweeps, the angle of the whole sweeping movements should be taken into account for calculation.
4. In connections between dynamic and static in 323A+353C and 353B+323C, the first run-up step is counted from the one taken by either foot after the landing on both feet in the previous jump and, in the case of 312A+335A, from the run-up step taken by either foot after the landing of the previous jump.
5. The degree of difficulty will not be confirmed for any balance aided with support of apparatus on carpet.
6. Difficult balances and connections between dynamic and static must end in a motionless state.

(2) Confirmation of Movements Not in Conformity with Requirements for Degree of Difficulty in Optional Taijiquan and Taijijian (Table 4-5)

Difficulty	Type	Contents	Not in conformity with requirements
Difficult Movements	Balances	Low balance with leg stretched forward Low balance with leg inserted behind	Thigh of supporting leg above level Hand on supporting leg
		Low stepping on kick forward	Thighs of supporting leg above level Upper body leaning over 45°
		Heel-up side kick in standing position	Raised leg not vertical Upper body leaning to side over 45°
	Leg Techniques	Fenjiao FJ Parting kick Dengjiao DJ Heel kick	Heel of raised leg below shoulder level
	Jumps	Xuanfengjiao XFJ 360° Tornado kick with full twist Xuanfengjiao XFJ 540° Tornado kick with one and half twist	More than one run-up step Incomplete rotation Inward crescent kicking leg below horizontal level
		Tengkong Bailian TKBL 360° Lotus kick with full twist Tengkong Bailian TKBL 540° Lotus kick with one and half twist	More than one run-up step Incomplete rotation Outward crescent kicking leg below horizontal level
		Tengkong Feijiao TKFJ Kick in flight	More than one run-up step Not executed in flight
		Tengkong Chengtitui TKZTT Front kick in flight	More than one run-up step Tiptoes of kicking leg not touching forehead
		Tenkong Feijiao Xiangnei Zhuanti 180° TKFJXNZT 180° Kick in flight with half inward twist	More than one run-up step Incomplete rotation

Difficulty	Type	Contents	Not in conformity with requirements
Difficult Connections	Between difficult movements	Tenkong Feijiao TKFJ + Tengkong Bailian TKBL 360° Kick in flight followed by lotus kick with full twist (no run-up step) Tengkong Feijiao TKFJ + Tengkong Bailian TKBL 540° Kick in flight followed by lotus kick with one and half twist (no run-up step)	Run-up steps taken between jumps Degree of difficulty not completed
		Tengkong Feijiao TKFJ + Qitiaojiao Luodi QTJLD Kick in flight to land on take-off foot Xuanfengjiao XFJ 360° + Qitiaojiao Luodi QTJLD Tornado kick with full twist to land on take-off foot Tengkong Bailian TKBL 360° + Qitiaojiao Luodi QTJLD Lotus kick with full twist to land on take-off foot Tengkong Zhengtitui TKZTT + Qitiaojiao Luodi QTJLD Front kick in flight to land on take-off foot	Landing not on single slapped foot Shuffles and skips
	Between dynamic and static	Tengkong Feijiao TKFJ + Tixi Duli TXDL Kick in flight to stand with one knee raised Tengkong Feijiao Ziangnei Zhuanti 180° TKFJXNZT 180° + Tixi Duli TXDL Kick in flight with half inward twist to stand with one knee raised Xuanfengjiao XFJ 360° + Tixi Duli TXDL Tornado kick with full twist to stand with one knee raised Xuanfengjiao XFJ 540° + Tixi Duli TXDL Tornado kick with one and half twist to stand with one knee raised Tengkong Bailian TKBL 360° + Tixi Duli TXDL Lotus kick with full twist to stand with one knee raised Tengkong Bailian TKBL 540° + Tixi Duli TXDL Lotus kick with one and half twist to stand with one knee raised	Landing not on single slapped foot Shuffles and skips in landing Foot of raised knee touching carpet
		Tengkong Bailian TKBL 360° + Quedilong QDL Lotus kick with full twist to dragon's dive to the ground Tengkong Bailian TKBL 540° + Quedilong QDL	Landing on feet alternately Additional support of fall on carpet

Notes:

1. In jumping movements followed by dragon's dive to the ground with a front split, the calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line of the foot in the direction of body turn at the time of take-off and that of the non-landing foot.
2. In jumps with twist to land on a single foot, the calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line of the landing foot at the time of take-off and that at the time of landing
3. In connections between two movements for 312A+324A and 312A+324C, the take-off must be made after the two feet have landed at the same time in the previous jump.
4. No forward step should be taken in the connection between two static movements. The calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line before the body turn and after it.
5. In landing on a single foot, it should be the same foot as used for kick and stepping.

