



# IWUF

2023 IWUF International Wushu Judges  
Training Certification Course

# 武术套路动作质量的评分

## Wushu Routine Evaluation of Quality of Movements (Judging Group A)

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# 武术套路动作质量的评分

## Wushu Routine Evaluation of Quality of Movements (Judging Group A)



### 编码规律

手型 Hand Forms/S hapes	平衡 Balance Techniqu es	腿法 Leg Techniqu es	跳跃 Jumping Techniqu es	跌扑 Tumbling Techniqu es	步型 Stances & Footwork	器械 方法 Weapon Techniqu es	其他错 误 Other Errors
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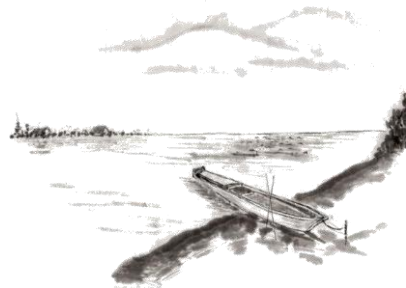
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长拳类

Changquan Type

长拳类有难度和无难度的自选与规定项目

Optional (with degree of difficulty & without degree of difficulty) & Compulsory (with degree of difficulty & without degree of difficulty) Changquan Type Events



# Changquan Type

## 长拳类项目

长拳Changquan

剑术jianshu

刀术daoshu

枪术qiangshu

棍术gunshu

手型

平衡

腿法

跳跃

步型

器械方法



## 1.1——长拳、剑术、刀术、枪术、棍术动作类别、名称、错误内容及编码

Changquan, Jianshu, Daoshu, Qiangshu & Gunshu technique categories, deduction content and deduction codes.

类别 Category	动作名称 Technique Name/ Description	错误内容 Deduction Content	编码 Code
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## (1) 手型 Hand Forms/Shapes

拳

Quán (Fist)

▼ 拳面不平 ▼ 拇指未压在中指第二指节上

▼ Face of fist uneven;

▼ The thumb is not pressing on the second segment of the middle finger

编码

Code: 01





## (1) 手型 Hand Forms/Shapes

掌

Zhǎng (Palm)

▼ 四指未伸直并拢 ▼ 拇指未弯曲紧扣于虎口处

▼ Four fingers not straight and held together

▼ Thumb is not bent and held in tightly

编码

Code: 02



## (1) 手型 Hand Forms/Shapes

勾手

Gōu Shǒu (Hook)

▼五指未捏拢▼腕未屈

▼The five fingers are not pinched together

▼Wrist not hooked completely

编码

Code: 03



## (1) 手型 Hand Forms/Shapes

### 剑指

#### Jiàn Zhǐ (Sword Fingers)

- ▼ 食指与中指未伸直并拢 ▼ 拇指未压在无名指与小指上
- ▼ Index finger and middle finger not kept straight and together
- ▼ Thumb not pressing on the ring finger and little finger

编码

Code: 04



## (2) 平衡 Balance Techniques

<p><b>搬脚朝天直立、侧踢抱脚直立</b>  <b>Bān Jiǎo Cháo Tiān Zhí Lì ;</b>  <b>Cè Tī Bào Jiǎo Zhí Lì</b></p>	<p><b>▼支撑腿弯曲▼上举腿弯曲</b>  <b>▼Supporting Leg Bent</b>  <b>▼Raised Leg Bent</b></p>	<p><b>10</b></p>
<p><b>后踢抱脚直立</b>  <b>Hòu Tī Bào Jiǎo Zhí Lì</b></p>	<p><b>▼支撑腿弯曲▼躯干前倾超过45°</b>  <b>▼Supporting Leg Bent▼Torso leaning forward more than 45 degrees</b></p>	<p><b>11</b></p>
<p><b>仰身平衡</b>  <b>Yǎng Shēn Píng Héng</b></p>	<p><b>▼前举腿低于水平</b>  <b>▼The raised leg is held below horizontal level</b></p>	<p><b>12</b></p>
<p><b>十字平衡</b>  <b>Shí Zì Píng Héng</b></p>	<p><b>▼躯干低于水平▼支撑腿弯曲</b>  <b>▼The torso is below horizontal level</b>  <b>▼Supporting leg bent</b></p>	<p><b>13</b></p>

## (2) 平衡 Balance Techniques

<p>扣腿平衡、盘腿平衡 Kòu Tuǐ Píng Héng</p>	<p>▼支撑腿大腿未达水平 ▼Thigh of supporting leg is not at horizontal level</p>	14
<p>侧身平衡、探海平衡 Cè Shēn Píng Héng Tàn Hǎi Píng Héng</p>	<p>▼支撑腿弯曲▼后举腿弯曲 ▼Supporting leg bent ▼Raised leg bent</p>	15
<p>望月平衡 Wàng Yuè Píng Héng</p>	<p>▼躯干高于水平45°▼未向支撑腿侧拧腰后视 ▼屈收腿脚面未绷平 ▼Torso held higher than 45 degrees above horizontal level ▼Waist not twisted toward the rear in the direction of the supporting leg ▼Surface of the foot of the raised bent leg not extended flat</p>	16

## (3) 腿法 Leg Techniques

**前扫腿****Qián Sǎo Tuǐ (Front Sweep)**

- ▼ 支撑腿大腿高于水平 ▼ 扫转腿脚掌在扫转时触地后离地 ▼ 扫转腿弯曲超过 $45^{\circ}$
- ▼ The thigh of supporting leg is above horizontal level
- ▼ The sole of sweeping foot leaves the ground after making contact for the sweeping action
- ▼ Sweeping leg obviously bent  $45^{\circ}$  or more

编码

Code: 20

**后扫腿****Hòu Sǎo Tuǐ (Back Sweep)**

- ▼ 扫转腿脚掌离地 ▼ 扫转腿弯曲超过 $45^{\circ}$
- ▼ The sole of sweeping foot leaves the ground after making contact for the sweeping action
- ▼ Sweeping leg obviously bent  $45^{\circ}$  or more

编码

Code: 21

## (3) 腿法 Leg Techniques

<p><b>跌竖叉</b> Diē Shù Chā (Front Split)</p>	<p>▼前脚内扣触地 ▼后腿弯曲超过45° ▼The sole of the front foot turns inward and touches the ground ▼Rear leg obviously bent 45° or more</p>	22
<p><b>弹腿、蹬腿、踹腿</b> Tàn Tuǐ (Snap/Spring Kick), Dēng Tuǐ (Heel Push Kick), Chuài Tuǐ (Side Kick)</p>	<p>▼弹 (蹬、踹) 腿由屈到伸摆动小于45° ▼The kicking leg does not transition from obviously bent (45° or more) to completely straight</p>	23

