



IWUF

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Training Certification Course

难度的评判方法

Judging Criteria for Degree of Difficulty

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(一) 难度的有关说明

Explanation of Degree of Difficulty





难度的分类

Types of Degree of Difficulty



难度
Difficulties

动作难度
Difficult Movements

平衡类 Balances
腿法类 Leg techniques
跳跃类 jumping
跌扑类 Tumbling

连接难度
Difficult connections

动静连接 Between dynamic and static
静静连接 Between motionless states
动动连接 Between difficult movements
套嵌连接 Between throw and catch of apparatus



1、动作难度

完成一个A级动作难度计0.20分，完成一个B级动作难度计0.30分，完成一个C级动作难度计0.40分。动作难度的累计分如超过1.40分，按1.40分计算。

每个动作难度的分值只计算一次。作降分处理的动作难度，只能编排在最后一个（或一组）难度中。动作难度不符合要求，不算动作难度分。



2、连接难度

完成一个A级连接难度计0.10分，完成一个B级连接难度计0.15分，完成一个C级连接难度计0.20分，完成一个D级连接难度计0.25分。连接难度的累计分如超过0.60分，按0.6分计算。每个连接难度的分值只计算一次。作降分处理的连接难度，只能编排在最后一组难度中。连接难度不符合要求，不计算连接难度分。



难度编码识别

平衡、腿法动作的难度编码识别 例：244B

类别	一级编码	状态	二级编码	腿式	三级编码	四级编码
平衡	1	直立	1	搬	1	A
腿法	2	仰身	2	踢	2	B
		俯身	3	控	3	C
		屈蹲	4	扫	4	
		侧身	5			
		拧身	6			



难度编码识别

跳跃、跌扑动作的难度编码识别 例：旋风脚540+马步

类别	一级编码	状态	二级编码	腿式	三级编码	四级编码
跳跃	3	直体	1	无	1	A
跌扑	4	垂转	2	前上	2	B
		矢转	3	向内	3	C
		额转	4	向外	4	
		复转	5	向前	5	
		旋	6	向后	6	
				向下	7	



难度编码识别

连接动作、抛接动作的难度编码识别

仆步	+0		坐盘	+6
马步	+1		弓步	+7
蝶步	+2		单脚落地	+8
提膝独立	+3		抛+接	+9
跌竖叉	+4		剪势	+10
跌叉	+5		蝎势	+11



动作难度的加分最多不能超过1.40分，连接难度的加分最多不能超过0.60分。

The maximum bonus point for difficult movements cannot exceed 1.40 points, and the maximum bonus point for difficult connections cannot exceed 0.60 points.



动作难度未完成，其之前和之后的连接难度均不予确认。

The difficult movements was not completed, and the difficult connections before and after it was not confirmed.

连接动作形式被改变，动作难度和连接难度均不予确认。

The form of the connection action was changed, and both the difficult movements and the difficult connections were not confirmed.



平衡动作和动静连接的连接动作完成时必须呈静止状态。

Difficult balances and connections between dynamic and static must end in a motionless state.



判定动作难度和连接难度的是否完成，均以运动员第一次完成为准。

Whether the difficult movements and connections are completed is judged by the athlete's first completion.



长拳类器械套路中，只能选做一种套嵌（抛接）连接。

太极拳类项目中，只能选做一个跌叉。

Between throw and catch of apparatus can only be used once in Changquan category apparatus routines.

In Taijiquan categories, only one front split can be used.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging measures of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

平衡类动作难度

**Difficult movement of
balances**

跳跃类动作难度

**Difficult movement of
jumps**

连接难度——动静连接

**Difficult connections—Between
dynamic and static connection**

腿法类动作难度

**Difficult movement of leg
techniques**

连接难度——动+动+静连接

**Difficult connections—
Dynamic+Dynamic+Static connection**

连接难度——套嵌连接

**Difficult connections—Between
throw and catch of apparatus**





(二) 长拳难度

The Judging methods of
Changquan's Degree of
Difficulty



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judgement measures of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

平衡类动作难度

Difficult movements of balances



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

1、抱脚朝天直立，编码111A

Bring leg to head level in standing position,code111A

2、侧踢抱脚直立，编码112A

Side kick and hold leg in standing position,code112A

3、十字平衡，编码133B

Balance with arms outspread,code133B



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

上举腿未达垂直。

Raised leg not completely vertical.

