

国际太极拳竞赛规则

International Taijiquan Championships
Rules and Regulations

(套路竞赛规则选编)

(Routine Championships Regulations Excerpt)



2014 年

第二章 竞赛通则 Chapter 2 – General Competition Regulations

第五条 竞赛划分 Article 5 – Competition Types

- 一、个人赛 1. Individual Competition
- 二、团体赛 2. Team Competition
- 三、个人及团体赛 3. Individual and Team Competition

第六条 竞赛项目 Article 6 – Competition Events

一、自选套路 1 Optional Routines

太极拳、太极剑 Taijiquan and Taijijian (straight sword)

二、规定套路 2. Compulsory Routines

杨式太极拳、陈式太极拳、杨式太极剑、陈式太极剑、第三套国际太极拳竞赛套路、第三套国际太极剑竞赛套路

Yang Style Taijiquan; Chen Style Taijiquan; Yang Style Taijijian (Straight Sword); Chen Style Taijijian (Straight sword); 3rd Taijiquan Compulsory Routine; 3rd Taijijian (Straight Sword) Compulsory Routine.

三、集体套路 3. Group Routines

3 拳 3 剑 3 Empty-Hand and 3 Straight sword (6-Person Group) Routine

第七条 表演项目 Article 7 – Demonstration Events

一、新式项目：24 式太极拳、42 式太极拳、杨式竞赛套路、陈式竞赛套路、32 式太极剑、42 式太极剑。

7.1 Contemporary Routine Events: 24 Posture Taijiquan, 42 Posture Taijiquan, Yang Style Taijiquan Competition Routine (40 Posture), Chen Style Taijiquan Competition Routine (56 Posture), 32 Posture Taijijian, 42 Posture Taijijian

二、传统项目：杨氏太极拳、陈氏太极拳、吴氏太极拳、孙氏太极拳；各氏太极剑。

7.2 Traditional Routine Events: Yang Style Taijiquan, Chen Style Taijiquan, Wu (吴) Style Taijiquan, Sun Style Taijiquan, Traditional Taijijian (All styles permitted)

第八条 竞赛分组 Article 8 - Competition Age Groups

一、竞赛项目比赛分组 8.1 Championship Events Competition Age Groups

- (一) 成年组：18 周岁以上（含 18 周岁）
- (二) 青年组：16 周岁至 18 周岁以下
- (三) 少年组：14 周岁至 16 周岁以下

8.1.1 Adult Category: 18 years old and above (including 18)

8.1.2 16 to 18 Years Age Group: Ages between 16 and 18 (under 18 years old)

8.1.3 14 to 16 Years Age Group: Ages between 14 and 16 (under 16 years old)

二、表演项目比赛分组 7.2 Demonstration Events Competition Age Groups

- (一) A 组：65 周岁以上
- (二) B 组：50 周岁至 65 周岁以下
- (三) C 组：35 周岁至 50 周岁以下
- (四) D 组：18 周岁至 35 周岁以下
- (五) E 组：16 周岁至 18 周岁以下
- (六) F 组：14 周岁至 16 周岁以下

8.2.1 A Age Group: 65 Years old and above (Including 65)

8.2.2 B Age Group: Ages between 50 and 65 (under 65 years old)

8.2.3 C Age Group: Ages between 35 and 50 (under 50 years old)

8.2.4 D Age Group: Ages between 18 and 35 (under 35 years old)

8.2.5 E Age Group: Ages between 16 and 18 (under 18 years old)

8.2.6 F Age Group: Ages between 14 and 16 (under 16 years old)

第九条 竞赛场地 Article 9 - Competition Arena

一、比赛场地由弹性垫板和高织羊毛地毯组成。比赛场地为长 14 米、宽 8 米，周围至少有 2 米宽的安全区。比赛场地四周内沿，应标明 5 厘米宽的白色边线。

9.1 The competition arena is composed of an elastic spring layer with high-quality woolen carpet covering. The arena used for individual events is 14 meters in length by 8 meters in width, which is surrounded by a safety buffer area which is at least 2 meters in width. The four sides of the competition area will be defined by a 5cm thick white colored line.

二、场地的地面空间高度不少于 8 米，两个比赛场地之间的距离不少于 6 米。

9.2 The internal area of the competition venue should have a ceiling which is no lower than 8 meters high, with at least 6 meters space between the 2 competition arenas.

三、场地灯光的垂直照度应达到 1500 勒克斯以上，水平照度应达到 800 勒克斯以上。

9.3 Lighting in the competition venue should have a vertical illumination of at least 1500 lux, with a horizontal illumination of at least 800 lux.

第十条 比赛器械 Article 10 – Competition Apparatus (Weaponry)

一、使用国际武术联合会技术委员会授权厂商生产的比赛用剑。(图-1)

10.1 During competition, only weaponry produced by IWUF Technical Committee authorized manufacturers may be used. (Image 1)



图-1 比赛用剑 Image 1 – Competition Straightsword

二、剑长为左手反握立持剑，剑尖高度不低于本人耳上端。(图-2)

10.2 When holding the straight sword vertically (with the tip pointing upwards) in the left hand, the tip of the straight sword should be no lower than the upper tip of the ear. (Image 2)



图-2 剑长 Image 2 – Straightsword Length

第十一条 比赛服装 Article 11 – Competition Attire

一、运动员穿套路比赛用服装（图-3），佩戴号码。

11.1 During competition, athletes are required to wear competition attire (Image 3) with their competitor number attached.

1、上衣为对襟长袖中式褂衫，立领，七对纽扣；衣长不得超过本人直臂下垂时的中指尖。

11.1.1 The competitors will wear a Chinese style long-sleeve jacket with a mandarin collar and seven toggle-like buttons. The bottom of the jacket should not surpass the competitor's middle fingers when his arms are held straight down at the sides of the body.

2、灯笼袖，袖口为紧口。

11.1.2 The sleeves should be loose balloon-type, with tight cuffs.

3、灯笼裤，松紧腰，横、立裆适宜。

11.1.3 The pants should have loose balloon-type legs, with an elasticated waist and a suitable size for ease of movement.

4、面料与颜色任选，上、下装应为同色。

11.1.4 The fabric and colour of the competition attire may be selected by the competitor. The upper and lower attire should be the same colour.

5、周身1厘米边处，可用不同单色面料。

11.1.5 A 1cm trim of a differing colour may be used.



图-3 比赛服装 Image 3 – Competition Attire

6、穿太极拳比赛用鞋。

11.1.6 Appropriate competition Taijiquan shoes must be worn during competition.

二、裁判员穿统一服装，佩带裁判员等级标识。

11.2 Competition officials are required to wear the specified uniforms with their judge's badges attached.

第十二条 比赛礼仪 Article 12 – Competition Etiquette and Protocol

运动员听到上场点名和宣布最后得分时，应向裁判长行抱拳礼或持剑礼。

Upon being called to enter the competition arena, as well as after their final score has been announced, the athletes are required to perform a palm and fist salute towards the head judge.

一、抱拳礼

并步站立；左掌右拳在胸前相抱（左指根线与右拳棱相齐），高与胸齐，拳、掌

与胸间距离为 20—30 厘米。(图-4)

二、持剑礼

并步站立；左手持剑，屈臂抬起使剑身贴前臂外侧斜横于胸前；右手成掌，以掌外沿附于左手食指根节，高与胸齐，两手与胸间距离为 20—30 厘米。(图-5)

12.1 Palm and Fist Salute

Stand upright with the feet next to each other. The left hand forms a palm and the right hand forms a fist, which are pressed together and held in front of the chest. The face of the right fist is pressed into the center of the left palm. This is held at chest height at a distance of 20cm-30cm from the body. (Image 4)

12.2 Salute with the Straight sword

Stand upright with the feet next to each other. The left hand grips the sword and is raised out in front of the chest with the flat side of the blade pressed along the outer portion of the forearm horizontally. The right hand forms a palm which is pressed against the knuckle of the left hand's index finger. This is held at chest height at a distance of 20cm-30cm from the body. (Image 5)



图-4 抱拳礼

Image 4 – Palm& Fist Salute



图-5 持剑礼

Image 5 – Sword Salute

第十三条 申诉 Article 13 – Appeals Procedure

一、申诉内容与范围 13.1 Content and Scope of Appeals

仅限本队运动员在比赛中对 D 组难度评判内容和套路完成时间有异议的申诉。

Appeals may only be lodged by coaches on behalf of their own team's athletes. Appeals may only be lodged with regards to D Group (Degree of Difficulty) appraisal and/or routine time limit issues.

二、申诉程序及要求 13.2 Appeals Procedure and requirements

(一) 程序 13.2.1 Appeals Procedure

参赛队如果对裁判组评判本队运动员难度完成或套路完成时间的结果有异议，必须在该场该项比赛结束后 15 分钟内，由该队领队或教练员向仲裁委员会以书面形式提出申诉，同时交付 300 美元申诉费。

Competing teams may lodge an appeal with regards to the D Group (Degree of Difficulty) appraisal results and/or issues related to routine time limits. Appeals must be lodged at the related competition arena within 15 minutes of the completion of the particular event in question. Appeals must be lodged to the Jury of Appeals in writing by the team coach or team leader of the athlete in question and this must be accompanied by the US\$300 appeal fee.

(二) 要求 13.2.2 Appeals Requirements

一次申诉仅限一项内容。经仲裁委员会审议，如裁判组评判正确，提出申诉的运动队必须服从。如果因不服而无理纠缠，根据情节轻重，由仲裁委员会建议国际武联技术委员会给予严肃处理，直至取消该项比赛成绩。如判定属于裁判组的错误，仲裁委员会提请国际武联技术委员会对错判的裁判员按有关规定进行处理，退回申诉费，但不改变评判结果。

Each appeal is limited to a single area of complaint. Following the investigation, the decision of the Jury of Appeals is final and must be accepted by the relevant team. Should the team manager/coach not accept the decision and continue to complain, depending on the seriousness of the case, the Jury of Appeals will request the Technical Committee to intervene which will result in the cancellation of the results of the athlete in question. Should the investigation determine that the judges groups indeed made an error, the Chairperson of the Jury of Appeals will recommend to the IWUF Technical Committee to take necessary steps against the judge in question in line with the regulations, and the appeals fee of US\$300 will be refunded to the appealing team, but the final results of the athlete will not be changed.

第十四条 比赛顺序的确定 Article 14 – Determining Start-Order

在仲裁委员会和总裁判长的监督下，由编排记录组以随机抽签的方式决定各项比赛的出场顺序。有预、决赛的比赛，决赛的出场顺序，则按预赛成绩的高低，由低至高确定，如预赛排名相等，抽签决定。

The athlete start-order for each event is determined by randomly drawing lots which is carried out by the recording group and is supervised by the Jury of Appeals and the Chief Referee. In events with pre-qualifying rounds, the start order for the finals will follow the results of the pre-qualifying round from low to high. In the case of a tie, lots will be drawn.

第十五条 检录 Article 15 – Roll-Call

运动员必须在赛前 40 分钟到达指定地点报到，参加第一次检录，并接受对器械、服装的检查。赛前 20 分钟进行第二次检录，赛前 10 分钟进行第三次检录。

Competing athletes are required to register at the designated area within the competition venue 40 minutes prior to the start of the competition and participate in the first roll-call and the uniform and equipment inspection. The second roll-call will be carried out 20 minutes prior to the start of the event, and the third roll-call will be carried 10 minutes prior to the start of the event.

第十六条 计时 Article 16 – Competition Time-Keeping

一、套路计时 16.1 Time-Keeping for Routines

运动员由静止直立姿势开始动作，计时开始；运动员结束全套动作后并步站立，计时结束。

Athletes will start their routine by standing upright in a static state, and timing will commence as they begin to move. Upon completion of their routine, the athletes will stand upright and bring their feet next to each other at which point the timing will stop.

二、集体套路中对练的计时 16.2 Time-Keeping for sparring content during Group

Routines.

双方运动员攻防动作的接触即刻，计时开始；攻防动作的结束姿势即刻，计时结束。

Timing will commence as soon as two athletes make contact with their sparring techniques, and timing will stop upon completion of their final sparring technique.

第十七条 示分 Article 17 – Displaying of Score

运动员比赛成绩公开示分。

Each athlete final score will be openly displayed following the competition of their routine.

第十八条 弃权 Article 18 - Forfeit

运动员不能按时参加检录和比赛，则按弃权论处。

Athletes that fail to check in and/or appear for the roll-calls will be considered as a forfeit.

第十九条 兴奋剂检测 Article 19 – Doping Control Testing

根据国际奥林匹克委员会的规定和国际武术联合会的具体要求，进行兴奋剂检测。

Doping control tests will be conducted in line with the requirements and procedures of the International Olympic Committee and the International Wushu Federation.

第二十条 名次评定 Article 20 – Competition Ranking

一、个人单项名次 20.1 Individual Single Event Ranking

按比赛成绩的高低排列名次，得分最高者为该单项的第一名，次高者为第二名，依次类推。

According the results of each event, the highest scoring athlete will be placed first; the second highest score will be placed second on so on.

二、个人全能名次 20.2 Individual All-Round Ranking

按各单项得分总和的高低（或根据规程规定办法）进行评定。得分最高者为全能第一名，次高者为第二名，依次类推。

According to the combined results of an athlete's single individual events (or in line with certain competition requirements), the highest scoring athlete will be placed first, the second highest score will be placed second on so on.

三、集体项目名次 20.3 Group Event Ranking

得分最高者为该项第一名，次高者为第二名，依次类推。

According the results of each event, the highest scoring group will be placed first; the second highest score will be placed second on so on.

四、团体名次 20.4 Team Ranking

根据竞赛规程中关于团体名次的确定办法评定。

Team rankings will be based on the requirements of each particular competition's requirements.

五、得分相等 20.5 Tied Scores

(一) 自选项目、集体项目得分相等的处理

(20.5.1) For optional routine and group routine divisions, tied scores will be handled as follows:

1、以难度起评分高者列前。

20.5.1.1 The athlete with the higher registered total for his/her Degree of Difficulty will be ranked higher.

2、以完成高等级动作难度数量多者列前。

20.5.1.2 The athlete which has successfully completed High Grade Degree of Difficulty techniques more times will be ranked higher.

3、以动作演练应得分数高者列前。

20.5.1.3 The athlete with the higher score for his/her overall performance (P Group) score will be ranked higher.

4、以动作演练扣分中低分数高者列前。

20.5.1.4 The athlete with fewer deductions from his/her overall performance (P Group) score will be ranked higher.

5、如仍相等，名次并列。

20.5.1.5 Following the process above, should the score still be tied, then the ranking will remain a tie.

6、如有预、决赛成绩相等时，以预赛成绩高者列前。如再相等，则以决赛项目得分相等的处理方法评定名次。

20.5.1.6 For final tied scores in events with preliminary and final rounds, the athlete with the higher ranking in the preliminary round will be placed higher. If after this the scores still remain tied, then the athlete with the higher ranking in the final round will be placed higher.

(二) 规定项目、表演项目得分相等的处理

规定项目、表演项目得分相等时，则以自选项目得分相等时的处理办法第 3、4、5、6 条评定名次。

(20.5.2) For compulsory routine and demonstration routine divisions, tied scores will be handled the same as points 3, 4, 5, 6 of the Optional Routine tie breaking method.

(三) 个人全能得分相等的处理

(20.5.3) For Individual All-Round divisions, tied scores will be handled as follows:

1、以比赛中获单项第一名多者列前。

20.5.2.1 The athlete which has placed first in more divisions will be ranked higher.

2、以获得第二名多者列前，依次类推。

20.5.2.2 The athlete that has placed second more in divisions will be ranked higher.

3、参照自选项目得分相等时的处理办法中第 3、4、5 条，依次从高名次至低名次顺序评定。

20.5.2.3 Refer to the tie breaking method of optional routines points 4 and 5 in order to place rankings from highest to lowest.

第二十一条 有关规定 Article 21 – Related Matters

一、难度填报 21.1 Degree of Difficulty Registration Form

(一) 参赛运动员必须根据竞赛规则和规程的要求选择套路动作，在规定网站上填报，并将确认后的申报表经教练员签字后，于赛前 30 天（以寄到时的邮戳为准）寄到主办单位。

21.1.1 Athletes should select their routine techniques in accordance with the regulations. Athletes should then register their routines techniques through the official website and the printed out registration forms should then be signed by the relevant team coach and sent to the Competition Organizing Committee. The forms must reach the organizing committee 30 days prior to the competition, confirmation of which will be performed by checking the receiving post office stamp.

(二) 套路动作必须按其编码进行填写，各动作之间用“→”符号表示其顺序。

21.1.2 Routine techniques must be registered by using the technique codes, and between each technique the “→” symbol must be used to show the correct order of techniques to be performed.

二、完成套路时间 21.2 Routine Time Limits

自选项目、规定项目完成套路时间为 3 分 30 秒至 4 分钟（3 分 30 秒报时）；集体项目、表演项目完成套路时间为 4 分 30 秒至 5 分钟（4 分 30 秒报时）。

For Optional and Compulsory individual routines, the duration of each routine must be between 3 minutes 30 seconds and 4 minutes in total (including 3 minutes 30 seconds); for Group Routines and Demonstration Routines, the duration of each routine must be between 4 minutes 30 seconds and 5 minutes in total (including 4 minutes 30 seconds).

三、比赛音乐 21.3 Competition Routine Accompanying Music

规程规定的配乐项目必须在音乐（不带歌词）伴奏下进行，音乐可以根据套路的编排自行选择。

In accordance with the regulations, routines must be performed with music (without vocal accompaniment). The music should follow the choreography of the routine.

四、比赛设备 20.4 Competition Equipment

大型比赛必须配备摄像机 2 台、放像机 1 台、电视机 1 台，全套电子评分系统及音响设备。

Major competitions must at minimum have 2 video recording cameras, 1 video playback set, 1 display screen, 1 full electronic scoring system and a sound system.

第三章 比赛评分 Chapter 3 – Competition Scoring Method

第二十二条 竞赛项目评分 Article 22 – Championship Events Scoring Method

一、起评分 22.1 Routine Starting Score

(一) 动作完成起评分、动作演练起评分与难度起评分之和为套路起评分。

(221.1.1) A routine’s starting score comprises of the full value of the Technique Execution score, Overall Performance Score and Degree of Difficulty score combined.

(二) 动作完成起评分为 7 分。

(22.1.2) The Technique Execution starting score is set at 7 points.