## (3) 腿法 Leg Techniques

<p><b>正踢腿、侧踢腿</b> Zhèng Tī Tuǐ , Cè Tī Tuǐ</p>	<p>▼<b>膝关节弯曲</b>▼<b>支撑腿脚跟离地</b> ▼Knee/s bent at the apex of the kick ▼Heel of supporting leg off the floor</p>	24
<p><b>里合拍脚、摆莲拍脚、单拍脚</b> Lǐ Hé Pāi Jiǎo , Bǎi Lián Pāi Jiǎo , Dān Pāi Jiǎo</p>	<p>▼<b>击响腿脚尖未过肩</b>▼<b>未击响</b> ▼Toes of slapped foot below shoulder height ▼Slap missed and/or inaudible</p>	25
<p><b>提膝 (独立)</b> Tī Xī Dú Lì (Single Knee Raised Position)</p>	<p>▼<b>提膝未过腰</b>▼<b>提起腿小腿未斜垂里扣</b>▼ <b>提起腿脚未崩平内收</b> ▼Raised knee below waist level ▼Raised foot' s toes not pointed and hooking inwards</p>	26



## (4) 步型 Stances & Footwork

### 弓步 Gōng Bù (Bow Stance)

- ▼ 前腿膝部未达脚背 ▼ **前腿大腿未达水平** ▼ 后腿脚掌任一部位明显离地 ▼ 后腿脚尖未内扣
- ▼ The thigh of the bending **(front) leg is not parallel to the ground**
- ▼ Any portion of the sole of the rear leg is obviously off the floor
- ▼ The rear foot is not hooked inwards with the toes pointing obliquely forwards.

编码 Code: 50



## (4) 步型 Stances & Footwork

### 马步 Mǎ Bù (Horse Stance)

▼ **大腿未达水平** ▼ 两脚内侧间距小于本人肩宽 ▼ 膝内跪 ▼ 脚跟离地 ▼ 脚尖外展超过45°

▼ **Thighs not horizontal**

▼ The distance between the inner portions of the two feet is narrower than performer's shoulder width

▼ Knee/s buckling inwards

▼ The heel/s raised off the ground

▼ Toes of foot/feet pointing outward 45° degrees or more

编码 Code: 51



## (4) 步型 Stances & Footwork

### 仆步 Pū Bù (Crouching Stance)

▼ 屈蹲腿未全蹲 ▼ 平铺腿未伸直 ▼ 平铺腿全脚掌未内扣着地

▼ The back of the thigh of the squatting leg is not in contact with the calf

▼ The extended leg is not completely straight;

▼ The extended leg's foot is not turned inwards with the sole completely flat on the ground

编码 Code: 53



## (4) 步型 Stances &amp; Footwork

<p><b>虚步</b> Xū Bù (Empty Stance)</p>	<p>▼ <b>屈蹲腿大腿未达水平</b> ▼ <b>屈蹲腿脚跟离地</b> ▼ Thigh of squatting leg is not parallel to the ground ▼ The heel of supporting foot is raised off the ground</p>	52
<p><b>歇步</b> Xiē Bù (Cross-Legged Crouching Stance)</p>	<p>▼ <b>两腿未交叉靠拢</b> ▼ <b>臀部未贴坐小腿</b> ▼ The two legs are not crossed ▼ The buttocks are not in contact with the calf of the sitting leg</p>	54
<p><b>坐盘</b> Zuò Pán (Cross-Legged Sitting)</p>	<p>▼ <b>臀部未贴坐地面</b> ▼ <b>脚离地</b> ▼ Neither one of the buttocks are not in contact with the floor ▼ Either one of the feet is in contact with the floor</p>	58

## (5) 器械方法 Weapon Techniques

<p><b>挂剑、撩剑</b> Guà Jiàn (Straight sword Hooking Parry); <b>撩剑</b> Liāo Jiàn (Straight sword Uppercut)</p>	<p>▼<b>直腕</b>▼<b>未明显呈立圆</b> ▼Straight sword and forearm are aligned ▼No obvious vertical circle formed</p>	60
<p><b>握剑</b> Wò Jiàn (Gripping the Straight sword)</p>	<p>▼<b>手指触及剑刃</b> ▼Any finger wraps around the top of the hand guard and touches the edge of the blade</p>	61



## (5) 器械方法 Weapon Techniques

<p><b>缠头、裹脑</b> Chán Tóu (Broadsword Twining), Guǒ Nǎo (Wrapping with the Broadsword)</p>	<p>▼<b>刀背远离身体</b> ▼The back of the broadsword blade is not kept close to the body when wrapping or twining</p>	62
<p><b>拦、拿、扎枪</b> Lán Qiāng (Outward Blocking), Ná Qiāng (Inward Blocking with the Spear), Zhā Qiāng (Spear Thrust)</p>	<p>▼<b>拦、拿枪枪尖未明显划弧</b> ▼<b>后手留把</b> ▼<b>平扎枪臂与枪身未成水平直线</b> ▼Spear head not traveling in a clearly defined arc during lan and na ▼Spear end protruding from grip (extending past rear grip) ▼The thrusting arm and the spear shaft do not form a straight line horizontally</p>	63

## (5) 器械方法 Weapon Techniques

<p><b>平抡棍</b> Píng Lūn Gùn (Horizontal Cudgel Windmill Waving with one hand)</p>	<p>▼ <b>未明显呈平圆</b> ▼ No obvious horizontal circle formed</p>	64
<p><b>立舞花枪、立舞花棍、双手提撩花棍</b> Lì Wǔ Huā Qiāng (Vertical Figure 8 with the Spear), Lì Wǔ Huā Gùn (Vertical Figure 8 with the Cudgel), Shuāng Shǒu Tí Liāo Huā Gùn (Vertical Uppercutting Cudgel with Both Hands)</p>	<p>▼ <b>未明显呈立圆</b> ▼ The spear/cudgel does not rotate in an obvious vertical plane</p>	65



**(5) 器械方法 Weapon Techniques****器械抛接**

**Qì Xiè Pāo Jiē (Weapon  
Throwing & Catching  
Techniques)**

**▼抱接器械 ▼未单手接握剑柄、刀柄、  
枪身、棍身**

**▼Weapon caught in a hugging  
manner.**

**▼Failure to catch the straight  
sword/broadsword by the handle;  
the cudgel/spear shaft with a  
single hand.**

66





01

# 长拳类 Changquan Type

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## 1.2 长拳、剑术、刀术、枪术、棍术扣分标准 Changquan, Jianshu, Daoshu, Qiangshu & Gunshu deduction standards



- 1) 一个动作出现一种或多种错误内容，均一次性扣0.10分。  
Within a single technique, should there be 1 or more errors, 0.1 will be deducted once.