(3) Confirmation of Movements Not in Conformity with Requirements for Degree of Difficulty in Optional Nanquan, Nandao, and Nangun (Table 4-6)

Difficulty	Type	Movements	Not in conformity with requirements
Difficult movements	Leg Techniques	Zhishen Qiansao ZSQS 540° Front sweep with one and half twist Zhishen Qiansao ZSQS 900° Front sweep with two and half twist	Incomplete Rotation
	Jumps	Zuanfengjiao XFJ 360° Tornado kick with full twist Xuanfengjiao XFJ 540° Tornado kick with one and half twist Xuanfengjiao XFJ 720° Tornado kick with double twists	More than 4 run-up steps Incomplete Rotation Inward crescent kicking leg not high enough
		Tengkong Waibaitui TKWBT 360° Outward kick in flight with full twist Tengkong Waibaitui TKWBT 540° Outward kick in flight with one and half twist Tengkong Waibaitui TKWBT 720° Outward kick in flight with double twists	More than 4 run-up steps Incomplete rotation Kicking leg below horizontal level
		Dandi Houkongfan YDHKF Stationary back flip	Shuffle before take-off
		Dantiao Houkongfan DTHKF Single-step back flip	More than 2 run-up steps
		Diantiaohouxuanfan DTHXF Single-step back butterfly with full twist	More than 2 run-up steps
		Tengkong Feijiao Xiangnei Zhuanti 180° TKFJXNZT 180° Kick in flight with inward half twist	More than 1 run-up step Incomplete rotation
		Tumbles	Tengkong Shuangcechuai TKSCC Double sidward sole kicks in flight
	Cross-leg jump kick in flight with full twist to land on side		More than 4 run-up steps Incomplete rotation
	Liyudating Zhili LYDTZL Kip-up		Body not upright during kip-up

Difficulty	Type	Movements	Not in conformity with requirements	
Difficult Connections	Between movements	Xuanfengjiao XFJ 360° + Tengkong Feijiao TKFJ Tornado kick with full twist for a kick in flight (within 2 steps) Xuanfengjiao XFJ 360° + Dantiao Houkongfan DTHKF Tornado kick with full twist for a single-step back flip (within 2 steps) Xuanfengjiao XFJ 360° + Dantiao Houxuanfan 360° DTHXF Tornado kick with full twist followed by single-step back butterfly with full twist (within 2 steps)	More than 2 run-up steps Execution under degree of difficulty	
	Between dynamic and static	Xuanfengjiao XFJ 360° + Diebu DB Tornado kick with full turn to butterfly stance Xuanfenjiao XFJ 540° + Diebu DB Tornado kick with one and half twist to butterfly stance Dantiao Houxuanfan 360° DTHXF + Diebu DB Single-step back butterfly with full twist to butterfly stance Xuanfengjiao XFJ 720° + Mabu MB Tornado kick with double twists to horse-riding stance Tengkong Waibaitui TKWBT 360° + Mabu MB Outward kick in flight with full twist to horse-riding stance Tengkong Waibaitui TKWBT 540° + Mabu MB Outward kick in flight with one and half twist to horse-riding stance Tengkong Waibaitui TKWBT 720° + Mabu MB Outward kick in flight with double twists to horse-riding stance	Landing on feet alternately Shuffles, skips, additional support of fall on carpet	
			Yuandi Houkongfan YDHKF + Diebu DB Stationary back flip to butterfly stance Dantiao Houkongfan DTHKF + Diebu DB Single-step back flip to butterfly stance	Landing with hand support on carpet
			Tengkong Feijiao TKFJ + Tixi Duli TXDL Kick in flight to stand with one knee raised Tengkong Feijiao Xiangnei Zhuanti 180° TKFJXNZT 180° + Tixi Duli TXDL Kick in flight with inward half twist to stand with one knee raised Xuanfengjiao XFJ 360° + Tixi Duli TXDL Tengkong Bailian TKBL 360° + Tixi Duli TXDL Lotus kick with full twist to stand with one knee raised Liyudating Zhili LYDTZL + Tixi Duli TXDL Kip-up to standing upright with one knee raised	Landing not on slapped foot alone Shuffles and skips in landing Foot of raised leg touching carpet

Notes:

1. In jumps with twist to land on both feet or in various stances, the calculation of degree of rotation is based on the angle formed by the line between the two feet at the time of take-off and that at the time of landing.