(三) 动作演练起评分为 3 分。

(22.1.3) The Overall Performance starting score is set at 3 points.

(四) 难度起评分为动作难度累计分数、连接难度累计分数、上抛难度累计分数与位置难度分数之和。

(22.1.4) The Degree of Difficulty score comprises of points for Degree of Difficulty Techniques, Degree of Difficulty Connections, Degree of Difficulty Launch and Degree

of Difficulty Location.

二、难度动作等级与分值 22.2 Degree of Difficulty Classification and Values

(一) 动作难度 (22.2.1) Degree of Difficulty Techniques

A 级 0.20 分; B 级 0.25 分; C 级 0.30 分; D 级 0.35 分; E 级 0.40 分; F 级 0.45 分; G 级 0.50 分。

A Grade 0.20; B Grade 0.25; C Grade 0.30; D Grade 0.35; E Grade 0.40; F Grade 0.45; G Grade 0.50

(二) 连接难度 (22.2.2) Degree of Difficulty Connections

A 级 0.05 分; B 级 0.10 分; C 级 0.15 分; D 级 0.20 分; E 级 0.25 分; F 级 0.30 分。

A Grade 0.05; B Grade 0.10; C Grade 0.15; D Grade 0.20; E Grade 0.25; F Grade 0.30

(三) 上抛难度 (22.2.3) Degree of Difficulty Launch

A 级 0.05 分; B 级 0.10 分; C 级 0.15 分; D 级 0.20 分。

A Grade 0.05; B Grade 0.10; C Grade 0.15; D Grade 0.20

(四) 位置难度 (22.2.4) Degree of Difficulty Location

自选套路的倒数三个动作(不含收势)是跳跃类 F 级动作难度(旋风脚 450 度+提膝独立或腾空摆莲 450 度+提膝独立),其位置难度分值为 B 级 0.10 分;是跳跃类 G 级动作难度(旋风脚 540 度+提膝独立或腾空摆莲 540 度+提膝独立),其位置难度分值为 D 级 0.20 分。

If the third last technique (excluding the closing) in an optional routine is a Grade F Degree of Difficulty jumping technique (*Xuàn Fēng Jiǎo 450* + Single-Knee Raised Landing; or *Téng Kōng Bǎi Lián 450* + Single-Knee Raised Landing) then its Degree of Difficulty Location is Grade B with a value of 0.10. If the third last Degree of Difficulty technique in an optional routine is a Grade G jumping technique (*Xuàn Fēng Jiǎo 540* + Single-Knee Raised Landing; or *Téng Kōng Bǎi Lián 540* + Single-Knee Raised Landing) then its Degree of Difficulty Location is Grade D with a value of 0.20.

三、难度计分 22.3 Degree of Difficulty Scoring

难度计分按各项目套路动作内容的规定数量和分值标准来计算。

The value for Degree of Difficulty for each routine is based on its contents (techniques), which in turn are standardized in terms of quantity and value.

四、裁判分组与扣分 22.4 Judges Groups and Scoring

(一) E 组 3 名裁判员负责对运动员动作规格和其他错误的扣分。当 2 名以上裁判员对同一动作的同一规格错误或其他错误进行确认,则扣分有效。有效扣分累计之和为动作完成的应扣分。

(21.4.1) Group E (3 judges) evaluate and deduct points for Technique Execution errors and Other Errors. Should 2 or more judges deduct for the same error (technique or other) at the same time, the relevant points will be deducted from the athlete's Technique Execution score.

(二) P 组 3 名裁判员和裁判长负责对运动员动作演练水平的评分。4 个评分中,去掉一个最高分和一个最低分,取中间两个有效分数的平均数与动作演练起评分之差为动作演练的应扣分。

(22.4.2) Group P (3 Judges and the Head Judge) evaluate and issue a score for the athlete's Overall Performance. The 4 judges input their appraisal score of which the highest and lowest values are discarded and the remaining 2 values are averaged

which forms the athlete's awarded score for Overall Performance. From this, any required Overall Performance deductions will be done if applicable.

(三) D组3名裁判员负责对运动员动作难度、连接难度、上抛难度、位置难度错误的扣分。当2名以上裁判员对同一动作难度、连接难度、上抛难度、位置难度的完成未确认,则扣分有效。动作难度、连接难度、上抛难度、位置难度的有效扣分累计之和为难度应扣分。

(22.4.3) Group D (3 Judges) evaluate Degree of Difficulty (including techniques, connections, launches and location). Should 2 or more judges deem the same Degree of Difficulty technique to be unsuccessful, the relevant points will be deducted.

第二十三条 表演项目评分 Article 23 – Demonstration Events Scoring Method

一、表演项目套路的起评分为10分。其中动作完成起评分为7分,动作演练起评分为3分。

二、场上裁判由动作完成(E组)和动作演练(P组)组成。

三、评分方法与竞赛项目E组裁判和P组裁判相同。

23.1 The starting score for a Demonstration Event routine is 10 points, of which 7 points are allocated for the Technique Execution; and 3 points are allocated for the Overall Performance.

23.2 The officiating panel for these events comprise of Technique Execution (E Group) and Overall Performance (P Group) judges.

23.3 The scoring method employed within the E and P groups is the same as the scoring method employed for these groups in Championship events.

第二十四条 评分标准 Article 24 – Scoring Criteria

一、动作完成(规格、其它错误)

凡拳式、剑式、平衡、腿法、跳跃动作的姿态或方法出现错误,扣0.10分;其它错误每出现一次,扣0.10分-0.30分。

24.1 Technique Execution (Specific Techniques and Other Errors)

Should there be method and/or execution errors with fist techniques, sword techniques, balance techniques, leg techniques or jumping techniques then 0.10 will be deducted respectively. For Other Errors deduction values are between 0.10 and 0.30 for each occurrence.

二、动作演练(协调、劲力、节奏、编排、配乐)

凡姿势正确、方法清楚、配合协调、用力顺遂、节奏有序、编排合理、配乐和谐好者为3.00分-2.51分;一般者2.50分-1.91分;不好者1.90分-1.01分。

24.2 Overall Performance (Harmony/Co-ordination, Power, Rhythm, Choreography and Music)

Performances with correct and accurate technique execution; a clearly displayed method, which is well co-ordinated with smooth and correctly applied force & power; a distinct rhythm, rational choreography and routine layout as well as harmony with the musical accompaniment will be awarded between 3.00 points and 2.51 points. For routines that display an average level of the above characteristics, between 2.50 points and 1.91 points will be awarded. For routines that display a below average level of the above characteristics, between 1.90 points and 1.01 points will be

awarded.

三、难度（动作难度、连接难度、上抛难度、位置难度）

A、B级动作难度未完成，扣0.10分；C、D级动作难度未完成，扣0.15分；E、F、G级动作难度未完成，扣0.20分。连接难度、上抛难度、位置难度未完成，则按其等级分值扣0.05分-0.30分。

24.3 Degree of Difficulty (Degree of Difficulty Techniques, Degree of Difficulty Connections, Degree of Difficulty Launch and Degree of Difficulty Location)

For the unsuccessful execution of A-Grade or B-Grade degree of difficulty techniques, 0.10 will be deducted; for the unsuccessful execution of C-Grade or D-Grade difficulty techniques, 0.15 will be deducted; for the unsuccessful execution of E-Grade, F-Grade or G-Grade difficulty techniques, 0.20 will be deducted. For the unsuccessful execution of Difficulty Connections, Difficulty Launch or Difficulty Locations, between 0.05 and 0.30 will be deducted depending on their grade.

（三）动作难度漏做、失败或完成未达其下一难度等级标准，则不计算其动作难度分值和连接难度分值。

24.3.1 Omitting or failure to successfully complete a registered Degree of Difficulty Technique to the required standard will result in the non-awarding of the points for the respective Degree of Difficulty Technique as well as its Degree of Difficulty Connection.

（四）自选套路的比赛中，允许每个运动队有1男和1女两个名额的运动员在各自1个自选套路比赛上场前，向裁判长提出增加或降低一个F级（含F级）以上动作难度（旋风脚+提膝独立或腾空摆莲+提膝独立）的难度等级。

24.3.2 During Optional Routine competition, at most one male athlete and one female athlete from each team within a single event are permitted notify the head judge, prior to entering the competition floor, to amend the level (to either increase or decrease its grade) of a registered single Degree of Difficulty Technique of Grade F and above (including Grade F). (*Xuàn Fēng Jiǎo* + Single-Knee Raised Landing; or *Téng Kōng Bǎi Lián* + Single-Knee Raised Landing)

第二十五条 裁判员的示分 Article 25 – Displayed Judge’s Score

一、E组裁判员所示分数可到小数点后一位数。

25.1 Group E judges’ scores can be displayed to one digit following the decimal point.

二、D组和P组裁判员所示分数可到小数点后两位数。

25.2 Group D and Group P judges’ scores can be displayed to two digits following the decimal point.

第二十六条 应得分数的确定 Article 26 – Calculation of Score

一、套路应得分 **26.1 Actual Score**

（一）动作完成应得分、动作演练应得分、难度应得分之和，即为运动员自选、规定、集体项目的套路应得分。

（二）动作完成应得分、动作演练应得分之和，即为运动员表演项目的套路应得分。

26.1.1 Within Optional Routines; Compulsory Routines; Group Routines competition, a routine’s actual score is the sum of the score received for Technique

Execution, Overall Performance and Degree of Difficulty combined.

26.1.2 Within Demonstration Events Routines, a routine's actual score is the sum of the score received for Technique Execution and Overall Performance.

二、动作完成应得分

动作完成起评分减去动作规格和其他错误的应扣分数之和，即为动作完成应得分。

26.2 Technique Execution Score

The score for Technique Execution is the value remaining after deducting points for errors of technique execution and other errors from the Technique Execution starting score.

三、动作演练应得分

动作演练起评分数减去协调、劲力、节奏、编排、配乐的应扣分数，即为动作演练的应得分。

26.3 Overall Performance Score

The score for Overall Performance is the value remaining after deducting points for errors of Harmony/Coordination, Power, Rhythm, Choreography and Music from the Overall Performance starting score.

四、难度应得分

难度起评分数减去动作难度、连接难度、上抛难度、位置难度的应扣分数之和，即为难度应得分。

26.4 Degree of Difficulty Score

The score for Degree of Difficulty is the value remaining after deducting points for unsuccessful execution of Degree of Difficulty Techniques, Degree of Difficulty Connections, Degree of Difficulty Launch and Degree of Difficulty Location.

五、应得分数的计算到小数点后两位数，小数点后的第三位数不做四舍五入。

26.5 The routine actual score is calculated to 2 digits after the decimal point, with any digits following this discarded and not rounded.

第二十七条 最后得分的确定 Article 27 – Final Score

裁判长从运动员的套路应得分中减去裁判长的扣分，即为运动员的最后得分。

The final score is determined by deducting any head judge's deductions from the actual score. The remaining value is the final score.

第二十八条 裁判长的扣分 Article 28 – Head Judge's Deductions

一、运动员由于客观原因造成比赛中断者，经裁判长允许，可重做一次，安排在该组最后一名上场，不予扣分。因伤或其它原因中断比赛者，不予评分。

28.1 A competitor whose performance is interrupted by unforeseen circumstances, which are not caused by the athlete himself, may with the head judge's permission, repeat his or her performance after the final competitor and no deduction will be made. Should the performance be interrupted and not completed due to injury or other reasons, then no score will be awarded.

二、执行对套路时间不足或超出的扣分。完成套路不足或超出时间在5秒以内，扣0.10分；不足或超出在6秒-10秒以内，扣0.20分，依次类推。

28.2 Should an individual performance be under time or overtime, deductions will be made. If a routine is under time/overtime by an amount of up to 5 seconds, then

0.10 will be deducted; for an amount of 6 to 10 seconds, then 0.20 will be deducted and so forth.

三、执行对集体项目套路人数、队形和对练内容时间不足的扣分。完成集体项目套路每缺少 1 人扣 1.0 分；队形每缺少一种扣 0.20 分。对练内容时间不足 2 秒以内扣 0.10 分；不足 3 秒-4 秒扣 0.20 分，依次类推。

28.3 Within group routines competition, should there be an insufficient number of people in a group; and/or team formation errors; and/or should the sparring content be under time; deductions will be made. Should a group have an insufficient number or people, for 0.10 points will be deducted for each person missing. 0.20 points will be deducted for each team formation that is not performed. Should a group routine's sparring content total duration is 2 seconds under time, 0.10 will be deducted. If it is 3-4 seconds under time, then 0.20 will be deducted and so forth.

第四章 竞赛套路动作内容及规定

Chapter 4 – Composition of Championship Routines and Requirements

第二十九条 自选套路 Article 29 – Optional Routines

一、太极拳

29.1 Taijiquan Routines

(一) 动作组别

第 1 组：杨式左右野马分鬃；陈式左右野马分鬃；吴式左右野马分鬃

第 2 组：杨式左右搂膝拗步；吴式左右搂膝拗步

第 3 组：杨式左右倒卷肱；陈式左右倒卷肱；吴式左右倒卷肱

第 4 组：杨式揽雀尾；陈式懒扎衣-六封四闭；吴式揽雀尾

第 5 组：杨式云手（2 次）；陈式云手（2 次）；吴式云手（2 次）

第 6 组：杨式左右玉女穿梭；吴式左右玉女穿梭

第 7 组：杨式海底针-闪通背；吴式海底针-闪通背

第 8 组：杨式下势；吴式下势

第 9 组：杨式搬拦捶；陈式掩手肱捶；吴式搬拦捶

第 10 组：杨式单鞭；陈式单鞭；吴式单鞭

第 11 组：前举腿低势平衡；后插腿低势平衡

第 12 组：蹬脚；分脚

第 13 组：腾空飞脚；腾空正踢腿

第 14 组：旋风脚 180 度；旋风脚 360 度；旋风脚 450 度；旋风脚 540 度

第 15 组：腾空摆莲 180 度；腾空摆莲 360 度；腾空摆莲 450 度；腾空摆莲 540 度

第 16 组：杨式白鹤亮翅；陈式白鹤亮翅；吴式提手上势；孙式提手上势；陈式斜行拗步；陈式退步压肘；陈式斩手-翻花舞袖；摆莲；杨式起势；陈式起势；杨式收势；陈式收势

(29.1.1) Technique Categories

Category 1: *Yáng Shì Zuǒ Yòu Yě Mǎ Fēn Zōng* (Yang Style Part the Horse's Mane (Left and Right)); *Chén Shì Zuǒ Yòu Yě Mǎ Fēn Zōng* (Chen Style Part the Horse's Mane (Left and Right)); *Wú Shì Zuǒ Yòu Yě Mǎ Fēn Zōng* (Wu Style Part the Horse's Mane (Left and Right))

Category 2: *Yáng Shì Zuǒ Yòu Lǒu Xī Ao Bù* (Yang Style Brush Knee (Left and Right));

Wú Shì Zuǒ Yòu Lǒu Xī Ao Bù (Wu Style Brush Knee (Left and Right))

Category 3: **Yáng Shì Zuǒ Yòu Dào Juǎn Gōng** (Yang Style Retreat with Arms Curling (Left and Right)); **Chén Shì Zuǒ Yòu Dào Juǎn Gōng** (Chen Style Retreat with Arms Curling (Left and Right)); **Wú Shì Zuǒ Yòu Dào Juǎn Gōng** (Wu Style Retreat with Arms Curling (Left and Right))

Category 4: **Yáng Shì Lǎn Què Wěi** (Yang Style Grasp the Peacock's Tail); **Chén Shì Lǎn Zhā Yī** -> **Liù Fēng Sì Bì** (Chen Style Lazily Tying Coat -> Six Sealing and Four Closing); **Wú Shì Lǎn Què Wěi** (Wu Style Grasp the Peacock's Tail)

Category 5: **Yáng Shì Yún Shǒu** (Yang Style Cloud Hands Wave (twice)); **Chén Shì Yún Shǒu** (Chen Style Cloud Hands Wave (twice)); **Wú Shì Yún Shǒu** (Wu Style Cloud Hands Wave (twice))

Category 6: **Yáng Shì Zuǒ Yòu Yù Nǚ Chuān Suō** (Yang Style Fair Lady Works the Shuttle); **Wú Shì Zuǒ Yòu Yù Nǚ Chuān Suō** (Wu Style Fair Lady Works the Shuttle)

Category 7: **Yáng Shì Hǎi Dǐ Zhēn** -> **Shǎn Tōng Bèi** (Yang Style Needle at Sea Bottom -> Flash the Arm); **Wú Shì Hǎi Dǐ Zhēn** -> **Shǎn Tōng Bèi** (Wu Style Needle at Sea Bottom -> Flash the Arm)

Category 8: **Yáng Shì Xià Shì** (Yang Style Low Posture); **Wú Shì Xià Shì** (Wu Style Low Posture)

Category 9: **Yáng Shì Bān Lán Chuí** (Yang Style Deflect Downward, Parry and Punch); **Chén Shì Yǎn Shǒu Gōng Chuí** (Chen Style Strike with Concealed Fist); **Wú Shì Bān Lán Chuí** (Wu Style Deflect Downward, Parry and Punch)

Category 10: **Yáng Shì Dān Biān** (Yang Style Single Whip); **Chén Shì Dān Biān** (Chen Style Single Whip); **Wú Shì Dān Biān** (Wu Style Single Whip)

Category 11: **Qián Jǔ Tuǐ Dī Shì Píng Héng** (Low Balance with Leg Stretched Forward); **Hòu Chā Tuǐ Dī Shì Píng Héng** (Low Balance with Leg Crossed Behind)

Category 12: **Dēng Jiǎo** (Heel Kick); **Fēn Jiǎo** (Parting Kick)

Category 13: **Téng Kōng Fēi Jiǎo** (Jumping Front Slap Kick); **Téng Kōng Zhèng Tī Tuǐ** (Jumping Front Straight Kick)

Category 14: **Xuàn Fēng Jiǎo 180** (Tornado Kick 180 Degree); **Xuàn Fēng Jiǎo 360** (Tornado Kick 360 Degree); **Xuàn Fēng Jiǎo 450** (Tornado Kick 450 Degree); **Xuàn Fēng Jiǎo 540** (Tornado Kick 540 Degree)

Category 15: **Téng Kōng Bǎi Lián 180** (Jumping Lotus Kick 180 Degree); **Téng Kōng Bǎi Lián 360** (Jumping Lotus Kick 360 Degree); **Téng Kōng Bǎi Lián 450** (Jumping Lotus Kick 450 Degree); **Téng Kōng Bǎi Lián 540** (Jumping Lotus Kick 540 Degree)

Category 16: **Yáng Shì Bái Hè Liàng Chì** (Yang Style White Crane Spreads it's Wings); **Chén Shì Bái Hè Liàng Chì** (Chen Style White Crane Spreads it's Wings); **Wú Shì Tí Shǒu Shàng Shì** (Wu Style Lift the hand in an upright posture); **Sūn Shì Tí Shǒu Shàng Shì** (Sun Style Lift the hand in an upright posture); **Chén Shì Xié Xíng Ào Bù** (Chen Style Oblique Twist Stepping); **Chén Shì Tuì Bù Yā Zhǒu** (Chen Style Step Back and Press Elbows); **Chén Shì Zhǎn Shǒu** -> **Fān Huā Wǔ Xiù** (Chen Style Chop -> Turn over and Wave Sleeves); **Bǎi Lián** (Lotus Kick); **Yang Shì Qǐ Shì** (Yang Style Opening); **Chén Shì Qǐ Shì** (Chen Style Opening); **Yang Shì Shou Shì** (Yang Style Closing); **Chén Shì Shou Shì** (Chen Style Closing)

(二) 选用规定

1、第1组-第10组为指定拳式，最多可选8组，每组限选1种。其中第1组、第2组、第6组、第7组、第8组为必选。

2、第11组、第12组、第14组，每组限选1种；第13组可选2种。

3、第 15 组可选 2 种或 1 种 2 次，但被连接动作不能相同，其中必须有 1 种连接跌叉。

4、第 16 组为备选拳势，其中起势和收势为必选，其它可任选。若不足，亦可从规定太极拳套路的备选拳式中补选。。

(29.1.2) Selection Standards and Requirements

29.1.2.1 Categories 1 to 10 are specific techniques and at most 8 categories may be selected with each category limited to one technique. Categories 1,2,6,7 & 8 are mandatory categories.