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- 2) 一个组合动作出现两个以上同一器械方法错误内容，均一次性扣0.10分。  
Within a single group of movements, should there be 2 or more occurrences of the same weapon technique errors, only 0.1 will be deducted once.

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- 3) 平衡动作静止时间少于2秒钟，扣0.10分。  
For balance techniques, should the motionless state be held for less than 2 seconds, 0.10 will be deducted.



- 4) “未明显呈立（平）圆”是指剑尖或棍梢端（枪尖）运动轨迹形成的圆平面偏离垂直（水平）面超过45°。

No obvious vertical circle formed / No obvious horizontal circle formed refers to the tip of the sword / cudgel / spear tip rotating at an angle of 45° or more off of the vertical / horizontal plane.



2

南拳类

Nanquan Type





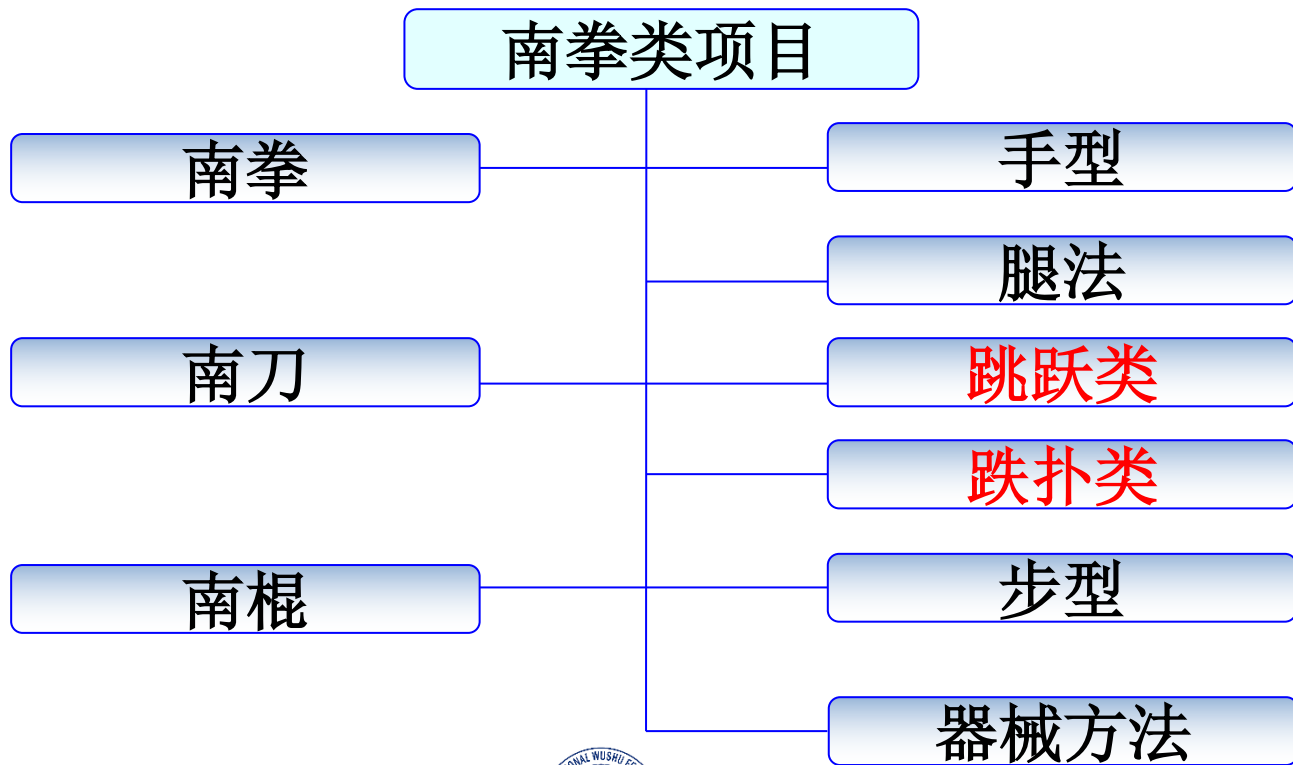
## 南拳类 Nanquan Type



### **2.1 南拳类有难度和无难度的自选与规定项目 Optional (with degree of difficulty & without degree of difficulty) & Compulsory (with degree of difficulty & without degree of difficulty) Nanquan Type Events**



# 南拳类项目



## (1) 手型 Hand Forms/Shapes

<p><b>虎爪</b> Hǔ Zhǎo (Tiger's Claw)</p>	<p>▼五指未弯曲分开后张 ▼掌心未凸出 ▼Five fingers not separated with the first and second joints of each finger not hooked and flexed ▼The center of the palm is not pressed out</p>	02
<p><b>鹤嘴 (顶) 手</b> Hè Zuǐ (Crane's Beak)</p>	<p>▼五指未捏拢 ▼手腕 ▼ Five Fingers not pinched together ▼Wrist flexed (bent) when striking</p>	03
<p><b>单指掌 (手)</b> Dān Zhǐ Zhǎng (Single Finger Palm)</p>	<p>▼食指未伸直 ▼其余四指未弯曲扣紧 ▼Index finger not Straight ▼The other 4 fingers not tightly bent/hooked</p>	04

## (2) 腿法 Leg Techniques

<p><b>横踩腿</b> Heng Cai Tui (Horizontal Stamping Kick)、</p> <p><b>蹬腿</b> Deng Tui (Heel Push Kick)</p> <p><b>虎尾腿</b> Hu Wei Tui (Tiger Tail Kick)</p>	<p>▼ <b>腿由屈至伸摆动小于45°</b></p> <p>▼ The kicking leg does not transition from obviously bent (45° or more) to completely straight</p>	23
<p><b>转身后摆腿</b> Zhuan Shen Hou Bai Tui</p>	<p>▼ <b>后摆腿弯曲</b> ▼ <b>后摆腿脚尖未过腰</b></p> <p>▼ Kicking leg bent</p> <p>▼ Toes of the kicking leg do not exceed waist height</p>	25