2. In jumps with twist to land on single a foot, the calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line of this foot at the time of take-off and that at the time of landing.
3. In leg sweeps, the angle of the whole sweeping movement should be taken into account for calculation.
4. In connections between two movements in 323A+346B, 323A+312A and 323A+366C, the first run-p is the one taken by either foot after the landing in the previous jump.
5. In landing on a single-foot, the slapped (kicking) foot should be the same used for landing.
6. Connections between dynamic and static should end in a motionless state.

Chapter 2: Judgment of Events without Specific Requirements for Degree of Difficulty

Section 1: Evaluation of Quality of Movements

Deduction criteria are specified in tables 1-1, 1-2, and 1-3 for optional events in regard to errors in standards of movements and in table 1-4 for other errors in optional (individual) events without specific requirements for degree of difficulty.

Section 2: Evaluation of Overall Performance

2.1 Criteria for Grading Overall Performance and Deduction for Choreographical Errors in Events without Specific Requirements for Degree of Difficulty (Table 5)

Grading Criteria		
Level	Grade	Points
Superior	1	5.00 – 4.81
	2	4.80 – 4.51
	3	4.50 – 4.21
Average	4	4.20 – 3.81
	5	3.80 – 3.41
	6	3.40 – 3.01
Inferior	7	3.00 – 2.51
	8	2.50 – 2.01
	9	2.00 – 1.51

Choreography		
	Errors for Deduction	Code
Contents	Deduction of 0.2 points for missing or adding one complete movement in compulsory routines	80
	No required sound is uttered in compulsory nanquan, nandao and nangun.	81
Structure Composition	Fewer or more run-up steps than required for jumps in compulsory routines	82
	The path and direction exceed 45 for taijiquan and taijijian movements, and 90 for changquan and nanquan movements	83
Music	Deduction 0.3 points for vocal music in accompaniment	84
	Deduction of 0.5 points for absence of musical accompaniment	85

Notes: All deductions for choreographical errors are valued at 0.10 points unless otherwise specified.

Section 3: Evaluation of Dual Events

3.1 Errors and Deduction Criteria for Quality of Movements in Dual Events (Table 6)

Type	Errors for Deduction	Code
Other errors	Upper body swaying, shuffles or skips in final position	70
	Deduction of 0.2 points for extra support	71
	Deduction of 0.3 for fall down due to erroneous movement	72
	Apparatus blade gets off handle or touches body	73
	Deduction of 0.2 points for breaking apparatus	74
	Deduction of 0.3 points for apparatus or spearhead falling onto carpet	75
	Band drops from broadsword, tassel from sword or spear, ornament from costume or headwear Competitor's hands or body get entangled with band, tassel or soft apparatus Buttons get loose or costume torn up, or shoes off feet.	76
	Deduction of 0.2 points for deformation of apparatus	77
	Any part of body touches floor outside carpet	78
	Movement forgotten	79
Coordination of methods	Wide of target area	90
	Motionless state exceeds time limit	91
	Duration without attack and defense exceeds time limit	92
	Misses in attack or defense	93
	Waiting	94
	Mis-hit on partner	95

Notes:

1. Apparatus touching body means the apparatus wielded by the competitor touching his own body.

2. “Wide of target area” means the attacker's body or apparatus being too far from the target area.
3. Time limit is set at 3 seconds for the motionless state of the final position and the fall.
4. Time limit is set at 3 seconds for the duration without attack and defense.
5. Misses in attack or defense apply to both sides.
6. Waiting denotes a forced pause or stop caused by either side advancing a movement by mistake.
7. “Deformation of apparatus” means a bend over 45.
8. Apparatus touching the floor outside the carpet or any part of body going beyond the space above the competition area is not considered “outside the carpet”.
9. All deduction are valued at 0.1 points unless otherwise specified.
10. All deductions mentioned above, for every error committed by a competitor on each occasion, will be totaled.