29.1.2.2 For categories 11, 12 and 14 selection is limited to one technique; for category 13 up to two techniques may be selected.

29.1.2.3 For category 15, two techniques may be selected, or a single technique may be selected twice but with different connection techniques, one of which must be a landing in hurdler-split position.

29.1.2.4 Category 16 applies to alternative techniques, the opening and closing are compulsory, and the other techniques are optional. Should the content be insufficient, content may be selected from the alternative hand techniques of Compulsory Competition routines.

二、太极剑

29.2 Taijijian Routines

(一) 动作组别

第 1 组：杨式青龙出水（弓步平刺）；陈式青龙出水（弓步平刺）

第 2 组：杨式大鹏展翅（弓步削剑）；陈式斜飞势（弓步削剑）

第 3 组：杨式海底捞月（左右撩剑）；陈式海底捞月（上步撩剑）

第 4 组：杨式左右车轮（进步挂点）；陈式燕子啄泥（进步挂点）

第 5 组：杨式顺水推舟（弓步下刺）；陈式罗汉降龙（弓步下刺）

第 6 组：杨式燕子抄水（仆步扫剑）；陈式白蛇吐信（横扫平刺）

第 7 组：杨式流星赶月（弓步抡劈）；陈式流星赶月（弓步抡劈）

第 8 组：杨式迎风掸尘（弓步拦剑）；吴式拨草寻蛇（弓步下截）

第 9 组：杨式乌龙摆尾（虚步劈剑）；陈式翻花舞袖（跃起劈剑）

第 10 组：杨式野马跳涧（跳步平刺）；陈式野马跳涧（跳步平刺）

第 11 组：前举腿低势平衡抡劈剑；后插腿低势平衡削剑

第 12 组：蹬脚架剑；分脚架剑

第 13 组：腾空飞脚；腾空正踢腿

第 14 组：旋风脚 180 度；旋风脚 360 度；旋风脚 450 度；旋风脚 540 度

第 15 组：腾空摆莲 180 度；腾空摆莲 360 度；腾空摆莲 450 度；腾空摆莲 540 度

第 16 组：仙人指路；盖拦势；摘星换斗；磨盘剑；金针指南；狮子摇头；摆莲；杨式起势；陈式起势；杨式收势；陈式收势

(29.2.1) Technique Categories

Category 1: *Yáng Shì Qīng Lóng Chū Shuǐ* (Yang Style Green Dragon Comes out of the Water – Horizontal Thrust in Bow Stance); *Chén Shì Qīng Lóng Chū Shuǐ* (Chen Style Green Dragon Comes out of the Water – Horizontal Thrust in Bow Stance)

Category 2: *Yáng Shì Dà Péng Zhǎn Chì* (Yang Style Great Bird Spreads its Wings – Sword Peel in Bow Stance); *Chén Shì Xié Fēi Shì* (Chen Style Diagonal Flying Posture - Sword Peel in Bow Stance)

Category 3: *Yáng Shì Hǎi Dǐ Lāo Yuè* (Yang Style Scoop Up the Moon from Beneath the Sea – Straight sword Uppercut on the left and Right); *Chén Shì Hǎi Dǐ Lāo Yuè* (Chen Style Scoop Up the Moon from Beneath the Sea – Advancing Step Straight sword Uppercut)

Category 4: *Yáng Shì Zuǒ Yòu Chē Lún* (Yang Style Turning the Wheel (Left and Right) – Straight sword Hooking Parry with Forward Stepping); *Chén Shì Yàn Zì Zhuó Ní* (Chen Style Swallow Pecks the Mud– Straight sword Hooking Parry with Forward Stepping)

Category 5: *Yáng Shì Shùn Shuǐ Tuī Zhōu* (Yang Style Push the Boat with the Current – Low Thrust in Bow Stance); *Chén Shì Luó Hàn Xiáng Lóng* (Chen Style Arhat Subdues the Dragon - Low Thrust in Bow Stance)

Category 6: *Yáng Shì Yàn Zì Chāo Shuǐ* (Yang Style Swallow Skims the Water – Sword Sweep in Crouching Stance); *Chén Shì Bái Shé Tǔ Xìn* (Chen Style White Snake Spits Out its Tongue – Horizontal Sweep to Horizontal Thrust)

Category 7: *Yáng Shì Liú Xīng Gǎn Yuè* (Yang Style Shooting Star Chases the Moon – Sword Full Chop in Bow Stance); *Chén Shì Liú Xīng Gǎn Yuè* (Chen Style Shooting Star Chases the Moon – Sword Full Chop in Bow Stance)

Category 8: *Yáng Shì Yíng Fēng Dǎn Chén* (Yang Style Dusting into the Wind – Sword Block in Bow Stance); *Wú Shì Bō Cǎo Xún Shé* (Wu Style Part the Reeds to Find the Snake – Downward Sword Intercept in Bow Stance)

Category 9: *Yáng Shì Wū Lóng Bǎi Wěi* (Yang Style Dark Dragon Whips its Tail - Downward Sword Forearm Chop in Empty Stance); *Chén Shì Fān Huā Wǔ Xiù* (Chen Style Turnover and Wave Sleeves – Jumping Downward Forearm Chop)

Category 10: *Yáng Shì Yě Mǎ Tiào Jiàn* (Yang Style Wild Horse Jumps the Ravine – Hopping Step Horizontal Straight sword Thrust); *Chén Shì Yě Mǎ Tiào Jiàn* (Chen Style Wild Horse Jumps the Ravine – Hopping Step Horizontal Straight sword Thrust)

Category 11: *Qián Jǔ Tuǐ Dī Shì Píng Héng Pī Jiàn* (Low Balance with Leg Stretched Forward with Sword Full Chop); *Hòu Chā Tuǐ Dī Shì Píng Héng Xuē Jiàn* (Low Balance with Leg Crossed Behind with sword cut)

Category 12: *Dēng Jiǎo Jià Jiàn* (Heel kick and Raise the Sword); *Fēn Jiǎo Jià Jiàn* (Parting Kick and Raise the Sword)

Category 13: *Téng Kōng Fēi Jiǎo* (Jumping Front Slap Kick); *Téng Kōng Zhèng Tī Tuǐ* (Jumping Front Straight Kick)

Category 14: *Xuàn Fēng Jiǎo 180* (Tornado Kick 180 Degree); *Xuàn Fēng Jiǎo 360* (Tornado Kick 360 Degree); *Xuàn Fēng Jiǎo 450* (Tornado Kick 450 Degree); *Xuàn Fēng Jiǎo 540* (Tornado Kick 540 Degree)

Category 15: *Téng Kōng Bǎi Lián 180* (Jumping Lotus Kick 180 Degree); *Téng Kōng Bǎi Lián 360* (Jumping Lotus Kick 360 Degree); *Téng Kōng Bǎi Lián 450* (Jumping Lotus Kick 450 Degree); *Téng Kōng Bǎi Lián 540* (Jumping Lotus Kick 540 Degree)

Category 16: *Xiān Rén Zhǐ Lù* (The Immortal Points the Way); *Gài Lán Shì* (Cover and Pull Back); *Zhāi Xīng Huàn Dòu* (Pluck the Stars); *Mò Pán Jiàn* (Turn the Millstone); *Jīn Zhēn Zhǐ Nán* (Golden Needle Pointing South); *Shī Zì Yáo Tóu* (Lion Shakes its Head); *Bǎi Lián* (Lotus Kick); *Yang Shì Qǐ Shì* (Yang Style Opening); *Chén Shì Qǐ Shì* (Chen Style Opening); *Yang Shì Shou Shì* (Yang Style Closing); *Chén Shì Shou Shì* (Chen Style Closing)

(二) 选用规定

- 1、第 1 组-第 10 组为指定剑式，最多可选 8 组，每组限选 1 种。其中第 1 组、第 3 组、第 4 组、第 7 组、第 10 组为必选。
- 2、第 11 组、12 组、14 组、每组限选 1 种，13 组可选 2 种。
- 3、第 15 组可选 2 种或 1 种 2 次，但被连接动作不能相同，其中必须有 1 种连接跌叉。
- 4、第 16 组为备选剑式，其中起势和收势为必选，其它可任选。若不足，亦可从规定太极剑套路的备选剑式中补选。

(29.2.2) Selection Standards and Requirements

29.2.2.1 Categories 1 to 10 are specific technique and at most 8 categories may be selected with each category limited to one technique. Categories 1,3,4,7 & 10 are mandatory categories.

29.2.2.2 For categories 11, 12 and 14 selection is limited to one technique; for category 13 up to two techniques may be selected.

29.2.2.3 For category 15, two techniques may be selected, or a single technique may be selected twice but with different connection techniques, one of which must be a landing in hurdler-split position connection.

29.2.2.4 Category 16 applies to alternative techniques, the opening and closing are compulsory, and the other techniques are optional. Should the content be insufficient, content may be selected from the alternative sword techniques of Compulsory Competition routines.

第三十条 规定套路 Article 30 – Compulsory Routines

一、杨式太极拳

30.1. Yang Style Taijiquan

(一) 指定拳式

- 1、左右野马分鬃 2、左右搂膝拗步 3、左右倒卷肱 4、揽雀尾 5 云手 2 次 6、左右玉女穿梭 7、海底针-闪通背 8、下势 9、搬拦捶 10、单鞭 11、如封似闭 12、白蛇吐信 13、蹬脚 14、分脚 15、左右伏虎 16、退步跨虎-转身摆莲 17、弯弓射虎 18、双峰贯耳

(30.1.1) Specific Techniques

1. **Zuǒ Yòu Yě Mǎ Fēn Zōng** (Part the Horse's Mane (Left and Right)), 2. **Zuǒ Yòu Lǒu Xī Ào Bù** (Brush Knee (Left and Right)), 3. **Zuǒ Yòu Dào Juǎn Gōng** (Retreat with Arms Curling (Left and Right)), 4. **Lǎn Què Wěi** (Grasp the Peacock's Tail), 5. **Yún Shǒu** (Cloud Hands Wave (twice)), 6. **Zuǒ Yòu Yù Nǚ Chuān Suō** (Fair Lady Works the Shuttle), 7. **Hǎi Dǐ Zhēn -> Shǎn Tōng Bèi** (Needle at Sea Bottom -> Flash the Arm), 8. **Xià Shì** (Low Posture), 9. **Bān Lán Chuí** (Deflect Downward, Parry and Punch), 10. **Dān Biān** (Yang Style Single Whip), 11. **Rú Fēng Shì Bì** (Apparent Close Up), 12. **Bái Shé Tǔ Xīn** (White Snake Spits Out its Tongue), 13. **Dēng Jiǎo** (Heel Kick), 14. **Fēn Jiǎo** (Parting Kick), 15. **Zuǒ Yòu Fú Hǔ** (Tame the Tiger (Left and Right)), 16. **Tuì Bù Kuà Hǔ -> Zhuǎn Shēn Bǎi Lián** (Step Back and Ride the Tiger -> Turn Around to Lotus Kick), 17. **Wān Gōng Shè Hǔ** (Draw the Bow and Shoot the Tiger) 18. **Shuāng Fēng Guàn Ěr** (Strike Opponent's Ears with Both Fists)

(二) 备选拳式

(30.1.2) Alternative Techniques

1、白鹤亮翅 2、拍脚 3、手挥琵琶 4、肘底捶 5、高探马 6、指裆捶 7、上步七星 8、起势 9、收势

1. **Bái Hè Liàng Chì** (White Crane Spreads its Wings), 2. **Pāi Jiǎo** (Single Slap Kick), 3. **Shǒu Huī Pí pá** (Strum the Pipa), 4. **Zhǒu Dǐ Chuí** (Hammer Strike Below the Elbow), 5. **Gāo Tàn Mǎ** (High Pat on Horse), 6. **Zhǐ Dāng Chuí** (Low Hammer), 7. **Shàng Bù Qī Xīng** (Step Forward to Seven Stars), 8. **Qǐ Shì** (Opening), 9. **Shōu Shì** (Closing)

(三) 选用规定

指定拳式 1-18 为必选；备选拳式中的起势和收势为必选，其它可任选。

(30.1.3) Selection Standards and Requirements

Specific Techniques 1 – 18 are mandatory, opening and closing must be in line with the style performed, other techniques are optional.

二、陈式太极拳

30.2. Chen Style Taijiquan

(一) 指定拳式

1、左右野马分鬃 2、懒扎衣-六封四闭 3、单鞭 4、左右倒卷肱 5、搬拦捶-护心捶 6、斜行拗步 7、斩手-翻花舞袖 8、掩手肱捶 9、云手 2 次 10、披身捶-背折靠 11、白蛇吐信-闪通背 12、二起脚 13、退步压肘 14、顺鸾肘-裹鞭炮 15、摆莲跌叉 16、金刚捣碓 17、双震脚-侧蹬-玉女穿梭 18、左右金鸡独立 19、提收-前趟 20 当头炮

(30.2.1) Specific Techniques

1. **Zuǒ Yòu Yě Mǎ Fēn Zōng** (Part the Horse's Mane (Left and Right)), 2. **Lǎn Zhā Yī -> Liù Fēng Sì Bì** (Lazily Tying Coat -> Six Sealing and Four Closing), 3. **Dān Biān** (Yang Style Single Whip), 4. **Zuǒ Yòu Dào Juǎn Gōng** (Retreat with Arms Curling (Left and Right)), 5. **Bān Lán Chuí -> Hù Xīn Chuí** (Deflect Downward, Parry and Punch -> Protect the Heart Punch), 6. **Chén Shì Xié Xíng Ào Bù** (Oblique Twist Stepping), 7. **Zhǎn Shǒu -> Fān Huā Wǔ Xiù** (Chop -> Turn over and Wave Sleeves), 8. **Yǎn Shǒu Gōng Chuí** (Strike with Concealed Fist), 9. **Yún Shǒu** (Cloud Hands Wave (twice)), 10. **Pī Shēn Chuí -> Bèi Zhé Kào** (Body Draping Hammer -> Bend and Strike with the Body), 11. **Bái Shé Tǔ Xīn -> Shǎn Tōng Bèi** (White Snake Spits Out its Tongue -> Flash the Arm), 12. **Er Qǐ Jiǎo** (Jump Kick), 13. **Tuì Bù Yā Zhǒu** (Step Back and Press Elbows), 14. **Shùn Luán Zhōu -> Guǒ Biān Pào** (Shun Luan Zhou -> Wrap the Firecrackers), 15. **Bǎi Lián Diē Chā** (Lotus Kick to hurdler-split position), 16. **Jīn Gāng Dǎo Duì** (Buddha's Attendant Pounds the Mortar), 17. **Shuāng Zhèn Jiǎo -> Cè Dēng -> Yù Nǚ Chuān Suō** (Stamp both feet -> Side Heel Kick -> Fair Lady Works the Shuttle) 18. **Zuǒ Yòu Jīn Jī Dú Lì** (Golden Rooster Stands on One Leg (Left and Right)), 19. **Tí Shōu -> Qián Tàng** Close -> Wade Forward, 20. **Dāng Tóu Pào** (Forward Cannon)

(二) 备选拳式

(30.2.2) Alternative Techniques

1、退步跨虎-转身摆莲 2、白鹤亮翅 3、青龙出水 4、连珠炮 5、白猿献果 6、前招-后招 7、海底翻花 8、雀地龙 9、蹬一跟 10、双推手 11、起势 12、收势

1. **Tuì Bù Kuà Hǔ -> Zhuǎn Shēn Bǎi Lián** (Step Back and Ride the Tiger -> Turn Around to Lotus Kick), 2. **Bái Hè Liàng Chì** (White Crane Spreads its Wings), 3. **Qīng Lóng Chū**

Shuǐ (Green Dragon Comes out of the Water), 4. **Lián Zhū Pào** (Punch in Succession), 5. **Bái Yuán Xiàn Guǒ** (White Ape Presents Fruit), 6. **Qián Zhāo -> Hòu Zhāo** (Move Forwards -> Move Backwards), 7. **Hǎi Dǐ Fān Huā** (Turn Over Flowers from the Sea Bottom), 8. **Què Dì Lóng** (Dragon Dive), 9. **Dēng Yī Gēn** (Heel Kick), 10. **Shuāng Tuī Shǒu** (Double Pushing Hands), 11. **Qǐ Shì** (Opening), 12. **Shōu Shì** (Closing)

(三) 选用规定

指定拳式 1-20 为必选；备选拳式中的起势和收势为必选，其它可任选。

(30.2.3) Selection Standards and Requirements

Specific Techniques 1 – 20 are mandatory, opening and closing must be in line with the style performed, other techniques are optional.