## (2) 腿法 Leg Techniques

**横钉腿**

Héng Dīng Tuǐ  
(Horizontal Nail Kick)

▼ 摆动退由屈至伸摆动小于45° ▼ 未用  
前脚掌向异侧横向钉击° ▼ 踢出脚脚尖  
未勾起

- ▼ The front(kicking) leg does not transition from obviously bent (less than 45° or more) to a completely straight
- ▼ The front(kicking) leg does not travel horizontally across to the opposite side of the body
- ▼ The toes of the kicking foot are not pulled back

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### (3) 步型 Stances & Footwork

#### 弓步 Gōng Bù (Bow Stance)

▼前腿大腿低于水平或高于水平45° ▼后腿脚尖未内扣 ▼后腿脚掌任一部位明显离地

▼The thigh of the bending (front) leg is not held at a range from horizontal level to 45° degrees (excluding 45° degrees) above a horizontal level

▼The rear foot is not hooked inwards with the toes pointing obliquely forwards

▼Any portion of the sole of the rear leg obviously off the floor

编码 Code: 50



## (3) 步型 Stances &amp; Footwork

## 马步 Mǎ Bù (Horse Stance)

- ▼ 大腿低于水平或高于水平45° ▼ 两脚内侧间距小于本人肩宽 ▼ 膝内跪 ▼ 脚跟离地
- ▼ The thigh/s not held at a range from horizontal level to 45° degrees (excluding 45° degrees) above horizontal level
- ▼ The distance between the inner portions of the two feet is narrower than performer's shoulder width
- ▼ Knee/s buckling inwards
- ▼ Heel/s raised off the ground

编码 Code: 51



## (3) 步型 Stances &amp; Footwork

<p>虚步 Xū Bù (Empty Stance)</p>	<p>▼屈蹲腿大腿低于水平或高于水平45°▼屈蹲腿脚跟离地 ▼The thigh of the supporting leg is not held at a range from horizontal level to 45° degrees (excluding 45° degrees) above horizontal level ▼Knee and toes of supporting leg misaligned</p>	52
<p>仆步 Pū Bù (Crouching Stance)</p>	<p>▼屈蹲腿未全蹲▼平铺腿未伸直▼平铺腿全脚掌未内扣着地 ▼The back of the thigh of the squatting leg is not in contact with the calf ▼The extended leg is not completely straight; ▼Extended leg's foot is not turned inwards with the sole completely flat on the ground.</p>	53



## (3) 步型 Stances &amp; Footwork

<p>蝶步 Dié Bù (Butterfly Stance)</p>	<p>▼后腿小腿内侧未着地 ▼后腿脚踝内侧未着地 ▼The inner part of the shank/calf of the splayed leg/s is not fully in contact with the ground ▼The inner part of the ankle/heel of the splayed leg/s is not fully in contact with the ground</p>	55
<p>跪步 Guì Bù (Single Kneeling Stance)</p>	<p>▼后腿膝部着地 ▼臀部未坐在后腿小腿上 ▼The knee of the lower kneeling leg touches the ground ▼The buttock does not sit fully on the shank/calf of the lower kneeling leg</p>	56



## (3) 步型 Stances &amp; Footwork

骑龙步  
Qí Lóng Bù  
(Dragon Riding  
Stance)

▼前腿大腿低于水平或高于水平45° ▼后腿膝部着地

▼The thigh of the front leg is not held at a range from horizontal level to 45° degrees (excluding 45° degrees) above a horizontal level

▼The knee of the back leg makes contact with the ground

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## (4) 器械方法 Weapon Techniques

<p><b>缠头、裹脑</b> Chán Tóu (Broadsword Twining), Guǒ Nǎo (Wrapping with the Broadsword)</p>	<p><b>▼刀背远离身体</b> ▼The back of the broadsword blade is not kept close to the body when wrapping or twining</p>	62
<p><b>顶棍</b> Dǐng Gùn (Cudgel Handle Planting)</p>	<p><b>▼把端未拄地 ▼梢端低于头</b> ▼The end of the cudgel handle is not planted firmly on the ground; ▼The tip of the cudgel is below the athlete' s head level</p>	67



## 2.2 南拳、南刀、南棍扣分标准

**Nanquan, Nandao & Nangun deduction standards.**





- 1. 一个动作出现一种或多种错误内容，均一次性扣0.10分。**  
Within a single technique, should there be 1 or more errors, 0.1 will be deducted once.

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- 2. 一个组合动作出现两个以上同一器械方法错误内容，均一次性扣0.10分。**  
Within a single group of movements, should there be 2 or more occurrences of the same weapon technique errors, only 0.1 will be deducted once.

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- 3. 腾空外摆腿可不击响。**  
It is permitted to not slap the kicking foot during *Téng Kōng Wài Bǎi Tuǐ* (Jumping Lotus Kick).