Section 4: Evaluation of Group Events

4.1 Errors and Deduction Criteria for Quality of Movements in Group Events (Table 7)

Type	Errors for Deduction	Code
Other errors	Upper body swaying, shuffles or skips in final position	70
	Deduction of 0.2 points for extra support	71
	Deduction of 0.3 points for fall down	72
	Apparatus blade gets off handle, touches body or carpet, or gets deformed	73
	Deduction of 0.2 points for breaking apparatus	74
	Deduction of 0.3 points for apparatus dropping onto carpet	75
	Band drops from broadsword, or tassel from sword or spear Ornament of costume or headwear drops to carpet Hands or body get entangled with band, tassel or soft apparatus Buttons get loose or costume torn up, or shoes off foot.	76
	Longtime balance kept motionless for less than two (2) seconds	77
	Any part of body touching floor outside carpet	78
	Movement forgotten	79
Methods	Footwork and leg techniques not up to required standards	96
	Jumps and tumbles not up to required standards	97
	Apparatus-wielding methods not up to required standards	98
Cooperation	Same movements not unified in form	99
	Misses in attack or defense	93
	Waiting for partner to attack in dual events	94
	Deduction of 0.2 points for mis-hitting or injuring partner by mistake in dual events	95

Notes:

1. All deductions are valued at 0.1 unless otherwise specified.

2. All above-mentioned deductions for every error committed by a competitor on each occasion will be totaled.

Chapter 3: Technical Requirements for Movements of Optional Events

Section 1: Optional Changquan Events

1.1 Technical Requirements For Major Movements in Optional Changquan

- (1) **Quan (fist) abbrev. Q**
Five fingers are tightly clenched, with the face of fist flat, thumb pressed on the second phalanges of the index and middle fingers.
- (2) **Zhang (palm) abbrev. Z**
Thumb is turned outward or bent, while the other fingers are held together and stretched backward.
- (3) **Gou (hook) abbrev. H**
Bend wrist (in palmar flexion) with five fingers held together.
- (4) **Gongbu (bow stance) abbrev. GB**
Bend the front leg at knee, with thigh held horizontal, while the rear leg is straightened, both soles flat on floor.
- (5) **Xubu (empty stance) abbrev. XB**
Bend one leg at knee, with thigh held horizontal and heel on floor, while toes of the other leg are pointed on floor.
- (6) **Pubu (crouch stance) abbrev. PB**
Bend the rear leg into a full squat, with buttocks close to its heel, while the front leg is stretched out close to floor, both heels flat on it.
- (7) **Tantui (snap kick) abbrev. TT**
Keep the supporting leg straight or slightly bent, while snapping out the other leg from bend to full extension, foot bent downward (in plantar flexion), with power of the kick reaching the toes.
- (8) **Chuai tui (sideways sole kick) abbrev. CT**
Keep the supporting leg straight or slightly bent, while kicking out the other leg sideways from bend to full extension, foot hooked and above waist level and toes turned inward, with power of the kick reaching the sole.
- (9) **Housaotui (back sweep) abbrev. HST**
Raise the heel of the supporting leg and drop into a full squat. With a body turn, move the outstretched leg with a sweeping force in a full circle or more, sole flat on floor.
- (10) **Dingzhou (elbow strike) abbrev. DZ**
Bend arm at elbow and form a fist, palm side down. Strike with a forward or sideways thrust of the elbow, with power reaching its point.
- (11) **Koutui Pingheng (cross-leg balance)**
Bend the supporting leg and drop into a half-squat, kneel close to horizontal level. Bend the other leg at knee and tuck the hooked foot behind the knee of the supporting leg.

1.2 Technical Requirements for Major Movement in Optional Jianshu

- (1) **Cijian (sword thrust) abbrev. CJ**
Thrust forward, arm aligned with the sword, force reaching its tip.
- (2) **Guajian (upward parry) abbrev. GJ**
Move the sword upward in a vertical circle in front, then backward or downward, force reaching the foible.

(3) *Liaojian (uppercut) abbrev. LJ*

Move the sword in a forward-upward vertical circle, force reaching the foible.

(4) *Dianjian (point with sword) abbrev. DJ*

Pull wrist back to erect the sword and then point it suddenly downward in front, force reaching its tip.

(5) *Pijian (chop or hack with sword) abbrev. PJ*

Erect the sword vertically and chop downward, force reaching the blade.

(6) *Jiejian (intercept with sword) abbrev. JJ*

Block and strike out obliquely up or down, force reaching the foible.

(7) *Bengjian (flick up with sword) abbrev. BJ*

Pull wrist back to flick up the sword suddenly, force reaching its tip.

(8) *Jian wanhua (figure 8 sword) abbrev. JWH*

With wrist as pivot, move the sword in forward-downward vertical circles on both sides close to your body, force reaching tip of the sword.