三、杨式太极剑

30.3. Yang Style Taijijian

(一) 指定剑式

1、青龙出水（弓步平刺）2、大鹏展翅（弓步削剑）3、海底捞月（左右撩剑）4、左右车轮（进步挂点）5、顺水推舟（弓步下刺）6、燕子抄水（仆步扫剑）7、流星赶月（弓步抡劈）8、迎风掸尘（弓步拦剑）9、乌龙摆尾（虚步劈剑）10、野马跳涧（跳步平刺）11、挑帘势（独立上托）12、哪吒探海（转身下刺）13、蜻蜓点水（并步点剑）14、宿鸟投林（独立上刺）15、风卷荷叶（弓步带剑）16、白云盖顶（蹬脚架剑）17、风扫梅花（旋转平抹）18、风舞落叶（歇步压剑）19、乌龙绞水（进步绞剑）20、指南针（弓步直刺）

(30.3.1) Specific Techniques

1. **Qīng Lóng Chū Shuǐ** (Green Dragon Comes out of the Water – Horizontal Thrust in Bow Stance), 2. **Dà Péng Zhǎn Chì** (Great Bird Spreads its Wings – Sword Peel in Bow Stance), 3. **Hǎi Dǐ Lāo Yuè** (Scoop Up the Moon from Beneath the Sea – Straight sword Uppercut on the left and Right), 4. **Zuǒ Yòu Chē Lún** (Turning the Wheel (Left and Right) – Straight sword Hooking Parry with Forward Stepping), 5. **Shun Shuǐ Tuī Zhōu** (Push the Boat with the Current Current – Low Thrust in Bow Stance), 6. **Yàn Zi Chāo Shuǐ** (Swallow Skims the Water– Sword Sweep in Crouching Stance), 7. **Liú Xīng Gǎn Yuè** (Shooting Star Chases the Moon – Sword Full Chop in Bow Stance), 8. **Yíng Fēng Dǎn Chén** (Dusting into the Wind – Sword Block in Bow Stance), 9. **Wū Lóng Bǎi Wěi** (Dark Dragon Whips its Tail - Downward Sword Forearm Chop in Empty Stance), 10. **Yě Mǎ Tiào Jiàn** (Wild Horse Jumps the Ravine – Hopping Step Horizontal Straight sword Thrust), 11. **Tiāo Lián Shì** (Raise the Curtain - Raise the Sword With Single Knee Raised), 12. **Nǎ Zhā Tàn Hǎi** (Na Zha Explores the Sea - Downward Flat Sword Thrust with Turn Around), 13. **Qīng Tíng Diǎn Shuǐ** (Dragonfly Touches the Water – Sword Pointing with Feet Next to Each Other), 14. **Sù Niǎo Tóu Lín** (Bird Flies to its Perch Upward Sword Thrust with Single Knee Raised), 15. **Fēng Juǎn Hé Yè** (Lotus Swirls Around in the Wind - Withdraw the Sword in Bow Stance), 16. **Bái Yún Gài Dǐng** (White Clouds Cover the Head - Heel kick and Raise the Sword), 17. **Fēng Sǎo Méi Huā** (Plum Flowers Being Swept by the Wind), 18. **Fēng Wǔ Luò Yè** (Falling Leaves in the Wind - Pressing Sword in Cross-Legged Crouching Stance), 19. **Wū Lóng Jiǎo Shuǐ** (Dark Dragon Swirls the Water - Straight sword Enveloping with Forward Stepping), 20. **Zhǐ Nán Zhēn** (Compass Points South - Straight Thrust in Bow Stance)

(二) 备选剑式

1、拨云望日（弓步云抹）2、魁星势（独立反刺）3、白猿献果（并步平刺）4、腰斩白蛇（弓步平斩）5、怀中抱月（丁步回抽）6、狮子摇头（左右带剑）7、虎抱头（独立捧剑）8、探海势（独立抡劈）9、犀牛望月（弓步回抽）10、射雁势（虚步劈剑）11、古树盘根（歇步崩剑）12、起势 13、收势

(30.3.2) Alternative Techniques

1. **Bō Yún Wàng Rì** (Scatter the Clouds to see the Sun – Cloud Waving in Bow Stance), 2. **Kuí Xīng Shì** (Big Dipper – Inverted Thrust with Single Knee Raised), 3. **Bái Yuán Xiàn Guǒ** (White Ape Presents Fruit - Horizontal Thrust with Feet Next to Each Other), 4. **Yāo Zhǎn Bái Shé** (Cut the White Snake at the Waist – Horizontal Hack in Bow Stance), 5. **Huái Zhōng Bào Yuè** (Embracing the Moon – Withdraw in Nail Stance), 6. **Shī Zi Yáo Tóu** (Lion Shakes its Head - Withdraw the Sword to the Left and Right), 7. **Hǔ Bào Tóu** (Tiger Covers its Head – Holding Sword with Single Knee Raised), 8. **Tàn Hǎi Shì** (Explore the Sea – Downward Sword Full Chop with Single Knee Raised), 9. **Xī Niú Wàng Yuè** (Rhinoceros Looks at the Moon – Sword Withdraw in Bow Stance), 10. **Shè Yàn Shì** (Shooting Wilde Geese – Sword Forearm Chop in Empty Stance), 11. **Gǔ Shù Pán Gēn** (The Ancient Tree Entwines Its Roots – Upwards Sword Tilt in Cross-Legged Crouching Stance), 12. **Qǐ Shì** (Opening), 13. **Shōu Shì** (Closing)

(三) 选用规定

指定剑式 1-20 为必选；备选剑式中的起势和收势为必选，其它可任选。

(30.3.3) Selection Standards and Requirements

Specific Techniques 1 – 20 are mandatory, opening and closing must be in line with the style performed, other techniques are optional.

四、陈式太极剑

30.4. Chen Style Taijijian

(一) 指定剑式

1、青龙出水（弓步平刺）2、斜飞势（弓步削剑）3、海底捞月（上步撩剑）4、燕子啄泥（进步挂点）5、罗汉降龙（弓步下刺）6、白蛇吐信（横扫平刺）7、怪蟒翻身（转身劈剑）8、翻花舞袖（跃起劈剑）9、野马跳涧（跳步平刺）10、拨草寻蛇（上步撩扫）11、鹰熊斗智（独立上托）12、哪吒探海（弓步下刺）13、闭门势（虚步提剑）14、仙人指路（独立下刺）15、白猿献果（分手云剑）16、叶底藏花（仆步捧剑）17、摘星换斗（马步推剑）18、磨盘剑（旋转平抹）19、箭似离弦（侧蹬截剑）20、饿虎扑食（弓步上刺）21、流星赶月（弓步抡劈）22、力托千斤（弓步横推）

(4.1) Specific Techniques

1. **Qīng Lóng Chū Shuǐ** (Green Dragon Comes out of the Water – Horizontal Thrust in Bow Stance) 2. **Xié Fēi Shì** (Chen Style Diagonal Flying Posture – Sword Peel in Bow Stance) 3. **Hǎi Dǐ Lāo Yuè** (Scoop Up the Moon from Beneath the Sea – Advancing Step Straight sword Uppercut). 4. **Yàn Zi Zhuó Ní** (Swallow Pecks the Mud – Straight sword Hooking Parry with Forward Stepping) 5. **Luó Hàn Xiáng Lóng** (Arhat Subdues the Dragon – Low Thrust in Bow Stance) 6. **Bái Shé Tǔ Xīn** (White Snake Spits Out its Tongue – Horizontal Sweep to Horizontal Thrust) 7. **Guài Mǎng Fān Shēn** (Monstrous Python Turns Over - Turn Around to Sword Chop) 8. **Fān Huā Wǔ Xiù** (Turnover and Wave Sleeves – Jumping Downward Forearm Chop) 9. **Yě Mǎ Tiào Jiàn** (Wild Horse Jumps the Ravine – Hopping Step Horizontal Straight sword Thrust) 10. **Bō Cǎo Xún Shé** (Part

the Reeds to Find the Snake – Advancing Step with Uppercut Sweep) 11. **Yīng Xióng Dòu Zhì** (Eagle and Bear Fight - Raise the Sword With Single Knee Raised) 12. **Nǎ Zhā Tàn Hǎi** (Na Zha Explores the Sea – Low Thrust in Bow Stance) 13. **Bì Mén Shì** (Closing the Gate – Raise the Sword in Empty Stance) 14. **Xiān Rén Zhǐ Lù** (The Immortal Points the Way – Low Thrust with Single Knee Raised) 15. **Bái Yuán Xiàn Guǒ** (White Ape Presents Fruit Sword Waving while Separating the Hands) 16. **Yè Dǐ Cáng Huā** (Flower Hides Beneath a Leaf – Hold Sword in Both Hands in Crouching Stance) 17. **Zhāi Xīng Huàn Dòu** (Pluck the Stars to Change the Constellations – Sword Pushing in Horse Stance) 18. **Mò Pán Jiàn** (Turn the Millstone) 19. **Jiàn Shì Lí Xián** (Elliptical Arrow – Side Kick and Sword Intercept) 20. **È Hǔ Pū Shí** (Hungry Tiger Pounces – Upward Sword Thrust in Bow Stance) 21. **Liú Xīng Gǎn Yuè** (Shooting Star Chases the Moon – Sword Full Chop in Bow Stance) 22. **Lì Tuō Qiān Jīn** (Holding up a Thousand Pounds – Push in Bow Stance)

(二) 备选剑式

1、朝阳剑（独立架剑）2、盖拦势（回抽顶肘）3、双震惊雷（震脚下压）4、金鸡独立（独立撩托）5、展翅点头（反撩下刺）6、古树盘根（歇步托剑）7、青龙摆尾（平刺撩剑）8、乌龙摆尾（左右劈剑）9、钟馗仗剑（撤步架剑）10、黑熊翻背（转身抡臂）11、凤凰点头（上步后点）12、护膝剑（左右撩剑）13、韦陀献杵（跟步平刺）14、金针指南（并步平刺）15、蜻蜓点水（跟步点剑）16、金刚献指（虚步前指）17、起势 18、收势

(4.2) Alternative Techniques

1. **Chāo Yáng Jiàn** (Sword Faces the Sun – Raise the sword with Single Knee Raised) 2. **Gài Lán Shì** (Cover and Pull Back – Backwards Elbow Nailing) 3. **Shuāng Zhèn Jīng Léi** (Dual Striking Lightning – Foot Stamp and Press the Sword Downwards) 4. **Jīn Jī Dú Lì** (Golden Rooster Stands on One Leg – Uppercut Sword Raising with Single Knee Raised) 5. **Zhǎn Chì Diǎn Tóu** (Spread the Wings and Peck the Head – Reversed Uppercut to Downward Thrust) 6. **Gǔ Shù Pán Gēn** (The Ancient Tree Entwines Its Roots – Embrace the sword in Cross-Legged Crouching Stance) 7. **Qīng Lóng Bǎi Wěi** (Green Dragon Whips its Tail – Horizontal Thrust to Sword Uppercut) 8. **Wū Lóng Bǎi Wěi** (Dark Dragon Whips its Tail- Left and Right Sword Chop) 9. **Zhōng Kuí Zhàng Jiàn** (Zhong Kui Embraces his Jian – Retreating Step while Raising the Sword) 10. **Hēi Xióng Fān Bèi** (Black Bear Turns Around – Downward Full Chop while Turning Around) 11. **Fèng Huáng Diǎn Tóu** (Phoenix Pecks its Head – Sword Pointing to the Rear with Advancing Step) 12. **Hù Xī Jiàn** (Sword Guarding the Knee – Straight sword Uppercut on the left and right) 13. **Wéi Tuó Xiàn Chǔ** (Weituo Pounds the Mortar – Horizontal Thrust with Follow-up Step) 14. **Jīn Zhēn Zhǐ Nán** (Golden Needle Points South - Horizontal Thrust with Feet Next to Each Other) 15. **Qīng Tīng Diǎn Shuǐ** (Dragonfly Touches the Water – Sword Pointing with Follow-Up Step) 16. **Jīngāng Xiàn Zhǐ** (Buddha's Attendant Points a Finger – Point Forwards in Empty Stance) 17. **Qǐ Shì** (Opening) 18. **Shōu Shì** (Closing)

(三) 选用规定

指定剑式 1-22 为必选；备选剑式中的起势和收势为必选，其它可任选。

(4.3) Selection Standards and Requirements

Specific Techniques 1 – 22 are mandatory, opening and closing must be in line with

the style performed, other techniques are optional.

第三十一条 集体套路 Article 31 – Group Routines

一、男子可从自选和规定套路指定拳式中选做 10 种；备选拳式中的起势和收势为必选，其它可任选。

1. Men may select and perform 10 specific techniques from Optional Hand Routines and Compulsory Hand Routines; opening and closing must be in line with the style performed, other techniques are optional.

二、女子可从自选和规定套路指定剑式中选做 10 种；备选剑式中的起势和收势为必选，其它可任选。

2. Women may select and perform 10 specific techniques from Optional Jian Routines and Compulsory Hand Routines; opening and closing must be in line with the style performed, other techniques are optional.

三、平衡动作难度全队可选做 2 种，每种至少有 3 人选做。

3. Each group may select a maximum of 2 Degree of Difficulty Balance Techniques and at least 3 members of the group must perform them.

四、队形至少在圆形、三角形、直线形中选择 2 种。

4. Groups must select at least 2 different shape formations (Circular; Triangular; Linear)

五、对练不少于 15 秒，内容必须包括徒手对徒手、剑对剑、徒手对剑等三组内容。

5. A Group routine's sparring content must last at least 15 seconds in total. The content must include at least 3 different types (bare hand vs. bare hand; straight sword vs. straight sword; bare hand vs. straight sword etc.).

六、上抛跳跃动作难度可选做 2 种，每种至少有 3 人选做。内容为腾空正踢腿、旋风脚、腾空摆莲。

6. For Degree of Difficulty Launch techniques 2 different types may be selected and at least 3 people must perform each type selected. While airborne, techniques permitted include **Téng Kōng Zhèng Tī Tuǐ** (Jumping Front Straight Kick), **Xuàn Fēng Jiǎo** (Tornado Kick), **Téng Kōng Bǎi Lián** (Jumping Lotus Kick).

七、全队可集体选作腾空飞脚 1 次，腾空外摆莲连接跌叉 1 次。

7. An group may select and perform **Téng Kōng Fēi Jiǎo** (Jumping Front Slap Kick) once, and **Téng Kōng Bǎi Lián** (Jumping Lotus Kick) + Hurdler-Split Position landing once.

第二篇 裁判

表-1 自选套路拳式、剑式动作难度等级、分值及编码

类别	等级	分值	动作	编码	类别	等级	分值	动作	编码
自选 指定 拳式	A	0.20	杨式左右野马分鬃	100A	自选 指定 剑式	A	0.20	杨式青龙出水	300A
			陈式左右野马分鬃	101A				陈式青龙出水	301A
			吴式左右野马分鬃	102A				杨式大鹏展翅	310A
			杨式左右搂膝拗步	110A				陈式斜飞势	311A
			吴式左右搂膝拗步	112A				杨式海底捞月	320A
			杨式左右倒卷肱	120A				陈式海底捞月	321A

			陈式左右倒卷肱	121A				杨式左右车轮	330A
			吴式左右倒卷肱	122A				陈式燕子啄泥	331A
			杨式揽雀尾	130A				杨式顺水推舟	340A
			陈式懒扎衣-六封四闭	131A				陈式罗汉降龙	341A
			吴式揽雀尾	132A				杨式燕子抄水	350A
			杨式云手 2 次	140A				陈式白蛇吐信	351A
			陈式云手 2 次	141A				杨式流星赶月	360A
			吴式云手 2 次	142A				陈式流星赶月	361A
			杨式玉女穿梭	150A				杨式迎风掸尘	370A
			吴式玉女穿梭	152A				吴式拨草寻蛇	372A
			杨式海底针-闪通背	160A				杨式乌龙摆尾	380A
			吴式海底针-闪通背	162A				陈式翻花舞袖	381A
			杨式下势	170A				杨式野马跳涧	390A
			吴式下势	172A				陈式野马跳涧	391A
			杨式搬拦捶	180A					
			陈式掩手肱捶	181A					
			吴式搬拦捶	182A					
			杨式单鞭	190A					
			陈式单鞭	191A					
			吴式单鞭	192A					
			杨式白鹤亮翅	200				陈式仙人指路	401
			陈式白鹤亮翅	201				陈式盖拦势	411
			吴式提手上势	212				陈式摘星换斗	421
			孙式提手上势	213				陈式磨盘剑	430
			陈式斜行拗步	221				陈式金针指南	440
			陈式退步压肘	231				杨式狮子摇头	450
			陈式斩手-翻花舞袖	241				摆莲	614
			摆莲	614				杨式起势	460
			杨式起势	250				陈式起势	461
			陈式起势	251				杨式收势	470
			杨式收势	260				陈式收势	471
			陈式收势	261					
自选 备选 拳式					自选 备选 剑式				

Optional Routine Hand & Sword Technique Degree of Difficulty Classifications, Codes and Values (Table 1)

Type	Grade	Value	Technique	Code	Type	Grade	Value	Technique	Code
Optional Specific Hand Techniques	A	0.20	Yáng Shì Zuǒ Yòu Yě Mǎ Fēn Zōng	100A	Optional Specific Sword Techniques	A	0.20	Yáng Shì Qīng Lóng Chū Shuǐ	300A
			Chén Shì Zuǒ Yòu Yě Mǎ Fēn Zōng	101A				Chén Shì Qīng Lóng Chū Shuǐ	301A
			Wú Shì Zuǒ Yòu Yě Mǎ Fēn Zōng	102A				Yáng Shì Dà Péng Zhǎn Chì	310A