3

# 太极拳类 Taijiquan Type

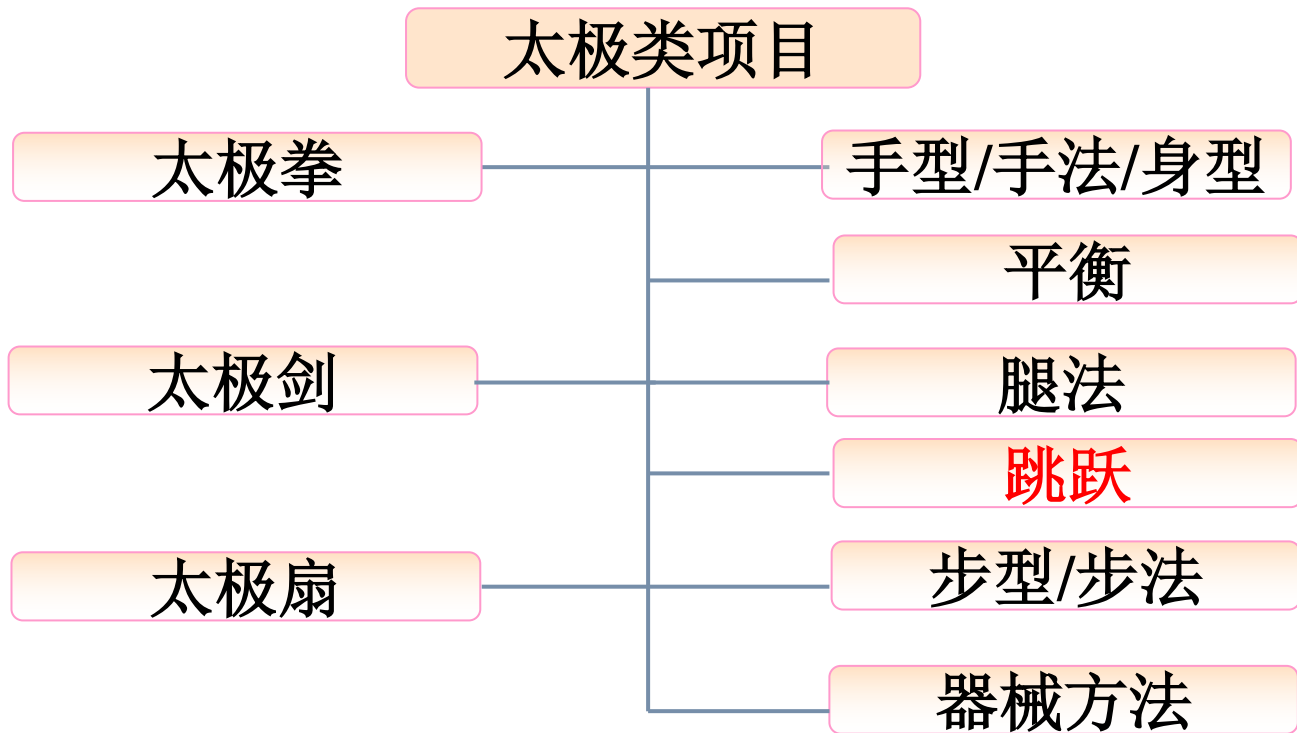




**3.1 太极拳类有难度和无难度的自选与规定项目  
Optional (with degree of difficulty & without degree of  
difficulty) & Compulsory (with degree of difficulty &  
without degree of difficulty) Taijiquan Type Events**



# 太极类项目



## (1) 手型, 手法, 身型 Hand Forms/Shapes, Techniques &amp; Body Posture

掌

Zhǎng (Palm)

- ▼ 手指并拢 ▼ 手指伸翘 ▼ 虎口未成弧形 ▼ 掌心外凸
- ▼ Four fingers not separated (excluding special techniques)
  - ▼ The fingers are straightened
- ▼ Tigers mouth not rounded (excluding special techniques)
- ▼ The center of the palm not drawn in and rounded (excluding special techniques)

02



## (1) 手型, 手法, 身型 Hand Forms/Shapes, Techniques &amp; Body Posture

<p>剑指 Jiàn Zhǐ (Sword Fingers)</p>	<p>▼食指与中指未伸直并拢 ▼拇指未压在无名指与小指上 (同长拳类)</p> <p>▼ Index finger and middle finger are not kept straight and together</p> <p>▼ Thumb not pressing on the ring finger and little finger</p>	04
<p>手法 Hand Technique</p>	<p>▼抬肘 ▼直臂 ▼夹腋</p> <p>▼ Elbow lifted</p> <p>▼ Arm straight</p> <p>▼ Armpit closed</p>	05



## (1) 手型, 手法, 身型 Hand Forms/Shapes, Techniques & Body Posture

<p><b>身型</b> <b>Body Posture</b></p>	<p><b>▼头、身不正▼驼背弓腰突臀▼耸肩▼扭腰摆臀</b> <b>▼Head and body not aligned</b> <b>▼Shoulders hunched, rounded lower back, buttocks sticking out</b> <b>▼Shoulder shrugged</b> <b>▼Waist twisted</b> <b>▼Buttocks protruding</b></p>	<p><b>06</b></p>
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## (2) 平衡 Balance Techniques

<p><b>低势前蹬踩脚平衡</b>  Dīshì Qián Dēng  Cǎi Jiǎo Píng Héng  (Forward Sole Kick  with Low Step  Balance)</p>	<p>▼ <b>支撑腿脚跟离地</b> ▼ <b>前腿膝部弯曲</b> ▼ <b>脚尖未外展</b>  ▼ The heel of the supporting leg is raised  ▼ Kicking leg bent at knee  ▼ The foot of the kicking leg is not  turned outwards</p>	<p><b>17</b></p>
<p><b>前举腿低势平衡</b>  Qián Jǔ Tuǐ Dī Shì  Píng Héng (Low  Balance with Leg  Stretched Forward)</p>	<p>▼ <b>屈蹲过程中前举腿弯曲或低于水平</b>  ▼ Forward stretched leg bends and/or  drops below the horizontal level at any  point during the transition from standing  to squatting</p>	<p><b>18</b></p>



## (2) 平衡 Balance Techniques

后插腿低势平衡  
Hòu Chā Tuǐ Dī  
Shì Píng Héng  
(Low Balance with  
Leg Crossed  
Behind)

▼ 插出腿脚触地

▼ The foot of the leg crossed behind the supporting leg makes contact with the ground

19



## (3) 腿法 Leg Techniques

<p>跌叉 Diē Chā (Hurdler's Split Position)</p>	<p>▼前腿脚内扣触地▼后腿两大腿夹角小于45° ▼Front foot turns in and touches the carpet ▼Angle between the two legs is 45° degrees or less.</p>	22
<p>分脚、蹬脚 Fēn Jiǎo (Parting Kick); Dēng Jiǎo (Heel Kick)</p>	<p>▼上举腿低于水平▼上举腿未伸直 ▼The raised leg is bent ▼The raised leg is below horizontal level</p>	23



## (3) 腿法 Leg Techniques

<p>摆莲拍脚、单拍脚 Bǎi Lián Pāi Jiǎo (Lotus Slap Kick), Dān Pāi Jiǎo (Front Slap Kick)</p>	<p>▼ 击响时摆动腿弯曲 ▼ 未击响 ▼ Kicking Leg Bent When Slapped ▼ Slap missed and/or inaudible</p>	<p>25</p>
<p>提膝 (独立) Tí Xī Dú Lì (Single Knee Raised Position)</p>	<p>▼ 提膝未过腰 ▼ Raised knee lower than waist level</p>	<p>26</p>



## (4) 步型 Stances &amp; Footwork

## 弓步 Gōng Bù (Bow Stance) 50

▼前腿膝未达脚背或超出脚尖▼前腿大腿低于水平或高于水平45°▼后腿脚掌任一部位明显离地▼后腿脚尖未内扣▼后腿跪膝

▼The Knee of front leg not over instep

▼The thigh of the bending (front) leg is not held at a range from horizontal level to 45° degrees (excluding 45° degrees) above horizontal level

▼Any portion of the sole of the rear leg is obviously off the floor

▼The rear foot is not hooked inwards with the toes pointing obliquely forwards.