(9) *Buxing (stances):*

Gongbu (bow stance), pubu (crouch stance) and xubu (empty stance).

1.3 Technical Requirements for Major Movements in Optional Daoshu

(1) *Chantou (twining around the head with broadsword) abbrev. CT*

With the broadsword pointing downward, move it anticlockwise around the shoulders, with back of the blade close to your body.

(2) *Guonao (wrapping around the head with broadsword) abbrev. GN*

With the broadsword pointing downward, move it clockwise around the shoulders, with back of the blade close to your body.

(3) *Pidao (chop with broadsword) abbrev. PD*

Erect the broadsword and chop downward, force reaching sharp edge of the blade.

(4) *Zhandao (hack with broadsword) abbrev. ZD*

Move the broad sword horizontally to both sides, at a level between the shoulder and head, with force reaching sharp edge of the blade.

(5) *Guadao (upward parry with broadsword) abbrev. GD*

Erect the broadsword and move it in an upward-backward or downward-backward vertical circle, with the blade close to your body and force reaching front part of the blade.

(6) *Yundao ("cloud" broadsword) abbrev. YD*

Move the broadsword in horizontal circles like a cloud overhead or in front of your body, with force reaching back of the blade.

(7) *Zhadao (thrust with broadsword) abbrev. ZD*

Thrust the broadsword straight forward, arm aligned with the blade and force reaching the tip.

(8) *Beihuadao (figure 8 behind the back) abbrev: BHD*

With wrist as pivot, move the broadsword in vertical circles in front and behind, with its tip pointing down and its back close to your body, force reaching the blade.

(9) *Buxing (stances) :*

Gongbu (bow stance), pubu (crouch stance) and xubu (empty stance)

1.4 Technical requirements for Major Movements in Optional Qiangshu

(1) *Lanqiang (outward block with spear) abbrev: LQ*

Move the spearhead in outward arcs, at a level between your head and hips, force reaching front part of the spear.

(2) *Naqiang (inward block) abbrev: NQ*

Move the spearhead in inward arcs, between your head and hips, force reaching front part of the spear.

- (3) **Zhaqiang (thrust with spear) abbrev: ZQ**
Thrust the spear straight forward, with your rear hand touching your front hand and force reaching tip of spearhead.
- (4) **Chuanqiang (piece with spear) abbrev: CQ**
Plunge the spear forward quickly, with the shaft kept straight and close to your throat, waist, or arm.
- (5) **Bengqiang (tilt spear) abbrev: BQ**
Tilt the spearhead forcefully, upward or to the left and right in short vibrations, force reaching tip of the spearhead.
- (6) **Dianqiang (point spear) abbrev: DQ**
Move the spearhead forcefully in a quick upward-forward-downward strike, force reaching tip of the spearhead.
- (7) **Wuhuaqiang (figure 8 with spear) abbrev: WHQ**
Move the spearhead rapidly in vertical circles, with shaft close to your body.
- (8) **Tiaoba (raise spear with arm) abbrev: TB**
Tilt up the shaft of the spear with arm, force reaching the shaft.
- (9) **Buxing (stances):**
Gongbu (bow stance), pubu (crouch stance) and xubu (empty stance).

1.5 Technical Requirements for Major Movements in Optional Gunshu

- (1) **Pigun (strike downward with cudgel) abbrev: PG**
Move the cudgel tip with a downward strike, force reaching its front part.
- (2) **Benggun (tilt cudgel) abbrev: BG**
Tilt the cudgel tip forcefully, upward or to right end and left in short vibrations, force reaching the tip.
- (3) **Jiaogun (envelopment with cudgel) abbrev: JG**
Move the cudgel tip or butt in inward or outward vertical circles, at a level between your head and knees, with force reaching the tip or butt.
- (4) **Pinglungun (swing cudgel in horizontally)**
Move the cudgel tip in leftward or rightward horizontal plus-semicircles above the chest level, with force reaching front part of the cudgel.
- (5) **Yungun (cloud cudgel) abbrev: VG**
Move the cudgel in a horizontal circle above or in front of your head, with force reaching front part of the cudgel.
- (6) **Chuogun (poke with cudgel) abbrev: CG**
Poke with the cudgel tip or butt in a straight forward strike, force reaching the tip or butt.
- (7) **Diangun (point cudgel downward) abbrev: DG**
Move the cudgel quickly in vertical circles close to your body.
- (8) **Ti Liao Hua Gun (carry, uppercut, figure 8 with cudgel) abbrev: TLHG**
Move the cudgel quickly in vertical circles close to both sides of your body.
- (9) **Buxing (stances):**
Gongbu (bow stance), pubu (crouch stance) and xubu (empty stance)