		<i>Yáng Shì Zuǒ Yòu Lǒu Āi Ao Bù</i>	110A			<i>Chén Shì Xié Fēi Shì</i>	311A
		<i>Wú Shì Zuǒ Yòu Lǒu Xī Ao Bù</i>	112A			<i>Yáng Shì Hǎi Dǐ</i> <i>Lāo Yuè</i>	320A
		<i>Yáng Shì Zuǒ Yòu Dào Juǎn</i> <i>Gōng</i>	120A			<i>Chén Shì Hǎi Dǐ</i> <i>Lāo Yuè</i>	321A
		<i>Chén Shì Zuǒ Yòu Dào Juǎn</i> <i>Gōng</i>	121A			<i>Yáng Shì Zuǒ Yòu</i> <i>Chē Lún</i>	330A
		<i>Wú Shì Zuǒ Yòu Dào Juǎn Gōng</i>	122A			<i>Chén Shì Yàn Zi</i> <i>Zhuó Ní</i>	331A
		<i>Yáng Shì Lǎn Què Wěi</i>	130A			<i>Yáng Shì Shùn Shuǐ</i> <i>Tuī Zhōu</i>	340A
		<i>Chén Shì Lǎn Zhā Yī -> Liù Fēng</i> <i>Sì Bì</i>	131A			<i>Chén Shì Luó Hàn</i> <i>Xiáng Lóng</i>	341A
		<i>Wú Shì Lǎn Què Wěi</i>	132A			<i>Yáng Shì Yàn Zi</i> <i>Chāo Shuǐ</i>	350A
		<i>Yáng Shì Yún Shǒu</i>	140A			<i>Chén Shì Bái Shé</i> <i>Tǔ Xīn</i>	351A
		<i>Chén Shì Yún Shǒu</i>	141A			<i>Chén Shì Bái Shé</i> <i>Tǔ Xīn</i>	360A
		<i>Wú Shì Yún Shǒu</i>	142A			<i>Chén Shì Liú Xīng</i> <i>Gǎn Yuè</i>	361A
		<i>Yáng Shì Zuǒ Yòu Yù Nǚ Chuān</i> <i>Suō</i>	150A			<i>Yáng Shì Yíng Fēng</i> <i>Dǎn Chén</i>	370A
		<i>Wú Shì Zuǒ Yòu Yù Nǚ Chuān</i> <i>Suō</i>	152A			<i>Wú Shì Bō Cǎo Xún</i> <i>Shé</i>	372A
		<i>Yáng Shì Hǎi Dǐ Zhēn -> Shǎn</i> <i>Tōng Bèi</i>	160A			<i>Yáng Shì Wū Lóng</i> <i>Bǎi Wěi</i>	380A
		<i>Wú Shì Hǎi Dǐ Zhēn -> Shǎn</i> <i>Tōng Bèi</i>	162A			<i>Chén Shì Fān Huā</i> <i>Wǔ Xiù</i>	381A
		<i>Yáng Shì Xià Shì</i>	170A			<i>Yáng Shì Yě Mǎ</i> <i>Tiào Jiàn</i>	390A
		<i>Wú Shì Xià Shì</i>	172A			<i>Chén Shì Yě Mǎ</i> <i>Tiào Jiàn</i>	391A
		<i>Yáng Shì Bān Lán Chuí</i>	180A				
		<i>Chén Shì Yǎn Shǒu Gōng Chuí</i>	181A				
		<i>Wú Shì Bān Lán Chuí</i>	182A				
		<i>Yáng Shì Dān Biān</i>	190A				
		<i>Chén Shì Dān Biān</i>	191A				
		<i>Wú Shì Dān Biān</i>	192A				
		<i>Yáng Shì Bái Hè Liàng Chì</i>	200				
		<i>Chén Shì Bái Hè Liàng Chì</i>	201				

Optional Alternative Hand Techniques			<i>Wú Shì Tí Shǒu Shàng Shì</i>	212	Optional Alternative Sword Techniques			<i>Chén Shì Xiān Rén Zhǐ Lù</i>	401
			<i>Sūn Shì Tí Shǒu Shàng Shì</i>	213				<i>Chén Shì Gài Lán Shì</i>	411
			<i>Chén Shì Xié Xíng Ao Bù</i>	221				<i>Chén Shì Zhāi Xīng Huàn Dòu</i>	421
			<i>Chén Shì Tuì Bù Yā Zhǒu</i>	231				<i>Chén Shì Mò Pán Jiàn</i>	430
			<i>Chén Shì Zhǎn Shǒu -> Fān Huā Wǔ Xiù</i>	241				<i>Chén Shì Jīn Zhēn Zhǐ Nán</i>	440
			<i>Bǎi Lián</i>	614				<i>Yang Shì Shī Zi Yáo Tóu</i>	450
			<i>Yang Shì Qǐ Shì</i>	250				<i>Bǎi Lián</i>	614
			<i>Chén Shì Qǐ Shì</i>	251				<i>Yang Shì Qǐ Shì</i>	460
			<i>Yang Shì Shou Shì</i>	260				<i>Chén Shì Qǐ Shì</i>	461
			<i>Chén Shì Shou Shì</i>	261				<i>Yang Shì Shou Shì</i>	470
								<i>Chén Shì Shou Shì</i>	471

表-2 自选套路与集体套路平衡、腿法、跳跃动作难度等级、分值及编码

类别	等级	分值	动作内容	编码	类别	等级	分值	动作内容	编码
平衡	B	0.25	前举腿低势平衡	500B	跳跃	D	0.35	腾空正踢腿	726D
	C	0.30	后插腿低势平衡	501C		E	0.40	旋风脚 360 度	735E
腿法	B	0.25	蹬脚	612B				腾空摆莲 360 度	734E
			分脚	613B		F	0.45	旋风脚 450 度	735F
跳跃	C	0.30	腾空飞脚	726C				腾空摆莲 450 度	734F
	D	0.35	旋风脚 180 度	735D		G	0.50	旋风脚 540 度	735G
			腾空摆莲 180 度	734D				腾空摆莲 540 度	734G

Optional Taijiquan Routines and Group Routines - Balance, Leg & Jumping Techniques Degree of Difficulty

Classifications, Codes and Values (Table 2)

Type	Grade	Value	Technique Content	Code	Type	Grade	Value	Technique Content	Code
Balance Techniques	B	0.25	<i>Qián Jǔ Tuǐ Dī Shì Píng Héng</i> (Low Balance with Leg Stretched Forward)	500B	Jumping Techniques	D	0.35	<i>Téng Kōng Zhèng Tī Tuǐ</i> (Jumping Front Straight Kick)	726D
	C	0.30	<i>Hòu Chā Tuǐ Dī Shì Píng Héng</i> (Low Balance with Leg Crossed Behind)	501C		E	0.40	<i>Xuàn Fēng Jiǎo 360</i> (Tornado Kick 360 Degree)	735E
Leg Techniques	B	0.25	<i>Dēng Jiǎo</i> (Heel Kick)	612B				<i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree)	734E
			<i>Fēn Jiǎo</i> (Parting Kick)	613B		F	0.45	<i>Xuàn Fēng Jiǎo 450</i> (Tornado Kick 450 Degree)	735F
								<i>Téng Kōng Bǎi Lián 450</i> (Jumping Lotus Kick 450 Degree)	734F
Jumping Techniques	C	0.30	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick)	726C		G	0.50	<i>Xuàn Fēng Jiǎo 540</i> (Tornado Kick 540 Degree)	735G
	D	0.35	<i>Xuàn Fēng Jiǎo 180</i> (Tornado Kick 180 Degree)	735D				<i>Téng Kōng Bǎi Lián 540</i> (Jumping Lotus Kick 540 Degree)	734G
			<i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree)	734D					

表-3 自选太极拳套路与集体套路连接、位置难度等级、分值及编码

类别	等级	分值	动作	编码
动动连接	A	0.05	腾空飞脚+（原地）腾空摆莲 180 度	726C+734D
			杨式、陈式、吴式倒卷肱+（1 步内）腾空飞脚	120A、121A、122A+726C
			陈式退步压肘+（1 步内）腾空飞脚	231+726C
			陈式斩手-翻花舞袖+（1 步内）腾空飞脚	241+726C
	B	0.10	腾空飞脚+（原地）腾空摆莲 360 度	726C+734E
			杨式、吴式接膝拗步+（1 步内）腾空正踢腿	110A、112A+726D
			杨式、吴式下势+（1 步内）腾空正踢腿	170A、172A+726D
	C	0.15	腾空飞脚+腾空摆莲 450 度	726C+734F
D	0.20	腾空飞脚+腾空摆莲 540 度	726C+734G	
动静连接	A	0.05	蹬脚、分脚、摆莲+提膝独立转体 180 度	611B、613B 、460+3
	B	0.10	腾空飞脚+单脚落	726C+2
			腾空摆莲 180 度+跌叉	734D+1
	C	0.15	旋风脚 180 度+单脚落	735D+2
			腾空摆莲 180 度+单脚落	734D+2
			腾空正踢腿（1 步内）+单脚落	726D+2
			腾空摆莲 360 度+跌叉	734E+1
	D	0.20	旋风脚 360 度+提膝独立	735E+3
			腾空摆莲 360 度+提膝独立	734E+3
			腾空摆莲 450 度+跌叉	734F+1
	E	0.25	旋风脚 450 度+提膝独立	735F+3
			腾空摆莲 450 度+提膝独立	734F+3
			腾空摆莲 540 度+跌叉	734G+1
	F	0.30	旋风脚 540 度+提膝独立	735G+3
腾空摆莲 540 度+提膝独立			734G+3	
静静连接	B	0.10	前举腿低势平衡抡劈剑+蹬脚、分脚架剑	500B+611B、613B
	C	0.15	后插腿低势平衡+蹬脚、分脚	502C+611B、613B
位置	B	0.10	旋风脚 450 度+提膝独立+位置	（735F+3）+5
			腾空摆莲 450 度+提膝独立+位置	（734F+3）+5
	D	0.20	旋风脚 540 度+提膝独立+位置	（735G+1）+5
			腾空摆莲 540 度+提膝独立+位置	（734G+3）+5

Optional Taijiquan Routines and Group Routines - Degree of Difficulty Connections & Location Classifications, Codes and Values (Table 3)

Type	Grade	Value	Technique	Code
Dynamic + Dynamic Connection	A	0.05	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + (on the spot) <i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree)	726C+734D
			<i>Yáng Shì; Chén Shì; Wú Shì Dào Juān Gōng</i> + (within 1 step) <i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick)	120A、121A、 122A+726C
			<i>Chén Shì Tuì Bù Yā Zhǒu</i> + (within 1 step) <i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick)	231+726C
			<i>Chén Shì Zhǎn Shǒu -> Fān Huā Wǔ Xiù</i> + (within 1 step) <i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick)	241+726C
	B	0.10	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + (on the spot) <i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree)	726C+734E
			<i>Yáng Shì; Wú Shì Lǒu Xī Ao Bù</i> + (within 1 step) <i>Téng Kōng Zhèng Tī Tuǐ</i> (Jumping Front Straight Kick)	110A, 112A +726D
			<i>Yáng Shì; Wú Shì Xià Shì</i> + (within 1 step) <i>Téng Kōng Zhèng Tī Tuǐ</i> (Jumping Front Straight Kick)	170A, 172A +726D
	C	0.15	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + (on the spot) <i>Téng Kōng Bǎi Lián 450</i> (Jumping Lotus Kick 450 Degree)	726C+734F
	D	0.20	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + (on the spot) <i>Téng Kōng Bǎi Lián 540</i> (Jumping Lotus Kick 540 Degree)	726C+734G
	Dynamic + Static Connection	A	0.05	<i>Dēng Jiǎo</i> (Heel Kick), <i>Fēn Jiǎo</i> (Parting Kick), <i>Bǎi Lián</i> (Lotus Kick) + Body Twist with Single Knee Raised 180 degree
B		0.10	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + Single-Foot Landing	726C+2
			<i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree) + Hurdler-Split Position Landing	734D+1
C		0.15	<i>Xuàn Fēng Jiǎo 180</i> (Tornado Kick 180 Degree) + Single-Foot Landing	735D+2
			<i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree) + Single-Foot Landing	734D+2
			(within 1 step) <i>Téng Kōng Zhèng Tī Tuǐ</i> (Jumping Front Straight Kick) + Single-Foot Landing	726D+2
			<i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree) + Hurdler-Split Position Landing	734E+1
D		0.20	<i>Xuàn Fēng Jiǎo 360</i> (Tornado Kick 360 Degree) + Single-Knee Raised Landing	735E+3
			<i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree) + Single-Knee Raised Landing	734E+3
			<i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree) + Hurdler-Split Position Landing	734F+1
E		0.25	<i>Xuàn Fēng Jiǎo 450</i> (Tornado Kick 450 Degree) + Single-Knee Raised Landing	735F+3

			Téng Kōng Bǎi Lián 450 (Jumping Lotus Kick 450 Degree) + Single-Knee Raised Landing	734F+3
			Téng Kōng Bǎi Lián 540 (Jumping Lotus Kick 540 Degree) + Hurdler-Split Position Landing	734G+1
			Xuàn Fēng Jiǎo 540 (Tornado Kick 540 Degree) + Single-Knee Raised Landing	735G+3
			Téng Kōng Bǎi Lián 540 (Jumping Lotus Kick 540 Degree) + Single-Knee Raised Landing	734G+3
Static + Dynamic + Static Connection	B	0.10	Qián Jǔ Tuǐ Dī Shì Píng Héng (Low Balance with Leg Stretched Forward with Full Chop) + Dēng Jiǎo (Heel Kick)/ Fēn Jiǎo (Parting Kick)	500B+611B、 613B
	C	0.15	Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind) + Dēng Jiǎo (Heel Kick)/ Fēn Jiǎo (Parting Kick)	502C+611B、 613B
Difficulty of Location	B	0.10	Xuàn Fēng Jiǎo 450 (Tornado Kick 450 Degree) + Single-Knee Raised Landing + Difficulty Location	(735F+3) +5
			Téng Kōng Bǎi Lián 450 (Jumping Lotus Kick 450 Degree) + Single-Knee Raised Landing + Difficulty Location	(734F+3)+5
	D	0.20	Xuàn Fēng Jiǎo 540 (Tornado Kick 540 Degree) + Single-Knee Raised Landing + Difficulty Location	(735G+1)+5
			Téng Kōng Bǎi Lián 540 (Jumping Lotus Kick 540 Degree) + Single-Knee Raised Landing + Difficulty Location	(734G+3)+5

表-4 自选太极剑套路、集体套路连接、位置难度等级、分值及编码

类别	等级	分值	动作内容	编码
动动连接	A	0.05	腾空飞脚+(原地)腾空摆莲 180 度	726C+734D
			杨式、陈式青龙出水+(1步内)腾空飞脚	300A、301+726C
			陈式翻花舞袖+(1步内)腾空飞脚	381A+726C
	B	0.10	腾空飞脚+(原地)腾空摆莲 360 度	726C+734E
			杨式、陈式青龙出水+(1步内)腾空正踢腿	300A、301A +726D
			陈式翻花舞袖+(1步内)腾空正踢腿	381A+726D
C	0.15	腾空飞脚+(原地)腾空摆莲 450 度	726C+734F	
D	0.20	腾空飞脚+(原地)腾空摆莲 540 度	726C+734G	
动静连接	A	0.05	蹬脚、分脚、摆莲+提膝独立转体 180 度	611B、613B 、460+3
	B	0.10	腾空飞脚+单脚落	726C+2
			腾空摆莲 180 度+跌叉	734D+1
	C	0.15	旋风脚 180 度+单脚落	735D+2
			腾空摆莲 180 度+单脚落	734D+2
			腾空正踢腿 (1步内) +单脚落	726D+2
			腾空摆莲 360 度+跌叉	734E+1
	D	0.20	旋风脚 360 度+提膝独立	735E+3
			腾空摆莲 360 度+提膝独立	374E+3
			腾空摆莲 450 度+跌叉	734F+1
E	0.25	旋风脚 450 度+提膝独立	735F+3	

	F	0.30	腾空摆莲 450 度+提膝独立	374F+3
			腾空摆莲 540 度+跌叉	734G+1
			旋风脚 540 度+提膝独立	735G+3
			腾空摆莲 540 度+提膝独立	374G+3
静静连接	B	0.10	前举腿低势平衡劈剑+蹬脚、分脚架剑	500B+611B、613B
	C	0.15	后插腿低势平衡+削剑蹬脚、分脚架剑	502C+611B、613B
位置	B	0.10	旋风脚 450 度+提膝独立+位置	(735F+3) +5
			腾空摆莲 450 度+提膝独立+位置	(734F+3) +5
	D	0.20	旋风脚 540 度+提膝独立+位置	(734G+3) +5
			腾空摆莲 540 度+提膝独立+位置	(735G+3) +5

Optional Taijijian Routines and Group Routines - Degree of Difficulty Connections & Location Classifications, Codes and Values (Table 4)

Type	Grade	Value	Technique	Code
Dynamic + Dynamic Connection	A	0.05	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + (on the spot) <i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree)	726C+734D
			<i>Yáng Shì / Chén Shì Qīng Lóng Chū Shuǐ</i> + (within 1 step) <i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick)	300A、 301+726C
			<i>Chén Shì Fān Huā Wǔ Xiù</i> + (within 1 step) <i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick)	381A+726C
	B	0.10	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + <i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree)	726C+734E
			<i>Yáng Shì / Chén Shì Qīng Lóng Chū Shuǐ</i> + (within 1 step) <i>Téng Kōng Zhèng Tī Tuǐ</i> (Jumping Front Straight Kick)	300A、301A +726D
			<i>Chén Shì Fān Huā Wǔ Xiù</i> + (within 1 step) <i>Téng Kōng Zhèng Tī Tuǐ</i> (Jumping Front Straight Kick)	381A+726D
	C	0.15	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + <i>Téng Kōng Bǎi Lián 450</i> (Jumping Lotus Kick 450 Degree)	726C+734F
D	0.20	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + <i>Téng Kōng Bǎi Lián 540</i> (Jumping Lotus Kick 540 Degree)	726C+734G	
Dynamic + Static Connection	A	0.05	<i>Dēng Jiǎo</i> (Heel Kick), <i>Fēn Jiǎo</i> (Parting Kick), <i>Bǎi Lián</i> (Lotus Kick) + Body Twist with Single Knee Raised 180 degree	611B、613B、 460+3
	B	0.10	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick + Single-Foot Landing)	726C+2
			<i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree) + Hurdler-Split Position Landing	734D+1
	C	0.15	<i>Xuàn Fēng Jiǎo 180</i> (Tornado Kick 180 Degree) + Single-Foot Landing	735D+2
			<i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree) + Single-Foot Landing	734D+2
			(within 1 step) <i>Téng Kōng Zhèng Tī Tuǐ</i> (Jumping Front Straight Kick) + Single-Foot Landing	726D+2
			<i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree) + Hurdler-Split Position Landing	734E+1