▼The Knee of rear leg collapsed inwards passed the medial portion of the rear foot



## (4) 步型 Stances & Footwork

### 马步 Mǎ Bù (Horse Stance) 51

▼ 大腿低于水平或高于水平45° ▼ 膝内扣

▼ The thigh/s are not held at a range from horizontal level to 45° degrees (excluding 45° degrees) above horizontal level

▼ Knee/s collapsed inwards passed the medial portion of the foot/feet



## (4) 步型 Stances &amp; Footwork

<p>虚步 Xu Bu Xū Bù (Empty Stance)</p>	<p>▼前脚脚跟着地 ▼屈蹲腿脚跟离地 ▼屈蹲腿膝与脚尖未对正</p> <p>▼Heel of front leg touches the floor ▼Heel of supporting leg off the floor ▼Knee and toes of supporting leg misaligned</p>	52
<p>仆步 Pū Bù (Crouching Stance)</p>	<p>▼屈蹲腿未全蹲 ▼平铺腿未伸直 ▼平铺腿全脚掌未内扣着地</p> <p>▼Squatting leg is not in full squat with the back of the thigh in contact with the calf ▼The extended leg is not completely straight ▼Extended leg's foot is not hooked inwards with the sole completely flat on the ground</p>	53

#### (4) 步型 Stances & Footwork

**上步、退步、进步、跟步、侧行步**

**Shàng Bù (Advancing Step);**

**Tuì Bù (Backwards Stepping),**

**Jìn Bù (Forward Step);**

**Gēn Bù (Follow-up Step);**

**Cè Xíng Bù (Sideways Step)**

- ▼ **支撑腿膝与脚尖未对正** ▼ **脚拖地 (特殊动作要求除外)** ▼ **移动时重心起伏** ▼ **抬脚过高**
- ▼ **Knee and toes of supporting leg misaligned**
- ▼ **Foot is dragged when stepping (excluding special techniques)**
- ▼ **Center of gravity rising and falling when stepping**
- ▼ **Foot is raised too high off the ground when stepping**

## (5) 器械方法 Weapon Techniques

挂剑、撩剑、挂扇、撩扇

Guà Jiàn、Liāo Jiàn、Guà Shàn、Liāo Shàn

(Straight Sword Hooking Parry; Straight Sword Uppercut; Fan Hooking Parry; Fan Uppercut)

▼直腕▼未明显成立圆

▼Straight sword and forearm are aligned  
▼No obvious vertical circle formed

60

握剑、开扇、合扇

Wò Jiàn; Kāi Shàn; Hé Shàn  
(Gripping the Straight sword;  
Fan Opening; Fan Closing)

▼手指触及剑刃▼开扇时手未握扇骨底部扇面未完全展开,臂与扇大骨未呈一直线▼合扇时两扇大骨未合拢

▼Any finger wraps around the top of the hand guard and touches the edge of the blade

▼When opening the fan, the fan surface is not fully opened( less than 180 ° ), and the fan's big framework are not aligned when the fan surface is opened.

▼The two big frames were not closed when the fan was closed.

61



## (5) 器械方法 Weapon Techniques

<p>刺扇、劈扇 Cì Shàn、Pī Shàn  (Fan Thrust; Fan Chop)</p>	<p>▼臂与扇骨未呈一直线 ▼Arm and fan are not aligned</p>	63
<p>抛接扇 Pāo Jiē Shàn (Fan Toss/Throw &amp; Catch)</p>	<p>▼未单手接握扇骨底部 ▼Failure to catch the fan by the bottom/handle with a single hand</p>	66



## (5) 器械方法 Weapon Techniques

<p>绞剑 Jiǎo Jiàn (Straight Sword Enveloping)</p>	<p>▼ 剑尖绕环明显未呈立圆 ▼ Tip of the straight sword not travelling in a clearly defined circle</p>	68
<p>点扇 Diǎn Shàn (Fan Pointing)</p>	<p>▼ 手腕明显未上提 ▼ No obvious wrist lift</p>	69



03

## 太极拳类 Taijiquan Type



### 3.2 太极拳、太极剑扣分标准

**Taijiquan & Taijijian deduction standards.**



## 太极拳类

### Taijiquan Type



- 1. 一个动作出现一种或多种错误内容，均一次性扣0.10分。**  
Within a single technique, should there be 1 or more errors, 0.1 will be deducted once.

---

- 2. 一个组合动作出现两个以上同一器械方法错误内容，均一次性扣0.10分。**  
Within a single group of movements, should there be 2 or more occurrences of the same weapon technique errors, only 0.1 will be deducted once.

---

- 3. 一个组合动作出现两个以上同一步法错误内容，均一次性扣0.10分。**  
Within a single group of movements, should there be 2 or more occurrences of the same footwork error, 0.1 will only be deducted once.



## 太极拳类

### Taijiquan Type

4. 一个组合动作出现两个以上同一步型错误内容，均一次性扣0.10分。  
Within a single group of movements, should there be 2 or more occurrences of the same stance errors, only 0.1 will be deducted once.

5. 在一个套路中，拳、掌、剑指、身型和手法任一动作多次出现错误内容，最多扣0.3分。

Within a single routine, deductions for Quán (Fist) , Zhǎng (Palm), Jiàn Zhǐ (Sword Fingers), Hand Technique & Body Posture may be deducted at most three (3) times for each one respectively.



## 太极拳类

### Taijiquan Type

6. 对运动员每次出现的错误内容进行扣分，电子计分系统（或无电子计分系统时的编排记录员）进行分数限制，每个动作最多扣0.3分。

Deductions will be made for the above each time they occur; however, the electronic scoring system (or score keeper for non-electronic scoring systems) will enforce a deduction limit of 0.3 for each technique.

7. “支撑腿膝与脚尖未对正”，是指支撑腿的膝尖向内超过了脚内侧。  
“Knee and toes of supporting leg 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.