评判方法:

Judging method:

上举腿与地面必须呈垂直状态。

Raised leg must be vertical with the ground.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

4、后踢抱脚直立，编码112C（图1-4）

Back kick and hold leg in standing position,code 112C.



图1-4



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

(1) 上举腿未达垂直。

Raised leg not completely vertical.

(2) 两手未从肩后抓抱踢起脚。

The hands aren't grabbing the foot directly behind the shoulder.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

评判要点:

Judging method:

必须有后踢动作出现，用单手或双手从肩后抱住脚或脚踝；上举腿要伸直。

There must be a back kick, with one or both hands clasping the foot or ankle behind the shoulder; Keep your legs straight in the lift.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

5、仰身平衡，编码123A（图1-5）

Backward balance, code 123A (pic1-5)



图1-5



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

上身高于水平 45° 。

Torso held at 45° degrees or more above horizontal level.

评判方法:

Judging method:

上身以躯干中轴线为标准，但不包括头部。

The upper body is standardized on the central axis of the torso, but doesn't include the head.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

在实际评判中，除上述各个动作的基本评判方法以外，平衡类动作难度还会出现以下情况，应按照下表的标准执行评判。

In the actual evaluation, in addition to the basic evaluation methods of the above movements, the difficult movements will also occur in the following situations, and the evaluation should be carried out according to the standards in the following table.



<p>动作完成情况</p> <p>Movement completion</p>	<p>动作难度是否确认</p> <p>Difficult movement confirmed</p>
<p>若第一次完成失误，再做第二次</p> <p>Fail the first time, do it a second time</p>	<p>×</p>
<p>完成平衡动作难度过程中，出现器械着地支撑</p> <p>Apparatus landing support during the completion of a difficult balancing act</p>	<p>×</p>
<p>未出现静止状态</p> <p>No stationary condition</p>	<p>×</p>



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judgement measures of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

腿法类动作难度

Difficult movements of leg techniques



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judgement measures of Difficult Movements in Optional Changquan, Jianshu, Daoshu, Qiangshu and Gunshu

1、前扫腿540°，编码244A（图1-6）

Front sweep with double twists,code244A

2、前扫腿900°，编码244B

Front sweep with two and half twists,code244B



图1-6



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

扫转度数不足。

Insufficient sweep degree.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

评判方法:

Judging method:

(1) 扫转性腿法的扫转度数，均以扫转腿的脚的起止转动度数来计算扫转度数。

The sweeping degrees of the sweeping leg are calculated by the number of degrees of rotation of the starting and ending foot of the sweeping leg.

(2) 若扫转过程出现停顿，再继续扫转不计算度数。

If there is a pause in the sweep, no degrees are counted when the sweep is continued.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judgement measures of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

跳跃类动作难度

Difficult movements of jumps



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

1、腾空正踢腿，编码312B

Front kick in flight, code 312B

不符合规定：

Not in Conformity with Requirements:

- (1) 起跳前助跑超过4步。 Exceeding 4 run-up steps.
- (2) 未腾空。 Not executed in the air.
- (3) 上踢腿脚尖未触及前额。

The toes of the kicking leg do not make contact with the forehead.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

动作要点:

Judging method:

(1) 未腾空, 是指在空中完成上踢时悬垂腿已落地。

Not airborne means that the overhang leg has landed when the upper kick is completed in the air.

(2) 踢起脚和落地脚必须是同一脚。

The starting kick and the landing kick must be the same.

(3) 运动员脚尖必须踢到前额。

Players must kick toe to forehead.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

2、腾空飞脚，编码312A（图1-8）

Kick in flight, code 312A (pic 1-8)



图1-8



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

(1) 起跳前助跑超过4步。

Exceeding 4 run-up steps.