	D	0.20	Xuàn Fēng Jiǎo 360 (Tornado Kick 360 Degree) + Single-Knee Raised Landing	735E+3
			Téng Kōng Bǎi Lián 360 (Jumping Lotus Kick 360 Degree) + Single-Knee Raised Landing	374E+3
			Téng Kōng Bǎi Lián 450 (Jumping Lotus Kick 450 Degree) + Hurdler-Split Position Landing	734F+1
	E	0.25	Xuàn Fēng Jiǎo 450 (Tornado Kick 450 Degree) + Single-Knee Raised Landing	735F+3
			Téng Kōng Bǎi Lián 450 (Jumping Lotus Kick 450 Degree) + Single-Knee Raised Landing	374F+3
			Téng Kōng Bǎi Lián 540 (Jumping Lotus Kick 540 Degree) + Hurdler-Split Position Landing	734G+1
	F	0.30	Xuàn Fēng Jiǎo 540 (Tornado Kick 540 Degree) + Single-Knee Raised Landing	735G+3
			Téng Kōng Bǎi Lián 540 (Jumping Lotus Kick 540 Degree) + Single-Knee Raised Landing	374G+3
	Static + Dynamic + Static Connection	B	0.10	Qián Jǔ Tuǐ Dī Shì Píng Héng Pī Jiàn (Low Balance with Leg Stretched Forward with Sword Chop) + Dēng Jiǎo (Heel Kick), Fēn Jiǎo (Parting Kick) and Raise Sword
C		0.15	Hòu Chā Tuǐ Dī Shì Píng Héng Xuē Jiàn (Low Balance with Leg Crossed Behind with sword cut) + Bǎi Lián (Lotus Kick) + Dēng Jiǎo (Heel Kick), Fēn Jiǎo (Parting Kick) and Raise Sword	502C+ 611B、613B
Difficulty of Location	B	0.10	Xuàn Fēng Jiǎo 450 (Tornado Kick 450 Degree) + Single-Knee Raised Landing + Difficulty Location	(735F+3) +5
			Téng Kōng Bǎi Lián 450 (Jumping Lotus Kick 450 Degree) + Single-Knee Raised Landing + Difficulty Location	(734F+3) +5
	D	0.20	Xuàn Fēng Jiǎo 540 (Tornado Kick 540 Degree) + Single-Knee Raised Landing + Difficulty Location	(734G+1) +5
			Téng Kōng Bǎi Lián 540 (Jumping Lotus Kick 540 Degree) + Single-Knee Raised Landing + Difficulty Location	(735G+3) +5

表-5 集体套路（3拳3剑）上抛难度等级、分值及编码

类别	等级	分值	动作内容	编码
上抛	A	0.05	抛+腾空正踢腿（1步内）+单脚落	4+（726D+2）
			抛+旋风脚180度+单脚落	4+（735D+2）
			抛+腾空摆莲180度+单脚落	4+（734D+2）
	B	0.10	抛+旋风脚360度+提膝独立	4+（735E+3）
			抛+腾空摆莲360度+提膝独立	4+（374E+3）
	C	0.15	抛+旋风脚450度+提膝独立	4+（735F+3）
			抛+腾空摆莲450度+提膝独立	4+（374F+3）
	D	0.20	抛+旋风脚540度+提膝独立	4+（735G+3）
		抛+腾空摆莲540度+提膝独立	4+（374G+3）	

Group Routines (3 Bare Hand & 3 Straight sword) - Degree of Difficulty Launch Classifications, Codes and Values (Table 5)

Type	Grade	Value	Technique	Code
Difficulty of Launch	A	0.05	Launch + (within 1 step) <i>Téng Kōng Zhèng Tī Tuǐ</i> (Jumping Front Straight Kick) + Single-Foot Landing	4+ (726D+2)
			Launch + <i>Xuàn Fēng Jiǎo 180</i> (Tornado Kick 180 Degree) + Single-Foot Landing	4+ (735D+2)
			Launch + <i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree) + Single-Foot Landing	4+ (734D+2)
	B	0.10	Launch + <i>Xuàn Fēng Jiǎo 360</i> (Tornado Kick 360 Degree) + Single-Knee Raised Landing	4+ (735E+3)
			Launch + <i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree) + Single-Knee Raised Landing	4+ (374E+3)
	C	0.15	Launch + <i>Xuàn Fēng Jiǎo 450</i> (Tornado Kick 450 Degree) + Single-Knee Raised Landing	4+ (735F+3)
			Launch + <i>Téng Kōng Bǎi Lián 450</i> (Jumping Lotus Kick 450 Degree) + Single-Knee Raised Landing	4+ (374F+3)
	D	0.20	Launch + <i>Xuàn Fēng Jiǎo 540</i> (Tornado Kick 540 Degree) + Single-Knee Raised Landing	4+ (735G+3)
			Launch + <i>Téng Kōng Bǎi Lián 540</i> (Jumping Lotus Kick 540 Degree) + Single-Knee Raised Landing	4+ (374G+3)

二、规定项目

2. Compulsory Routines

表-6 规定太极拳式动作难度等级、分值及编码

类别	等级	分值	动作	编码	类别	等级	分值	动作	编码	
杨式 指定 拳式	A	0.20	左右野马分鬃	0101A	杨式 指定 拳式	A	0.20	左右伏虎	0115A	
			左右搂膝拗步	0102A				退步跨虎-转身摆莲	0116B	
			左右倒卷肱	0103A				弯弓射虎	0117A	
			揽雀尾	0104A				双峰贯耳	0118A	
			云手 2 次	0105A	杨式 备选 拳式				白鹤亮翅	0201
			左右玉女穿梭	0106A					拍脚	0202
			海底针-闪通背	0107A					手挥琵琶	0203
			下势	0108A					肘底捶	0204
			搬拦捶	0109A					高探马	0205
			单鞭	0110A					指裆捶	0206
			如封似闭	0111A					上步七星	0207
			白蛇吐信	0112A					起势	0208
			蹬脚	0113B					收势	0209

			分脚	0114B						
陈式 指定 拳式	A	0.20	左右野马分鬃	1101A	陈式 指定 拳式	A	0.20	双震脚-侧蹬-玉女穿梭	1117A	
			懒扎衣-六封四闭	1102A				左右金鸡独立	1118A	
			单鞭	1103A				提收-前趟	1119A	
			左右倒卷肱	1104A				当头炮	1120A	
			搬拦捶-护心捶	1105A	陈式 备选 拳式				退步跨虎-转身摆莲	1201
			斜行拗步	1106A					白鹤亮翅	1202
			斩手-翻花舞袖	1107A					青龙出水	1203
			掩手肱捶	1108A					连珠炮	1204
			云手2次	1109A					白猿献果	1205
			披身捶-背折靠	1110A					前招-后招	1206
			白蛇吐信-闪通背	1111A					海底翻花	1207
			二起脚	1112C					雀地龙	1208
			退步压肘	1113A					蹬一跟	1209
			顺鸾肘-裹鞭炮	1114A					双推手	1210
			摆莲跌叉	1115A					起势	1211
			金刚捣碓	1116A					收势	1212

Compulsory Routine Hand Technique Degree of Difficulty Classifications, Codes and Values (Table 6)

Type	Grade	Value	Technique	Code	Type	Grade	Value	Technique	Code		
Yang Style Specific Hand Techniques	A	0.20	Zuǒ Yòu Yě Mǎ Fēn Zōng	0101A	Yang Style Specific Hand Techniques	A	0.20	Zuǒ Yòu Fú Hǔ	0115A		
			Zuǒ Yòu Lǒu Āi Āo Bù	0102A				Tuǐ Bù Kuà Hǔ -> Zhuǎn Shēn Bǎi Lián	0116B		
			Zuǒ Yòu Dào Juǎn Gōng	0103A				Wǎn Gōng Shè Hǔ	0117A		
			Lǎn Què Wěi	0104A				Shuāng Fēng Guàn Ēr	0118A		
			Yún Shǒu (twice)	0105A	Yang Style Alternative Hand Techniques					Bái Hè Liàng Chì	0201
			Zuǒ Yòu Yù Nǚ Chuān Suǒ	0106A						Pāi Jiǎo	0202
			Hǎi Dī Zhēn -> Shǎn Tōng	0107A						Shǒu Huī Pí pá	0203
			Bèi							Zhōu Dī Chuí	0204
			Xià Shì	0108A						Gāo Tàn Mǎ	0205
			Bǎn Lán Chuí	0109A						Zhǐ Dāng Chuí	0206
			Dǎn Biān	0110A						Shàng Bù Qǐ Xíng	0207
			Rú Fēng Shì Bì	0111A						Qǐ Shì	0208
			Bái Shé Tǔ Xīn	0112A						Shou Shi	0209
			Dēng Jiǎo	0113B							
Fēn Jiǎo	0114B										
Chen Style Specific Hand Techniques	A	0.20	Zuǒ Yòu Yě Mǎ Fēn Zōng	1101A	Chen Style Specific Hand Techniques	A	0.20	Shuāng Zhèn Jiǎo -> Cè Dēng -> Yù Nǚ	1117A		
			Lǎn Zhā Yī -> Liú Fēng Sì Bì	1102A				Chuān Suǒ			
			Dǎn Biān	1103A				Zuǒ Yòu Jīn Jī Dú Lì	1118A		
			Zuǒ Yòu Dào Juǎn Gōng	1104A				Tí Shǒu -> Qián Tōng	1119A		
			Bǎn Lán Chuí -> Hù Xīn Chuí	1105A	Chen Style Alternative Hand Techniques					Tuǐ Bù Kuà Hǔ -> Zhuǎn Shēn Bǎi Lián	1201
			Xié Xíng Āo Bù	1106A						Bái Hè Liàng Chì	1202
			Zhǎn Shǒu -> Fān Huā Wǔ	1107A						Qīng Lóng Chū Shuǐ	1203
			Xiū							Lián Zhū Pào	1204
			Yǎn Shǒu Gōng Chuí	1108A						Bái Yuán Xiàn Guō	1205
			Yún Shǒu (twice)	1109A						Qián Zhāo -> Hòu Zhāo	1206
			Pí Shēn Chuí -> Bèi Zhé Kào	1110A						Hǎi Dī Fān Huā	1207
			Bái Shé Tǔ Xīn -> Shǎn	1111A						Què De Lóng	1208
			Tōng Bèi							Dēng Yī Gēn	1209
			Er Qǐ Jiǎo	1112C						Shuāng Tuǐ Shǒu	1210
			Tuǐ Bù Yā Zhōu	1113A						Qǐ Shì	1211
			Shùn Luán Zhōu -> Guō	1114A						Shou Shi	1212
			Biān Pào								
			Bǎi Lián Diē Chā	1115A							
			Jīn Gāng Dǎo Duì	1116A							

表-7 规定太极剑式动作难度级、分值及编码

类别	等级	分值	动作	编码	类别	等级	分值	动作	编码		
杨式 指定 剑式	A	0.20	青龙出水（弓步平刺）	0301A	杨式 指定 剑式	A	0.20	风舞落叶（歇步压剑）	0318A		
			大鹏展翅（弓步削剑）	0302A				乌龙绞水（进步绞剑）	0319A		
			海底捞月（左右撩剑）	0303A				指南针（弓步直刺）	0320A		
			左右车轮（进步挂点）	0304A	杨式 备选 剑式					拨云望日（弓步云抹）	0401
			顺水推舟（弓步下刺）	0305A						魁星势（独立反刺）	0402
			燕子抄水（仆步扫剑）	0306A						白猿献果（并步平刺）	0403
			流星赶月（弓步抡劈）	0307A						腰斩白蛇（弓步平斩）	0404
			迎风掸尘（弓步拦剑）	0308A						怀中抱月（丁步回抽）	0405
			乌龙摆尾（虚步劈剑）	0309A						狮子摇头（左右带剑）	0406
			野马跳涧（跳步平刺）	0310A						虎抱头（独立捧剑）	0407
			挑帘势（独立上托）	0311A						探海势（独立抡劈）	0408
			哪吒探海（弓步下刺）	0312A						犀牛望月（弓步回抽）	0409
			蜻蜓点水（并步点剑）	0313A						射雁势（虚步劈剑）	0410
			宿鸟投林（独立上刺）	0314A						古树盘根（歇步崩剑）	0411
			风卷荷叶（弓步带剑）	0315A						起势	0412
			白云盖顶（蹬脚架剑）	0316A						收势	0413
			风扫梅花（旋转平抹）	0317A							
陈式 指定 剑式	A	0.20	青龙出水（弓步平刺）	1301A	陈式 指定 剑式	A	0.20	饿虎扑食（弓步上刺）	1320A		
			斜飞势（弓步削剑）	1302A				流星赶月（弓步抡劈）	1321A		
			海底捞月（上步撩剑）	1303A				力托千斤（弓步横推）	1322A		
			燕子啄泥（进步挂点）	1304A	陈式 备选 剑式					朝阳剑（独立架剑）	1401
			罗汉降龙（弓步下刺）	1305A						盖拦势（回抽顶肘）	1402
			白蛇吐信（横扫平刺）	1306A						双震惊雷（震脚下压）	1403
			怪蟒翻身（转身劈剑）	1307A						金鸡独立（独立撩托）	1404
			翻花舞袖（跃起下劈）	1308A						展翅点头（反撩下刺）	1405
			野马跳涧（跳步平刺）	1309A						古树盘根（歇步托剑）	1406
			拨草寻蛇（上步撩扫）	1310A						青龙摆尾（平刺撩剑）	1407
			鹰熊斗智（独立上托）	1311A						乌龙摆尾（左右劈剑）	1408
			哪吒探海（弓步下刺）	1312A						钟馗仗剑（撤步架剑）	1409
			闭门势（虚步提剑）	1313A						黑熊翻背（转身抡劈）	1410
			仙人指路（独立下刺）	1314A						凤凰点头（上步后点）	1411
			白猿献果（分手云剑）	1315A						护膝剑（左右撩剑）	1412
			叶底藏花（仆步捧剑）	1316A						韦陀献杵（跟步平刺）	1413
			摘星换斗（马步推剑）	1317A						金针指南（并步平刺）	1414
			磨盘剑（旋转平抹）	1318A						蜻蜓点水（跟步点剑）	1415
			箭似离弦（侧蹬截剑）	1319A						金刚献指（虚步前指）	1416
		起势	1417								
		收势	1418								

Compulsory Routine Sword Technique Degree of Difficulty Classifications, Codes and Values (Table 7)

Type	Grade	Value	Technique	Code	Type	Grade	Value	Technique	Code	
Yang Style Specific Sword Techniques	A	0.20	<i>Qīng Lóng Chū Shuǐ</i>	0301A	Yang Style Specific Sword Techniques	A	0.20	<i>Fēng Wǔ Luò Yè</i>	0318A	
			<i>Dà Péng Zhǎn Chì</i>	0302A				<i>Wū Lóng Jiǎo Shuǐ</i>	0319A	
			<i>Hǎi Dǐ Lǎo Yuè</i>	0303A				<i>Zhǐ Nán Zhēn</i>	0320A	
			<i>Zuǒ Yòu Chē Lún</i>	0304A	Yang Style Alternative Sword Techniques				<i>Bō Yún Wàng Rì</i>	0401
			<i>Shun Shuǐ Tuī Zhōu</i>	0305A					<i>Kuí Xīng Shì</i>	0402
			<i>Yàn Zǐ Chāo Shuǐ</i>	0306A					<i>Bái Yuán Xiàn Guǒ</i>	0403
			<i>Liú Xīng Gǎn Yuè</i>	0307A					<i>Yāo Zhǎn Bái Shé</i>	0404
			<i>Yíng Fēng Dǎn Chén</i>	0308A					<i>Huái Zhōng Bào Yuè</i>	0405
			<i>Wū Lóng Bǎi Wěi</i>	0309A					<i>Shī Zǐ Yáo Tóu</i>	0406
			<i>Yě Mǎ Tiào Jiàn</i>	0310A					<i>Hǔ Bào Tóu</i>	0407
			<i>Tiāo Lián Shì</i>	0311A					<i>Tàn Hǎi Shì</i>	0408
			<i>Nǎ Zhā Tàn Hǎi</i>	0312A					<i>Xī Niú Wàng Yuè</i>	0409
			<i>Qīng Tíng Diǎn Shuǐ</i>	0313A					<i>Shè Yàn Shì</i>	0410
			<i>Sù Niǎo Tóu Lín</i>	0314A					<i>Gǔ Shù Pán Gēn</i>	0411
			<i>Fēng Juǎn Hé Yè</i>	0315A					<i>Qǐ Shì</i>	0412
			<i>Bái Yún Gài Dǐng</i>	0316A					<i>Shou Shì</i>	0413
			<i>Fēng Sǎo Méi Huā</i>	0317A						
Chen Style Specific Sword Techniques	A	0.20	<i>Qīng Lóng Chū Shuǐ</i>	1301A	Chen Style Specific Sword Techniques	A	0.20	<i>È Hǔ Pū Shí</i>	1320A	
			<i>Xié Fēi Shì</i>	1302A				<i>Liú Xīng Gǎn Yuè</i>	1321A	
			<i>Hǎi Dǐ Lǎo Yuè</i>	1303A				<i>Lì Tuō Qiān Jīn</i>	1322A	
			<i>Yàn Zǐ Zhuó Ní</i>	1304A	Chen Style Alternative Sword Techniques				<i>Zhāo Yáng Jiàn</i>	1401
			<i>Luó Hàn Xiáng Lóng</i>	1305A					<i>Gài Lán Shì</i>	1402
			<i>Bái Shé Tǔ Xīn</i>	1306A					<i>Shuāng Zhèn Jīng Léi</i>	1403
			<i>Guài Mǎng Fān Shēn</i>	1307A					<i>Jīn Jī Dú Lì</i>	1404
			<i>Fān Huā Wǔ Xiù</i>	1308A					<i>Zhǎn Chì Diǎn Tóu</i>	1405
			<i>Yě Mǎ Tiào Jiàn</i>	1309A					<i>Gǔ Shù Pán Gēn</i>	1406
			<i>Bō Cǎo Xún Shé</i>	1310A					<i>Qīng Lóng Bǎi Wěi</i>	1407
			<i>Yīng Xióng Dòu Zhì</i>	1311A					<i>Wū Lóng Bǎi Wěi</i>	1408
			<i>Nǎ Zhā Tàn Hǎi</i>	1312A					<i>Zhōng Kuí Zhàng Jiàn</i>	1409
			<i>Bì Mén Shì</i>	1313A					<i>Hēi Xióng Fān Bèi</i>	1410
			<i>Xiān Rén Zhǐ Lù</i>	1314A					<i>Fèng Huáng Diǎn Tóu</i>	1411
			<i>Bái Yuán Xiàn Guǒ</i>	1315A					<i>Hù Xī Jiàn</i>	1412
			<i>Yè Dǐ Cáng Huā</i>	1316A					<i>Wéi Tuó Xiàn Chǔ</i>	1413
			<i>Zhāi Xīng Huàn Dòu</i>	1317A					<i>Jīn Zhēn Zhǐ Nán</i>	1414
			<i>Mò Pán Jiàn</i>	1318A					<i>Qīng Tíng Diǎn Shuǐ</i>	1415
			<i>Jiàn Shì Lí Xián</i>	1319A					<i>Jīngāng Xiàn Zhǐ</i>	1416
		<i>Qǐ Shì</i>	1417							

第二章 裁判方法 Chapter 2 – General Competition Regulations

第三十四条 动作完成的裁判 Article 34 – Judging Method

一、动作规格的评判 1. Appraisal of Technique Specifications

(一) 一个动作中出现多种规格错误，只扣 0.10 分。

(1.1) Should the athlete commit the same error in contrast to a movement's specifications for the same technique multiple times, only 0.10 will be deducted.