## 太极拳类 Taijiquan Type

——对运动员每次出现的错误内容进行扣分，电子计分系统（或无电子计分系统时的编排记录员）进行分数限制，每个动作最多扣0.3分。

——The A group judges will deduct for the above each time they occurs, however the electronic scoring system (or score tabulator for non-electronic scoring system method) will enforce the deduction limits, a maximum of 0.3 points are deducted for each action.



01

03

长拳类、南拳类和太极拳类

Changquan Type, Nanquan Type and Taijiquan Type

---

跳跃动作和跌扑动作

**Jumping Techniques  
and  
Tumbling Techniques**





腾空飞脚(斜飞、双飞)、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)

▼ 击响腿脚尖**未过肩** ▼ **未击响**

▼ Toes of the slapped foot are **below shoulder level**

▼ Slap **missed** and/or **inaudible**



## 长拳类、太极拳类 Changquan Type, Taijiquan Type

### 腾空正踢腿

Téng Kōng Zhèng Tī Tuǐ  
(Jumping Front Straight Kick)

▼ 踢腿触及前额瞬间悬垂腿弯曲

▼ Hanging leg bent at the apex of the kick



## 长拳类、南拳类 Changquan Type, Nanquan Type

**侧空翻 (包括长拳中的侧空翻转体)**  
**Cè Kōng Fān (Aerial Cartwheel)**

▼空中腿弯曲超过45°

▼Leg/s obviously bent 45° or more while in the air



长拳类 Changquan Type**旋子、旋子转体 33**

Xuànzǐ (Butterfly Kick), Xuàn Zǐ  
Zhuǎn Tǐ (Butterfly Twist)

▼转体时躯干高于水平45°▼空中腿弯曲超过45°

▼Angle of the torso is 45° or above during the twist

▼ Leg/s obviously bent 45° or more while in the air

**腾空箭弹、腾空蹬腿 34**

Téng Kōng Jiàn Tàn (Jumping  
Snap/Spring Kick),  
Téng Kōng Dēng Tuǐ (Jumping Heel  
Push Kick)

▼弹（蹬）腿由屈到伸摆动小于45°

▼弹（蹬）出腿低于水平

▼Snap/Spring (pushing) leg does not transition from obviously bent (45° or more) to completely straight

▼Snap/Spring (pushing) leg below horizontal level

## 南拳类 anNanquan Type

<p><b>腾空盘腿360°侧扑</b> Téng Kōng Pán Tuǐ 360° Cè Pū (Flying Cross Legged Kick 360°to Falling on Side)</p>	<p>▼ <b>摆动腿脚尖未过头</b> ▼ Toes of the kicking leg do not exceed head level</p>	40
<p><b>腾空双侧踹</b> Téng Kōng Shuāng Cè Chuài (Jumping Double Side Kick)</p>	<p>▼ <b>踹出腿未并拢伸直</b> ▼ The legs are not held close together when kicked out ▼ Leg/s obviously bent when kicked out</p>	42





对练

Duilian (Choreographed Sparring Routines)



04

**对练**

**Duilian (Choreographed Sparring Routines)**

---

**4.1 对练动作类别、错误内容与编码。**

**Duilian (Choreographed Sparring Routines)  
Technique Categories, deduction content & codes**



——主要类别分为“方法”和“配合”。

The main categories are divided into Methods and Co-Operation.

方法 Method

配合 Co-Operation





## 方法 Method

<b>远离或偏离进攻部位</b> Attack Wide of or off of target area	<b>90</b>
<b>静止姿势超过3秒钟</b> Motionless state held for more than 3 seconds	<b>91</b>
<b>无攻防演练超过3秒钟</b> Duration without attack and defense exceeds 3 seconds	<b>92</b>



## 配合 Co-Operation

<b>击打落空或防守落空</b> Misses in attack or defense	<b>93</b>
<b>等待对方进攻</b> Waiting for partner' s attack technique	<b>94</b>
<b>误中对方</b> Mishit on Partner/s	<b>95</b>



## 4.2 对练扣分标准

### Duilian (Choreographed Sparring Routines) Deduction Standards

---

- 1. 动作出现错误内容，扣0.10分。**  
For each technical error 0.10 will be deducted
- 2. 动作错误内容均按出现的人次累计扣分。**  
Technical errors will be deducted as they occur in a cumulative manner.



5

# 集体项目

## Group Routine Events



### 5.1 集体项目动作类别、错误内容与编码。 Group Routine Events Technique Categories, deduction content & codes



——主要类别分为“方法”和“配合”。

The main categories are divided into Methods and Co-Operation.

方法 Method

配合 Co-Operation



方法 Method

<p><b>步型、腿法动作与要求不符</b> Footwork/Stance, Leg Technique not meeting the requirements</p>	<p><b>90</b></p>
<p><b>跳跃、跌扑动作与要求不符</b> Jumping technique, Tumbling Technique not meeting the requirements</p>	<p><b>91</b></p>
<p><b>器械方法与要求不符</b> Weapon Technique not meeting the requirements</p>	<p><b>92</b></p>

配合 Co-Operation

<p><b>对练时击打落空或防守落空</b> Misses in attack or defense during sparring content</p>	<p><b>93</b></p>
<p><b>对练时等待对方进攻</b> Waiting for partner' s attack technique during sparring content</p>	<p><b>94</b></p>
<p><b>对练时误中对方</b> Mishit on Partner/s during sparring content</p>	<p><b>95</b></p>





配合 Co-Operation

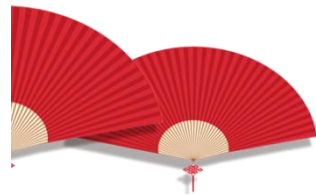
<p>同一动作不整齐 Single technique not executed uniformly</p>	<p>96</p>
<p>队形不整齐 Group formation not uniform</p>	<p>97</p>



## 5.2 集体项目扣分标准

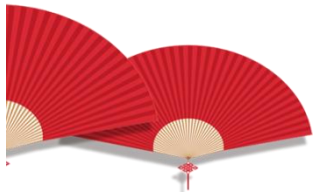
### Group Routine Events Deduction Standards

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- 1. 动作出现错误内容，扣0.10分。**  
For each technical error 0.10 will be deducted
  
- 2. 动作错误内容均按出现的人次累计扣分。**  
Technical errors will be deducted as they occur in a cumulative manner.