Section 2: Optional Taiji Events

2.1 Technical Requirements for Major Movements in Optional Taijiquan

- (1) ***Lanquewei (grasp the peacock's tail) abbrev: LQW***
The parrying arm must be kept rounded and above the chest level. In the bow stance, the knee of the front leg should not go beyond the toes. Move both hands in a curve for a gentle stroke. When shifting center of gravity backward, make a clear distinction between the void and the solid about the two legs, and keep the upper body upright. Keep both arms rounded when you "squeeze" them forward, with the front arm no higher than the mouth level. Move both arms in arcs when you "press" them downward.
- (2) ***Yemafengzong (part of the wild horse's mane) abbrev: YMFZ***
When separating the hands, keep both arms rounded, with the front hand at a level between your head and shoulders. The knee of the front leg should not go beyond the toes.
- (3) ***Lou xi ao bu (brush knee on twisted step) abbrev: LXAB***
Keep the arm rounded while brushing around the knee. Push the hand forward past your ear. Neither drag the rear foot nor bend the supporting leg during the forward step. The knee of the front leg in a bow stance should not go beyond the toes.
- (4) ***Yun shou (cloud hand) abbrev: YS***
With the waist as pivot, move both hands in verticles in front, at a level below your eyebrows, without sudden rises and falls of the body.
- (4) ***Zuo you chan suo (work at shuttles on both sides) abbrev ZYCS***
Keep both arms rounded, with one hand propping up and the other pushing forward in unison, and the latter at a level between your shoulders and waist. Keep your shoulders and elbows dropped, your waist relaxed and your buttocks tucked in.
- (6) ***Yan Shou Gong Chu (hide hand under elbow) abbrev: YSGC***
With an internal rotation of the arm, thrust the fist straight forward with a jerk from the ribs, at a level between your chest and waist, with force reaching the face of the fist.
- (7) ***Dao Juan Hong (step back and whirl arms) abbrev: DJH***
Take a light back step, with the body kept steady without moving and and down or leaning to right and left, and with the pushing hand at a level between your eyebrows and shoulders.
- (8) ***Ban, Lan, Chui (deflect downward, parry, and punch) abbrev: BLC***
Keep the elbow bent in deflections and parries, with the hand moving in apparent curves instead of rigid straight lines. Body turns should be properly coordinated with arm movements.
- (9) ***Buxing (stances):***
Gongbu (bowstance), pubu (crouch stance), and xubu (empty stance).

2.2 Technical Requirements for Major Movements in Optional Taijijian

- (1) ***Cijian (thrust with sword) abbrev: CJ***
Thrust the sword straight forward, with the arm in alignment and force reaching the tip of the sword.
- (2) ***Guajian (upward parry with sword) abbrev: GJ***
Erect the sword and move it in upward-backward or downward-backward vertical circles close to your body, with force reaching the front part of the blade.
- (3) ***Liojian (uppercut with sword) abbrev: LJ***
Erect the sword and move it in an upward curve in front, with force reaching the front part of the blade.
- (4) ***Dianjian (point sword downward) abbrev: DJ***
Erect the sword and raise the wrist to point the sword downward, with force reaching the tip of the sword.
- (5) ***Pijian (chop with sword) abbrev: PJ***
Erect the sword and move it downward in a chopping motion, with force reaching the blade.

(6) ***Jiejian (intercept with sword) abbrev: JJ***

Block with the sword in an upward oblique strike or a downward swing, with force reaching the front part of the blade.

(7) ***Mojian (move sword horizontally) abbrev: MJ***

With the sword held horizontal, draw it back in a clockwise or anticlockwise curve, at a level between your chest and abdomen, with force reaching the blade of the sword.

(8) ***Jiaoian (development with sword) abbrev: JJ***

With the sword held horizontal and elbow slightly bent, rotate the tip of the sword clockwise or anticlockwise in small vertical circles, with force reaching the front part of the blade.

(9) ***Buxing (stances):***

Gongbu (bowstance), pubu (crouch stance), and xubu (empty stance).