(二) 拳型、掌型、剑指、握剑出现错误，均分别一次性扣 0.10 分。

(1.2) Errors with fist form, palm form, sword fingers and sword grip are deducted at 0.10 respectively.

(三) 一个拳式或剑式中多次出现步型、身型、上步、手法、剑法错误，均分别一次性扣 0.10 分。

(1.3) During the execution of a single technique (hand or sword), should the athlete commit multiple repetitive errors of stance, footwork (stepping), posture, hand method or sword method, only 0.10 will be deducted per type.

(四) 集体项目一种队形中多次出现纵横不整齐错误，只扣 0.10 分；同一种动作中多次出现配合不一致，只扣 0.10 分。

(1.4) During a group routine performance, should the athletes commit the same error of formation alignment repetitively, only 0.10 will be deducted; should they perform numerous errors of co-ordination/timing within a single technique, only 0.10 will be deducted.

(五) 马步两脚间距过大，指两脚横向距离超过本人脚长的 3.5 倍。

(1.5) Distance between the two feet in **Mǎ Bù** (Horse Stance) too great refers to a horizontal distance between the feet being greater than three and a half (3.5x) of the performer's foot lengths.

(六) 膝与脚尖未对正，指上步或虚步时支撑腿的膝尖横向位移超过支撑脚的内沿。

(1.6) Knee and toes misaligned refers to the knee-tip of the supporting leg being drawn in and surpassing the vertical line of the medial portion of the supporting foot when stepping or in forming **Xū Bù** (Empty Stance).

(七) 仆腿全脚掌未内扣着地，指脚掌掀起或内扣踝角大于 90 度。

(1.8) During **Pū Bù** (Crouching Stance), the sole of the extended foot not totally in contact with the floor and not hooked inwards refers to the sole of the foot being off the floor and/or the angle created by the ankle between the lower leg and the foot being greater than 90 degrees.

(八) 剑的持握方法

(1.8) Sword Gripping Method

1、螺把持握：虎口向上斜对剑的护手处，食指、中指、无名指和小指依次向下斜握剑把，拇指弯曲压在食指第三指骨上，形似螺状。

1.8.1 Conch Grip: The "tiger's mouth" (the area between the thumb and the index finger) is facing obliquely upwards towards the sword hand guard, and the index finger, middle finger, ring finger and little finger are pointing obliquely downwards

toward the bottom of the handle. The thumb is bent and pressing on the third segment (end) of the index finger with the hand forming the shape of the shell of a conch.

2、全把持握：虎口向上正对剑的护手处，食指、中指、无名指和小指并拢握紧，拇指弯曲压在食指第二指骨上，手腕挺直。

1.8.2 Full Grip: The “tiger’s mouth” (the area between the thumb and the index finger) is facing directly upwards towards the sword hand guard, and the index finger, middle finger, ring finger and little finger are pointing directly downwards toward the bottom of the handle all with equal pressure applied. The thumb is bent and pressing on the second segment of the index finger. The wrist is straight.

3、钳把持握：虎口向上靠近护手处，以拇指和食指钳住剑把上部，其余三指自然附在剑把上。

1.8.3 Pincer Grip: The “tiger’s mouth” (the area between the thumb and the index finger) is facing upwards in contact with the sword hand guard, with the thumb and the index finger pinching tightly on the upper portion of the handle. The other 3 fingers are naturally holding the handle.

(九) 动作规格错误扣分标准及编码 (见表-8)

(1.9) Technique Specifications – Errors and Deduction Codes (Table 8)

二、其它错误 2. Other Errors

(一) “晃动”指支撑状态时，上体出现的双向或多向位移。“小晃动”指上体位移小于或等于45度；“大晃动”指上体位移超过45度。

(2.1) “Sway” refers to errors of balance and is defined and confirmed when the athlete’s upper body sways in 2 or more different directions. “Minor Sway” refers to the upper body being displaced to a degree of 1 degree up to 45 degrees. “Major Sway” refers to the upper body being displaced to a degree of more than 45 degrees.

(二) “移动”指双脚支撑不稳时，出现的任何一脚位移；或单脚支撑重心不稳时，出现的非支撑脚下落移动。

(2.2) “Shuffle” refers to not standing in a stable and balanced manner, should the supporting foot/feet move or be displaced laterally, it will be considered a shuffle. Also, when standing on a single foot, should the athlete lose his/her balance and is required to put the raised leg down by stepping forward etc. in order to regain stability, it will be considered a shuffle.

(三) “附加支撑”指由于失去平衡造成手、肘、膝、头部、非支撑脚触地或借助器械撑地。

(2.3) “Additional Support” - Should an athlete during his/her performance, either when moving or in a set posture, lose balance and make use of a hand, elbow, head, knee, non-supporting leg (during a single leg posture) or the weapon as an additional support it is considered as an additional support.

(四) “倒地”指双手、上臂、肩背、臀部、躯干等身体部位触地。

(2.4) “Fall” - Should an athlete during his/her performance, either when moving or in a set posture, lose balance and make use of both hands, the head, the upper arm (above the elbow), shoulder, torso, buttocks etc. it is considered as a fall.

(五) “平衡静止时间”的计时，是以平衡动作首次出现的静止状态开始。

(2.5) “Balance Technique Motionless State Timing”: Calculation of time begins when the movement stops in a static or motionless state for the first time.

(六) 一个动作中连续出现两个以上其他错误，应累计扣分。

(2.6) Should an athlete commit two or more consecutive “other errors” during the execution of a single technique, the deductions should be accumulated.

(七) 其它错误扣分标准及编码（见表-8）

(2.7) Other Errors – Descriptions and Deduction Codes (Table 8)

表-8 动作规格错误扣分标准及编码 **Technique Specifications – Errors and Deduction Codes (Table 8)**

类别 Type	动作 Technique	规格错误 Technique Specification Error	扣分 Value	编码 Code
拳式 剑式 Hand Styles / Weapon Styles	拳型 Fist Form	拳面不平 Face of fist uneven	0. 10	10
	掌型 Palm Form	指间隙过大或手指明显弯曲；掌心外凸 Obvious gaps between fingers or the fingers obviously bent; Center of palm pressed outwards		11
	弓步 Gōng Bù (Bow Stance)	前腿膝部超出脚尖；后腿明显弯曲或脚跟离地 Knee of front leg surpasses the toes; Rear leg obviously bent or the heel is off the floor.		12
	马步、偏马步 Mǎ Bù (Horse Stance); Piān Mǎ Bù (Partial Horse Stance)	两脚间距过大 Distance between the two feet is too large		13
	仆步 Pū Bù (Crouching Stance)	仆腿未伸直；仆腿全脚掌未内扣着地 Extended leg not straight; Sole of the extended foot not totally in contact with the floor and not hooked inwards.		14
	虚步 Xū Bù (Empty Stance)	支撑腿膝与脚尖未对正；前脚跟着地 Knee and toes of supporting leg misaligned; Heel of front foot on floor		15
	身型 Body Posture	翻臀弓背；伸髋后仰 Buttocks turned outwards, Back hunched; Hip Protruding, Back leaning		16
	手法 Hand Technique	直臂、耸肩、抬肘 Arm Straight, Shoulder Raised, Elbow Lifted		17
	上步 Shàngbù (Advancing Step)	支撑腿膝与脚尖未对正 The knee and toes of the supporting leg misaligned.		18
	握剑 Sword Grip	食指扣握剑盘 Index finger wrapped over hand guard		30
	剑指 Sword Fingers	食指与中指未伸直并拢；拇指未压在中指上 Index finger and middle finger not kept straight and together; Thumb not pressing on the ring finger.		31
	刺剑、抡劈剑、扫剑、点剑 Cì Jiàn (Sword Thrust), Lūn Pī Jiàn (Sword Full Chop), Sǎo Jiàn (Sword Sweep), Diǎn Jiàn (Sword Pointing)	未呈螺把持握剑 Not gripping the sword using a Conch Grip.		32
	拦剑、架剑、托剑、推剑，劈剑	未呈全把持握剑 Not gripping the sword using a Full Grip.		33

	(Sword Techniques) Lán Jiàn (Sword Block) Jià Jiàn (Sword Raising), Tuō Jiàn (Sword Lifting), Tuī Jiàn (Sword Pushing), Pī Jiàn (Sword Forearm Chop)		
	挂剑、云剑、穿剑，剪腕花 Guà Jiàn (Straight sword Hooking Parry); Yún Jiàn (Sword Cloud Wave); Chuān Jiàn (Sword Piercing), Jiǎn Wàn Huā (Straight Sword Wrist Figure 8)	未呈钳把持握剑 Not gripping the sword using a Pincer Grip.	34
支撑 Support	跌叉 Diē Chā (hurdler-split)	前脚掌内扣触地；两大腿夹角小于 45 度（含 45 度） Front foot turns in and touches the carpet; Angle between the two legs is 45 degrees or less.	01
	提膝独立 Tí Xī Dú Lì (Single Raised-Knee Stance)	提腿膝部未过腰 Knee of raised leg below waist height.	03
平衡 Balances	前举腿低势平衡抡劈剑 Qián Jǔ Tuǐ Dī Shì Píng Héng (Low Balance with Leg Stretched Forward with Sword Full Chop)	前举腿低于水平 Extended leg lower than horizontal level.	50
	后插腿低势平衡削剑 Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind with Sword Shear)	插出腿脚触地 Foot of inserted leg touches the floor.	51
腿法 Leg Techniques	蹬脚、分脚 Dēng Jiǎo (Heel Kick); Fēn Jiǎo (Parting Kick)	支撑腿明显弯曲；上举腿未伸直 Supporting leg bent; Raised leg bent	60
	摆莲、拍脚 Bǎi Lián Jiǎo (Lotus Kick); Pāi Jiǎo (Front Slap Kick)	摆腿弯曲；击拍落空；脚低于肩 Kicking leg bent; Misses in slapping; Foot lower than shoulder level	61
跳跃 Jumping Techniques	腾空飞脚、旋风脚、腾空摆莲 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick), Xuàn Fēng Jiǎo (Tornado Kick), Téng Kōng Bǎi Lián (Jumping Lotus Kick)	击拍落空； 击响腿脚尖未过肩 Misses in slapping; Toes of kicking/slapping foot below shoulder height.	70
	腾空正踢腿 Téng Kōng Zhèng Tī Tuǐ (Jumping Front Straight Kick)	悬垂腿弯曲 Hanging leg bent.	71
集体套路 Group Routines	队形 Group Formation	纵横不整齐 Misalignment	73
	动作 Technique	配合不一致 Un-coordinated	74

表-9 其它错误扣分标准及编码 Other Errors – Errors and Deduction Codes (Table 9)

类别 Type	错误内容 Error Description	扣分 Value	编码 Code
失去平衡 Loss of Balance	小晃动 Minor Sway	0.10	80
	大晃动 Major Sway	0.20	81
	脚碾动、移动 Shuffle; Shift	0.10	82
	跳动、附加支撑 Skip; Additional Support	0.20	83
	倒地 Fall	0.30	84
器械 服饰 Weapon / Garments	器械碰身或触地 Weapon hits body or the floor	0.10	85
	器械掉地 Dropped Weapon	0.20	86
其它 Other	平衡时间不足 2 秒 Balance Technique not held motionless for at least 2 seconds	0.10	87
	身体任何一部分触及场地线外地面 Any part of the body makes contact with the floor outside of the competition floor boundary.		88
	遗忘一次 Forgetting (per occurrence)		89

第三十五条 动作演练的评判 Article 35 – Overall Performance Judging Method

一、姿势、方法 35.1 Posture and Method

(一) 姿势

心静体松、中正安舒、松腰实腹、圆裆固足、缩胯敛臀、含胸拔背。

35.1.1 Posture

Calm emotional attitude with a loose/relaxed body; Upright, centered and smooth postures; Loose and relaxed waist with a substantial (full) abdomen; “Rounded” crotch and clear/consistent footing ; Contract the hips and roll in the buttocks; Draw in the chest (concave) and round the back (convex).

(二) 方法

旋腰转脊、旋膀转腕、旋腰转髋、旋腿转足、轻灵沉稳、柔和自然。

35.1.2 Method

Rotate and turn the waist using the spine as the axis; Rotate and turn the arms using the wrist as the axis; when turning and using the waist, the hips rotate; rotate the legs using the feet as the axis; Light and agile yet sunk and stable; Naturally “soft”.

二、协调 35.2 Co-ordination (Harmony)

肢体不争、周身一致、圆活流畅。

The limbs are not locked straight and over extended; The entire body is unified; Rounded and lively with smooth motions.

三、劲力、节奏 35.3 Power (Force) & Rhythm

劲力充实、用力顺遂、快慢相间、刚柔相济、动静有序。

Full and substantial power (force); Flowing and correctly applied force; Fast and slow alternating clearly, With hard and soft mutually compensating one another; Static and dynamic states clearly defined.

四、编排、配乐 35.4 Choreography and Music

(一) 编排

内容充实、结构合理、衔接合顺、布局匀称。

35.4.1 Choreography

Rich and diverse content; Rational layout and structure; Flowing transitions and connections; Routine has a balanced overall layout and an even distribution of techniques.

(二) 配乐

音乐特点突出、动作与音律一致。

35.4.2 Music

Music should display a unique characteristic; The music should follow the choreography of the routine.

五、动作演练评分标准见表-10

表-10 动作演练评分标准

档次	级别	分数段	评分依据
好	①级	3.00-2.91	姿势正确、方法清楚、配合协调、用力顺遂、节奏有序、编排合理、配乐和谐者为“好”。
	②级	2.90-2.71	
	③级	2.70-2.51	
一般	④级	2.50-2.31	姿势较正确、方法较清楚、配合较协调、用力较顺遂、节奏较有序、编排较合理、配乐较和谐者为“一般”。
	⑤级	2.30-2.11	
	⑥级	2.10-1.90	
不好	⑦级	1.90-1.61	姿势不正确、方法不清楚、配合不协调、用力不顺遂、节奏无序、编排不合理、配乐不和谐者为“不好”。
	⑧级	1.60-1.31	
	⑨级	1.30-1.01	

Overall Performance Evaluation Standards and Scoring (Table 10)

Grade	Rank	Score Range	Evaluation Criteria
Superior	①	3.00-2.91	Correct posture and accurate technique execution; a clearly displayed method, which is well co-ordinated with smooth and correctly applied force & power; a distinct rhythm, rational choreography and routine layout as well as harmony with the musical accompaniment. "Superior"
	②	2.90-2.71	
	③	2.70-2.51	
Average	④	2.50-2.31	Relatively correct posture and technique execution, relatively clear method displayed; Relatively co-ordinated and smooth with relatively correctly applied force & power; relatively distinct rhythm and relatively rational choreography and structure. "Average"
	⑤	2.30-2.11	
	⑥	2.10-1.90	
Inferior	⑦	1.90-1.61	Incorrect posture and inaccurate technique execution; an unclear method, which is not co-ordinated and not smooth lacking correctly applied force & power; indistinct rhythm, irrational choreography and routine layout as well as lack of harmony with the musical accompaniment. "Inferior"
	⑧	1.60-1.31	
	⑨	1.30-1.01	

33.1 Evaluation of Harmony/Coordination

(33.1.1) Upper body and lower body un-coordinated: Handwork and footwork disjointed, stances and stepping mis-coordinated.

(33.1.2) Techniques not lively and rounded: Movements not initiated from the waist,

not using the midsection to drive the arms, or the hips to drive the legs.

(33.1.3) Limbs moving before one another: Upper body or upper limbs moving ahead of the lower limbs. Any limb not harmonizing with the rest of the body/limbs.

(33.1.4) Pause or stopping of motion: Technique is cut short or pausing/stopping of motion prior to executing a degree of difficulty technique.

33.2 Evaluation of Power

(33.2.1) Breathing superficial and erratic: Breathing focused in the breast and trapped in the chest. Hand techniques not unified with body mechanics.

(33.2.2) Techniques not light and lively: Center of gravity unstable; substantial and insubstantial not clearly defined; transitions not lively.

(33.2.3) Applied power not fully flowing to the correct point: Power does not fully follow path from its origination root through the body to the extremity where it is applied.

(33.2.4) Method of drawing in to create force unclear: Method of drawing in to store power prior to issuing force is not lively and soft, issuing of force is rigid and stiff; rhythm of changes are unnatural.

33.3 Evaluation of Choreography and Music

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(33.3.1) Routine content is not rich and varied: Techniques are not diverse and comprehensive, stylistic characteristics are not displayed.

(33.3.2) Irrational routine structure: Hand technique or sword technique altered from the original method and intention.

(33.3.3) Connection between techniques not unified and flowing: Footwork during technique transitions do not comply with requirements.

(33.3.4) Discordant Music: Music lacking notable unique characteristics; musical tempo inconsistent with the tempo of the techniques performed.