6

其他错误内容、扣分标准与有关规定  
Other Errors deduction content,  
standards & codes



**6.1 其他错误类别、内容及扣分标准与编码。****Other Errors deduction content,  
standards & codes**

**失去平衡 Loss of Balance**

<b>躯干晃动, 脚移动或跳动 (扣0.10分)</b> ▼Torso sways, ▼Foot shuffles or skips (deduct 0.10)	70
<b>附加支撑 (扣0.20分)</b> ▼Additional Support (deduct 0.20)	71
<b>倒地 (扣0.30分)</b> ▼Fall (deduct 0.30)	72



**器械服饰 Weapons & Apparel****器械触地、脱把、碰身、变形 (扣0.10分)**

73

▼ Weapon unintentionally makes contact with the floor (deduct 0.10)

▼ Loss of grip (deduct 0.10)

▼ Weapon strikes the body (deduct 0.10)

▼ Weapon deforms (deduct 0.10)

**器械折断, 扇大骨或扇小骨折断、扇钉脱落 (扣0.20分) ▼ 器械折断, 扇大骨或扇小骨折断、扇钉脱落 (扣0.20分)**

74

**▼ Weapon Broken: Taijishan big framework and/or small framework fractures, Taijishan nail falls off (deduct 0.20)**

**器械掉地 (扣0.30分)**

75

**▼ Weapon dropped on the floor (deduct 0.30)**

**器械 服饰 Weapons & Apparel**

**刀彩、剑穗、枪缨、服饰、头饰掉地；刀彩、剑穗、软器械  
缠手（缠身）；服装开纽或撕裂；鞋脱落（扣0.10分）**

**▼ Broad Sword Ribbon; Straight sword Tassel; Spear  
Tassel; Garment Item; Headwear dropped on the  
floor (deduct 0.10)**

**▼ Broad Sword Ribbon; Straight sword Tassel; Soft  
Weapon entangles hand or body (deduct 0.10)**

76



## 其它 Other

<p><b>平衡静止时间不足 (扣0.10分)</b></p> <p>▼ Balance technique not kept in a motionless state for at least 2 seconds (deduct 0.10)</p>	77
<p><b>身体任何部位触及线外地面 (扣0.10分)</b></p> <p>▼ Any part of competitor' s body touches floor outside carpet boundary line. (deduct 0.10)</p>	78
<p><b>遗忘 (扣0.10分)</b></p> <p>▼ Movement Forgotten. (deduct 0.10)</p>	79





## 6.2 其他错误有关规定

### Other Errors Deduction Standards



## 6.2 Other Errors Deduction Standards

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1 晃动：是指由于身体失去平衡造成躯干双向或多向位移。

**Sway: A sway is defined an athlete' s upper body is displaced (sways) in 2 different directions.**

2 移动：是指双脚或单脚或一脚一腿支撑时，任何一脚出现的位移。

**Shuffle: This refers to a situation when standing or landing on both feet or on a single foot or on one foot and one leg. Should any supporting foot move or be displaced laterally it is considered as a shuffle.**



## 6.2 Other Errors Deduction Standards

---

3 **跳动：支撑脚（单脚或双脚）出现悬空状态，判定为跳动。**

**Skip:** This refers to a situation when standing or landing on both feet or on a single foot. Should any supporting foot leave the carpet in a skip or hop it is considered a skip.



## 6.2 Other Errors Deduction Standards

4

**附加支撑：是指由于身体失去平衡造成手、肘、膝或非支撑脚触地，或被动借助器械支撑。**

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, knee, non-supporting leg (during a single leg posture) or the weapon as an additional support it is considered as an additional support.** (Note: should the weapon hit the floor during the course of a movement without any weight applied to it as additional support it should be considered as weapon hit body or floor and be deducted accordingly).



## 6.2 Other Errors Deduction Standards

5

**倒地：是指由于身体失去平衡造成头、臂、肩、背、臀任一部位触地，或其他任何两个或两个以上身体部位同时触地，或其他任何一个身体部位触地的同时被动借助器械支撑。**

**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**; or should any two or more parts of the body simultaneously **make contact with the floor**, or one part of the body and the weapon (the weapon is considered an extension of the arm), it is considered as a fall.

(Note: In Set Combat events, intentional falls to the ground are not considered and deducted as falls).



## 6.2 Other Errors Deduction Standards

- 6 **器械碰身**：运动过程中器械触及身体任一部位，判定为器械碰身。

**Weapon-Touching-Body**: Should an athlete **during a technique with a weapon strike, tap or touch any part of his/her body**, it will be considered as weapon-touching-body and be deducted accordingly.



## 6.2 Other Errors Deduction Standards

---

7 **器械变形:** 是指器械弯曲变形角度超过45°。

**Weapon Deformed:** This refers to when **the weapon has been deformed to degree in excess of 45°** from its original intended shape.



## 6.2 Other Errors Deduction Standards

8

**出界：**身体任一部位触及线外地面，判定为出界。而器械接触线外地面或身体某一部分在空间超越了场地，不应判为出界。

**Out-of-bounds:** Should an athlete during his/her performance, touch the floor outside of the boundary line of the competition arena with any part of his/her body, it is considered as out-of-bounds. Should the weapon touch the floor outside of the boundary line of the competition arena; or if any part of the performer's body is extended beyond the boundary line of the competition arena but does not make contact with the floor it is not considered as out-of-bounds.





## 6.2 Other Errors Deduction Standards

9 **平衡静止时间:** 以首次出现静止状态时开始计时, 仅适用于长拳、剑术、刀术、枪术和棍术项目。

**Balance Technique Static/Motionless Timing:** Calculation of time begins when the movement first stops in a static or motionless state. This applies to Changquan, Jianshu, Daoshu, Qiangshu & Gunshu events only.



## 6.2 Other Errors Deduction Standards

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10 **遗忘:** 运动过程中出现不应有的停顿、中断或动作混乱, 判定遗忘.

**Forgetting:** Should an athlete during his/her performance have a lapse of memory and be interrupted and pause unconventionally or have chaotic movements, it is considered as forgetting.



## 6.2 Other Errors Deduction Standards

11 在一个动作中连续出现两个以上其他错误，应累计扣分。

Should during a single technique, more than one <other error> occur, they will be deducted in a cumulative manner.

12 以上错误均按出现的人次累计扣分。

Other Errors will be deducted as they occur in a cumulative manner.



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