Section 3 Optional Nanquan Events

3.1 Technical Requirements for Major Movements in Optional Nanquan

(1) ***Qilongbu (dragon-riding stance) abbrev: QLB***

Bend one leg into a squat and raise the heel of the other leg, with its knee close to the floor and lower leg stretched outward and held parallel to the floor, and the two legs about two and one half foot lengths apart.

(2) ***Diebu (butterfly stance)***

For a single butterfly stance, bend one leg into a squat and kneel on the other knee, with the calf and inside of the lower leg touching the floor. For a double butterfly stance, kneel on both knees close together, with the corresponding parts of both legs touching the floor.

(3) ***Qilinbu (unicorn-riding stance) abbrev: QLB***

Move two steps forward to cross the legs quickly, planting both feet firmly on the floor, yet without stomping.

(4) ***Huzhao (tiger's claw) abbrev: HZ***

Separate the fingers and bend them at the second and third joints. Except the thumb, bend the fingers backward and the knuckle to expose the palm.

(5) ***Guagaiquan (downward strike with fists one after another) abbrev: GGQ***

Strike downward quickly, with force shifted from the face to the back of the fist. The downward blow should be delivered in a curve with the arm slightly bent at elbow and force reaching the face of the fist.

(6) ***Paoquan (uppercut) abbrev: PQ***

The blow should be delivered in an upward curve in a swing, with force reaching the thumb side of the fist.

(7) ***Gunqian (rolling forearm) abbrev: GQ***

Stretch out the forearm forward and downward with an internal rotation, force reaching the inside of the forearm.

(8) ***Hengdingtui (side nail kick) abbrev: HDT***

With toes hooked up, unbend the side leg for a side kick across the body, with force reaching the outside of the sole.

(9) ***Buxing (stances):***

Gongbu (bowstance), pubu (crouch stance), and xubu (empty stance).

3.2 Technical Requirements for Major Movements in Optional Nandao

(1) ***Chantou (twine broadsword around the head) abbrev: CT***

With the tip pointing down, circle the broadsword anticlockwise from around the left shoulder to the right shoulder, with the back of the blade close to your back, and your head kept upright.

(2) ***Guonao (wrap broadsword around the head) abbrev: GN***

With the tip pointing down, circle the broadsword clockwise from around the right shoulder to the left shoulder, with the back of the blade close to your back, and your head kept upright.

(3) *Pidao (chop with broadsword) abbrev: PD*

Erect the broadsword and move it downward in a chopping motion, with force reaching the sharp edge of the blade and your arm aligned with the broadsword.

(4) *Modao (move broadsword horizontally) abbrev: MD*

With the sharp edge facing left (right), draw back the broadsword in a forward-leftward (-rightward) curve, at a level between your chest and abdomen, with force reaching the sharp edge of the blade.

(5) *Gedao (block with broadsword) abbrev: GD*

With the tip pointing up (down), move the broadsword to the left (right), in a blocking motion, with force reaching the blade of the broadsword.

(6) *Jiedao (intercept with broadsword) abbrev: JD*

Block with the sharp edge of the broadsword in an upward or downward motion across the body, with force reaching the front part of the blade.

(7) *Saodao (sweep with broadsword) abbrev: SD*

With the sharp edge of the blade facing left (right), move the broadsword in a horizontal chopping motion, first to the front and then to the left (right) at ankle level, with force reaching the sharp edge.

(8) *Jian Wan Hua Dao (Move broadsword in figure 8 with scissors wrist) abbrev: JWHD*

Rotate the wrist to move the tip of the broadsword in figure 8, close to both sides of your body, with a clear distinction in the movement between the blunt and sharp edges of the blade.

(9) *Stances:*

Gongbu (bow stance), xubu (empty stance) and qilongbu (dragon-riding stance).

3.3 Technical Requirements for Major Movements in Optional Nangun

(1) *Pigun (chop with cudgel) abbrev: PG*

Holding the cudgel in both hands, bring it down in a powerful cutting motion, with force reaching the front part of the cudgel.

(2) *Benggun (tilt cudgel) abbrev: BG*

Holding the cudgel in both hands, draw it back with the front hand, arm bent at elbow, while the rear hand pushes forward to jerk the cudgel upward or to the right and left, force reaching the tip of the cudgel.

(3) *Jiogun (envelopment with cudgel) abbrev: JG*

Move the cudgel tip or butt in vertical circles clockwise or anticlockwise, at a level between your shoulders and knees, with force reaching the tip or butt.