(33.3.5) Technique Overall Performance Deductions (see Table 10)

33.4 Determining the severity of errors

(33.4.1) From the content of each type of error listed on the table below, should one error be identified at one time it is considered a "Minor Error"; should two errors be identified at one time it is considered an "Obvious Error"; should three errors be identified at one time it is considered a "Significant Error"; should four errors be identified at one time it is considered a "Serious Error".

Technique Overall Performance Deduction Criteria (Table 10)

Type	Content	Overall Performance Error	Deduction Value
Co-Ordination	Consistency	Handwork and footwork disjointed, stances and stepping mis-coordinated.	0. 1-0. 4
	Liveliness and Roundedness	Movements not initiated from the waist, not using the midsection to drive the arms, or the hips to drive the legs.	
	Upper and lower body co-ordination	Upper body or upper limbs moving ahead of the lower limbs. Any limb not harmonizing with the rest of the body/limbs.	

	Pause or stopping of motion	Technique is cut short or pausing/stopping of motion prior to executing a degree of difficulty technique.	
Power	Breathing and Unification	Breathing focused in the breast and trapped in the chest. Hand techniques not unified with body mechanics.	0. 1-0. 4
	Light / Lively	Center of gravity unstable; substantial and insubstantial not clearly defined; transitions not lively.	
	Power Flow	Power does not fully follow path from its origination root through the body to the extremity where it is applied.	
	Drawing and Issuing Force	Method of drawing in to store power prior to issuing force is not lively and soft, issuing of force is rigid and stiff; rhythm of changes are unnatural.	
Choreography and Music	Content	Techniques are not diverse and comprehensive, stylistic characteristics are not displayed.	0. 1-0. 4
	Rationality	Hand technique or sword technique altered from the original method and intention.	
	Technique Connections	Footwork during technique transitions do not comply with requirements.	
	Concordance	Music lacking notable unique characteristics; musical tempo inconsistent with the tempo of the techniques performed.	

第三十六条 难度的评判 Article 36 – Degree of Difficulty Judging Method

一、动作难度的判定

36.1 Appraisal of degree of difficulty techniques

(一) 跳跃动作转体接单脚落地，以落地脚起跳时和落地时脚尖与脚跟连线的夹角来计算转体度数。

(36.1.1) For degree of difficulty jumping techniques with rotation which land on a single foot, the calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line at the time of take-off and that at the time of landing (take-off and landing foot).

(二) 跳跃动作转体接跌叉落地，以起跳转体方向的同侧腿脚尖与脚跟连线和落地时异侧腿的轴线的夹角来计算转体度数。

(36.1.2) To calculate the degree of rotation for jumps which land in a hurdler-split position, at the time of take-off the extended heel-to-toe line of the foot which is on the same side as the direction of rotation is compared to the angle created by the extended (opposite) leg upon landing.

(三) 静静连接中，提膝独立的转体度数，以支撑脚转动前和静止后脚尖与脚跟连线的夹角来计算。

(36.1.3) During Static + Static Connections, to calculate the degree of rotation to a single-knee raised position, the calculation is based on the angle formed by the extended toe-to-heel line of the supporting foot before the rotation and that when forming the static single-knee raised position following the rotation.

(四) 直体性跳跃动作只能在其前一个拳式或剑式的完成姿势后，上一步起跳。

(36.1.4) Jumping techniques which keep the body upright (vertical without rotation) are allowed only a single run-up step which must directly follow the full conclusion of the previous hand or sword technique.

(五) 垂转性跳跃性动作只能在其前一个拳式或剑式的完成姿势后，一脚活一步起跳。

(36.1.5) Jumping techniques with rotation are only allowed to be performed directly following the full conclusion of the previous hand or sword technique, without taking a run-up step.

(六) 单脚落地连接中，击响（踢起）脚和落地脚应为同一脚。

(36.1.6) For Degree of Difficulty Connections landing on a single foot, the kicking (slapped foot) and the landing must be the same foot.

(七) 腾空飞脚+腾空摆莲+跌叉动作中的腾空摆莲必须要在腾空飞脚两脚落地后直接起跳。

(36.1.7) For the combination *Téngkōng Fēi Jiǎo + Téng Kōng Bǎi Lián + Diē Chā*, the *Téng Kōng Bǎi Lián* must be performed directly from landing with both feet from the preceding *Téngkōng Fēi Jiǎo*.

(八) “上步”时支撑腿大腿与小腿夹角大于 135 度，是指上步后成弓步或马步的拳式与剑式动作。

(36.1.8) When evaluating “stepping”, the angle formed between the thigh and the calf of the supporting leg should be greater than 135 degrees when the following posture formed for a hand or sword technique is *Gōng Bù* (bow stance) or *Mǎ Bù*

(horse stance).

(九)“虚步”时支撑腿大腿与小腿夹角大于 135 度，是指杨式和吴式拳式中的海底针动作。

(36.1.9) For **Xū Bù** (Empty Stance) during the Wu Style/Yang Style technique **Hǎi Dī Zhēn**, the angle formed between the thigh and the calf of the supporting leg should be greater than 135 degrees.

(十) 动作难度完成不符合规定及扣分标准（见表-11）

(36.1.6) Degree of Difficulty Technique Execution Non-Conformity Criteria (see Table 11)

表-11 动作难度完成不符合规定及扣分标准

类别	内容	不符合规定	扣分
拳式 剑式	弓步、马步、偏马步	屈蹲腿大腿轴线与垂直轴线夹角大于 115 度	0.10
	仆步	屈蹲腿未全蹲	
	虚步、上步	支撑腿大腿轴线与垂直轴线夹角大于 135 度	
平衡	金鸡独立	提腿膝未过腰	0.15
	前举腿低势平衡（抡劈剑）	支撑腿未全蹲	
	后插腿低势平衡（削剑）	支撑腿大腿高于水平	
腿法	蹬脚、分脚	上举腿脚跟低于肩	0.10
	摆莲	摆腿脚低于肩	
跳跃	腾空飞脚	助跑超过 1 步；击响腿未过腰	0.15
	腾空正踢腿	助跑超过 1 步；上踢腿未触及前额	
	旋风脚 180 度、腾空摆莲 180 度	起跳不符合规定；转体度数不足；击响腿未过腰	0.20
	旋风脚 360 度、腾空摆莲 360 度		
	旋风脚 450 度、腾空摆莲 450 度		
	旋风脚 540 度、腾空摆莲 540 度		

Degree of Difficulty Technique Execution Non-Conformity Criteria (Table 11)

Type	Content	Non-Conformity with Requirements	Deduction Value
Hand Techniques / Sword Techniques	Gōng Bù (Bow Stance), Mǎ Bù (Horse Stance), Piān Mǎ Bù (Half Horse Stance)	Angle between the thigh and calf of the squatting leg is greater than 115 degrees.	0.10
	Pū Bù (Crouching Stance)	Squatting leg not fully bent.	
	Xū Bù (Empty Stance)	Angle between the thigh and calf of the supporting leg is greater than 135 degrees.	
	Shàng Bù (Advancing Step)		
Balance Techniques	Qián Jǔ Tuǐ Dī Shì Píng Hén (Low Balance with Leg Stretched Forward) with sword full chop	Squatting leg not fully bent.	0.15
	Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind)	The thigh of the supporting leg is higher than horizontal level.	
Techniques	Dēng Jiǎo (Heel Kick); Fēn Jiǎo (Parting Kick)	Heel of raised leg below shoulder level.	0.10

	<i>Bǎi Lián</i> (Lotus Kick); <i>Pāi Jiǎo</i> (Single Slap Kick)	Foot of kicking leg below shoulder level.	
Jumping Techniques	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick)	Run-up exceeds one (1) step; The slapped foot below waist level.	0.15
	<i>Téng Kōng Zhèng Tī Tuǐ</i> (Jumping Front Straight Kick)	Run-up exceeds one (1) step; The toes of the kicking leg do not make contact with the forehead.	
	<i>Xuàn Fēng Jiǎo 180</i> (Tornado Kick 180 Degree); <i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree)	Take-off not in conformity with requirements; The slapped foot below waist level; Insufficient degree of rotation.	0.20
	<i>Xuàn Fēng Jiǎo 360</i> (Tornado Kick 360 Degree); <i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree)		
	<i>Xuàn Fēng Jiǎo 450</i> (Tornado Kick 450 Degree); <i>Téng Kōng Bǎi Lián 450</i> (Jumping Lotus Kick 450 Degree)		
	<i>Xuàn Fēng Jiǎo 540</i> (Tornado Kick 540 Degree); <i>Téng Kōng Bǎi Lián 540</i> (Jumping Lotus Kick 540 Degree)		

二、连接难度、位置难度、上抛难度的判定

34.2 Appraisal of Degree of Difficulty Connections, Degree of Difficulty Launch and Degree of Difficulty Location.

(一) 落地脚碾动：指脚落地后脚跟或脚尖出现转动。

(34.2.1) Landing foot shuffles/shifts: The heel or toes of the landing foot shuffle or shift after landing.

(二) 起跳前停顿：指跳跃动作起跳前出现静止姿势。

(34.2.2) Pausing/stopping prior to take-off: Pausing/stopping of motion prior to executing a degree of difficulty jumping technique.

(三) 起跳前移步：指跳跃动作起跳前脚移动或脚碾动。

(34.2.3) Stepping/shuffling prior to take-off: The foot steps or shuffles prior to executing a degree of difficulty jumping technique.

(四) 难度动作的编排位置，必须是在该套路收势前一个拳式或剑式动作之前。

(34.2.4) A Degree of Difficulty Location technique is only valid if it is the technique

directly preceding the closing of either a hand routine or a sword routine.

(五) 被抛者的跳跃动作难度必须在同伴脱手后腾空中完成。

(34.2.5) Degree of Difficulty Launch techniques must be fully completed in the air by the athlete being launched following the total release from the athlete doing the launching.

(六) 动动连接中，如动作难度未确认，其之前和之后的连接难度不予确认。

(34.2.6) During Dynamic + Dynamic connections, should the degree of difficulty of technique execution be unsuccessful, then the preceding and following Degree of Difficulty techniques should be evaluated as unsuccessful as well.

(七) 动作难度与连接难度与套路难度申报不符，动作难度和连接难度不予确认。

(34.2.7) Should Degree of Difficulty Techniques or Connections be incorrectly registered (not in conformity with the regulations) by the participant, then these may not be confirmed as successful when performed.

(八) 连接、位置、上抛难度完成不符合规定及扣分标准（见表-12）

(34.2.8) Degree of Difficulty Connections, Degree of Difficulty Launch and Degree of Difficulty Location Execution Non-Conformity Criteria (see Table 12)

表-12 连接、位置、上抛难度完成不符合规定及扣分标准

类别	内容	不符合规定	扣分
动动连接	腾空飞脚+（原地）腾空摆莲 180 度	起跳前脚移动；动作难度未确认	0.05
	腾空飞脚+（原地）腾空摆莲 360 度		0.10
	腾空飞脚+（原地）腾空摆莲 450 度		0.15
	腾空飞脚+（原地）腾空摆莲 540 度		0.20
动静连接	腾空飞脚+单脚落	击响腿未单脚落；落地脚碾动或跳动；提膝腿脚触地；动作难度未确认	0.10
	腾空摆莲 180 度+跌叉	两腿依次落地；腿移动；附加支撑或倒地；动作难度未确认	0.10
	腾空摆莲 360 度+跌叉		0.15
	腾空摆莲 450 度+跌叉		0.20
	腾空摆莲 540 度+跌叉		0.25
	旋风脚 180 度、腾空摆莲 180 度+单脚落	击响腿未单脚落；落地脚碾动或跳动；提膝腿脚触地；动作难度未确认	0.15
	旋风脚 360 度、腾空摆莲 360 度+提膝独立		0.20
	旋风脚 450 度、腾空摆莲 450 度+提膝独立		0.25
	旋风脚 540 度、腾空摆莲 540 度+提膝独立		0.30
腾空正踢腿（1 步内）+单脚落		0.15	
静静连接	前举腿低势平衡+蹬脚、分脚	脚碾动、跳动或上体晃动	0.10
	蹬脚、分脚+后插腿低势平衡		0.15
	前举腿低势平衡+摆莲拍脚+提膝独立转体 180 度	脚碾动、跳动或晃动；提膝腿低于水平；转体度数不足	0.10
	后插腿低势平衡+摆莲拍脚+提膝独立转体 180 度		0.15
上抛	抛+腾空正踢腿（1 步内）+单脚落	未脱手腿已上踢或击响；动作难度未确认	0.05
	抛+旋风脚 180 度+单脚落		
	抛+腾空摆莲 180 度+单脚落		
	抛+旋风脚 360 度+提膝独立		0.10
	抛+腾空摆莲 360 度+提膝独立		

	抛+旋风脚 450+提膝独立		0.15
	抛+腾空摆莲 450 度+提膝独立		
	抛+旋风脚 540 度+提膝独立		0.20
	抛+腾空摆莲 540 度+提膝独立		

**Degree of Difficulty Connections, Degree of Difficulty Launch and Degree of Difficulty Location Execution
Non-Conformity Criteria (Table 12)**

Type	Content	Non-Conformity with Requirements	Deduction Value
Dynamic + Dynamic Connection	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + (on the spot) <i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree)	Foot moves prior to take-off; Degree of Difficulty Technique not confirmed	0.05
	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + (on the spot) <i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree)		0.10
	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + (on the spot) <i>Téng Kōng Bǎi Lián 450</i> (Jumping Lotus Kick 450 Degree)		0.15
	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + (on the spot) <i>Téng Kōng Bǎi Lián 540</i> (Jumping Lotus Kick 540 Degree)		0.20
Dynamic + Static Connection	<i>Téng Kōng Fēi Jiǎo</i> (Jumping Front Slap Kick) + Single-Foot Landing	Not landing on the slapped/kicking foot; Landing foot shuffles/ skips; Foot of the raised leg (non landing foot) touches the floor; Degree of Difficulty Technique not confirmed	0.10
	<i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree) + Hurdler-Split Position Landing	Feet landing alternately; Legs move/shift after landing; Use of additional support or falling down; Degree of Difficulty Technique not confirmed	0.15
	<i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree) + Hurdler-Split Position Landing		0.20
	<i>Téng Kōng Bǎi Lián 450</i> (Jumping Lotus Kick 450 Degree) + Hurdler-Split Position Landing		0.25
	<i>Téng Kōng Bǎi Lián 540</i> (Jumping Lotus Kick 540 Degree) + Hurdler-Split Position Landing		0.30
	<i>Xuàn Fēng Jiǎo 180</i> (Tornado Kick 180 Degree)/ <i>Téng Kōng Bǎi Lián 180</i> (Jumping Lotus Kick 180 Degree) + Single-Foot Landing	Not landing on the slapped/kicking foot; Landing foot shuffles/ skips; Foot of the raised leg (non landing foot) touches the floor; Degree of Difficulty Technique not confirmed	0.15
	<i>Xuàn Fēng Jiǎo 360</i> (Tornado Kick 360 Degree)/ <i>Téng Kōng Bǎi Lián 360</i> (Jumping Lotus Kick 360 Degree) + Single-Knee Raised Landing		0.20
	<i>Xuàn Fēng Jiǎo 450</i> (Tornado Kick 450 Degree)/ <i>Téng Kōng Bǎi Lián 450</i> (Jumping Lotus Kick 450 Degree) + Single-Knee Raised Landing		0.25
	<i>Xuàn Fēng Jiǎo 540</i> (Tornado Kick 540 Degree)/ <i>Téng Kōng Bǎi Lián 540</i> (Jumping Lotus Kick 540 Degree) + Single-Knee Raised Landing		0.30
	(within 1 step) <i>Téng Kōng Zhèng Tī Tuǐ</i> (Jumping Front Straight Kick) + Single-Foot Landing		0.15
Static + Static Connection	<i>Qián Jǔ Tuǐ Dī Shì Píng Héng</i> (Low Balance with Leg Stretched Forward) + <i>Dēng Jiǎo</i> (Heel Kick)/ <i>Fēn Jiǎo</i> (Parting Kick)	Foot shuffles or Skips; Upper body swaying;	0.10
	<i>Dēng Jiǎo</i> (Heel Kick)/ <i>Fēn Jiǎo</i> (Parting Kick) + <i>Hòu Chā Tuǐ Dī Shì Píng Héng</i> (Low Balance with Leg Crossed Behind)		0.15

	<p>Qián Jǔ Tuǐ Dī Shì Píng Héng (Low Balance with Leg Stretched Forward) + Bǎi Lián (Lotus Kick) + Body Twist with Single Knee Raised 180 degree</p>	<p>Foot shuffles or Skips; Body swaying; Raised knee is below horizontal level; Degree of rotation insufficient</p>	0.10
	<p>Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind) + Bǎi Lián (Lotus Kick) + Body Twist with Single Knee Raised 180 degree</p>		0.15
Degree of Difficulty Launch	<p>Launch + (within 1 step) Téng Kōng Zhèng Tī Tuǐ (Jumping Front Straight Kick) + Single-Foot Landing</p>	<p>Kicking leg raised or slapped prior to complete release from launch; Degree of Difficulty Technique not confirmed</p>	0.05
	<p>Launch + Xuàn Fēng Jiǎo 180 (Tornado Kick 180 Degree) + Single-Foot Landing</p>		
	<p>Launch + Téng Kōng Bǎi Lián 180 (Jumping Lotus Kick 180 Degree) + Single-Foot Landing</p>		0.10
	<p>Launch + Xuàn Fēng Jiǎo 360 (Tornado Kick 360 Degree) + Single-Knee Raised Landing</p>		
	<p>Launch + Téng Kōng Bǎi Lián 360 (Jumping Lotus Kick 360 Degree) + Single-Knee Raised Landing</p>		0.15
	<p>Launch + Xuàn Fēng Jiǎo 450 (Tornado Kick 360 Degree) + Single-Knee Raised Landing</p>		
	<p>Launch + Téng Kōng Bǎi Lián 450 (Jumping Lotus Kick 360 Degree) + Single-Knee Raised Landing</p>		0.20
	<p>Launch + Xuàn Fēng Jiǎo 540 (Tornado Kick 360 Degree) + Single-Knee Raised Landing</p>		
<p>Launch + Téng Kōng Bǎi Lián 540 (Jumping Lotus Kick 360 Degree) + Single-Knee Raised Landing</p>			