(4) *Gunyagun (roll together with cudgel) abbrev: GYG*

Holding the cudgel in both hands, draw it back and press it above your thighs with an external rotation of the front arm, palm side up, with force reaching the front part of the cudgel.

(5) *Gegun (block with cudgel) abbrev: GC*

With the cudgel held erect in front, move it to left and right with a blocking motion, with force reaching the whole cudgel.

(6) *Jigun (strike with cudgel) abbrev: JG*

Holding the cudgel in both hands in front, butt facing down, push up the cudgel to the front, with force reaching the end of the cudgel.

(7) *Dinggun (Push up cudgel) abbrev: DG*

Holding the cudgel in both hands in front, butt facing down, push up the cudgel to the front, with force reaching its tip.

(8) *Paogun (throw cudgel) abbrev: PG*

With the cudgel held in both hands, throw it up with force reaching its tip.

(9) *Buxing (stances)*

Gongbu (bow stance), xubu (empty stance) and qilongbu (dragon-riding stance).

Chapter 4: Miscellany

Section 1: Protocol of Wushu Taolu Competition

1.1 Fist-Palm Salute

In a standing position with feet together, place the right fist against the upright left palm, with the former's knuckles at the root of the latter's fingers, in front of and 20-30cm away from chest.

1.2 Salute with Broadsword

In a standing position with feet together and the broadsword held in the left hand, bend the elbow to place the broadsword across the chest with the sharp edge facing up, the first joint of the left thumb in contact with the center of the right palm and the two hands 20-30 cm away from the chest

1.3 Salute with Sword

In a standing position with feet together and the sword held in the left hand, bend the elbow to bring up the blade across the chest and close to the outside of the forearm, with the ulnar side of the right palm at the root of the left index finger and the two hands 20-30 cm away from the chest.

1.4 Salute with Spear or Cudgel

In a standing position with feet together and both arms bent at elbow in front of the chest, hold the spear or cudgel erect in the right hand at one-third of the length from the butt or end, while the left palm is placed on the second joint of the right thumb, with the two hands 20-30 cm away from the chest.

[image: Fist-Palm Salute]

[image: Salute with Broadsword]

[image: Salute with Sword]

[image: Salute with Spear or Cudgel]

Notes:

1. For routines with double apparatus, the latter should be held in one hand for a salute with broadsword, spear, or cudgel. If this is impractical, hold the apparatus in both hands and look at the head judge, by way of a salute with eyes.
2. When an official wants to inspect an apparatus, the competitor should hand it upright to him, with the tip pointing downward in case of a short apparatus, and upward in case of a long one.

Section 2: Costumes of Wushu Taolu Competition

2.1 Competition costume for changquan events

[image: Changquan costume 1]

[image: Changquan costume 2]

2.2 Competition costume for taiji events

[image: Taiji costume]

2.3 Competition costume for nanquan events

[image: Nanquan costume 1]

[image: Nanquan costume 2]

2.4 Requirements in general

2.4.1 Patterns and specifications for changquan, taiquan, taijijian, daoshu, jianshu, qiangshu, gunshu, and dual events

2.4.1.1 A jacket with a Chinese-style upright collar and seven toggle-like cloth buttons down the front and short or long sleeves; and for taijiquan and taijijian, a long sleeved jacket of a length not exceeding the wearer's thumb tip with arms hanging down;

2.4.1.2 Bloomerlike sleeves gathered at the cuffs;

2.4.1.3 Chinese-style knickers with Western-style waist and fitting crotches;

2.4.1.4 Of any material in any color, which shall be uniform;

2.4.1.5 Trims 3 cm in breadth for the whole garment, maybe of different material and in a different single color; and

2.4.1.6 A soft belt (except for taijiquan and taijijian), maybe of different material and in a different single color.

2.4.2 For Nanquan events

2.4.2.1 A collarless jacket with seven Chinese-style toggle-like cloth buttons down the front, and with short sleeves for women and without sleeves for men;

2.4.2.2 Chinese-style knickers;

2.4.2.3 Of any material in any single color, which shall be uniform;

2.4.2.4 Trims 1 cm in breadth for the whole garment, maybe of different material and in a different single color; and

2.4.2.5 A soft belt, maybe of different material and in different single color.

2.4.3 All costumes may be of any material of the wearer's choice, maybe with additional designs for various patterns.

Section 3: Forms for Common Use in Wushu Taolu Competition

Section 4: Bulletin of Competition Results

Section 5: Diagram of Competition Area