(2) 未腾空。

Not executed in the air.

(3) 击响腿的腿高未达水平。

Foot slapped lower than horizontal level.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

评判方法:

Judging method:

(1) 未腾空——是指在空中完成击响时摆动腿已落地。

Not in the air——means that the swing leg is already on the ground when the strike is completed in the air.

(2) 击响腿的腿高未达水平，即击响腿低于腰。

The leg height of the striking leg isn't level, the striking leg is below the waist.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

3、旋风脚360°，编码323A

Tornado kick with full twist,code 323A

4、旋风脚540°，编码323B

Tornado kick with one and half twist,code 323B.

5、旋风脚720°，编码323C

Tornado kick with double twists,code 323C.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

6、腾空摆莲360°，编码324A

Lotus kick with full twist,code 324A

7、腾空摆莲540°，编码324B

Lotus kick with one and half twist,code 324B

8、腾空摆莲720°，编码324C

Lotus kick with double twists,code 324C



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

- (1) 助跑超过4步。 **Run-up with more than 4 steps .**
- (2) 转体度数不足。 **Incomplete rotation.**
- (3) 未腾空。 **Not executed in flight.**
- (4) 击响腿低于水平。 **Slapped leg not high enough.**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

9、侧空翻，编码335A

Aerial cartwheel code 335A

10、旋子，编码333A

Butterfly code 333A



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

(1) 起跳前助跑超过4步。 **Exceeding 4 run-up steps.**

(2) 未腾空。 **Not Executed in the air.**

评判方法: **Judging method:**

未腾空，在完成动作过程中手撑地，即不符合规定。

Not Executed in the air, hand on the ground during the completion of the manoeuvre, not in compliance with the regulations.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

11、侧空翻转体360°，编码355B

Aerial cartwheel with full twist code 355B

12、旋子转体360°，编码353B

Butterfly with full twist code 353B

13、旋子转体720°，编码353C

Butterfly with double twists code 353C



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

- (1) 起跳前助跑超过4步。 **Exceeding 4 run-up steps.**
- (2) 转体度数不足。 **Insufficient degree of rotation.**
- (3) 未腾空。 **Not Executed in the air.**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judgement measures of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

动静连接

**Difficult connections—Between dynamic and static
connection**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

长拳项目中的被连接动作包括坐盘、弓步、马步、跌竖叉、提膝
独立5种，要求被连接动作呈静止状态。

**There are 5 types of connected movements in the
Changquan event: sitting position, bow stance, horse-riding
stance, front split, stand with one knee raised ,which must be
motionless.**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

1、难度动作度数界定

Calculating the degree of difficult movements

跳跃动作转体双脚落地或跳跃动作转体落地接做马步、跌竖叉，均以起跳时两脚之间连线和落地时两脚之间连线的夹角来计算转体度数。

The angle between the line between the two feet at the start of the jump and the line between the two feet at the landing is used to calculate the number of degrees of the turn.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

1、旋风脚360° +马步，编码323A+1

**Tornado kick with full twist to horse-riding stance
code 323A+1**

2、旋风脚540° +马步，编码323B+1

**Tornado kick with one and half twist to horse-riding stance
code 323B+1**

3、旋风脚720° +马步，编码323C+1

**Tornado kick with double twists to horse-riding stance
code 323C+1**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

4、腾空摆莲360° +弓步，编码324A+7

Lotus kick with full twist to bow stance code 324A+7

5、腾空摆莲360° +马步，编码324A+1

Lotus kick with full twist to horse-riding stance code 324A+1



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

6、腾空摆莲540° +马步，编码324B+1

**Lotus kick with one and half twist to horse-riding stance
code 324B+1**

7、腾空摆莲720° +马步，编码324C+1

**Lotus kick with double twists to horse-riding stance
code 324C+1**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

两脚依次落地、脚移动或跳动、附加支撑、倒地

**The feet land alternately (not simultaneously)、Foot
shuffles or skips、Use of additional support、Fall**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

评判方法:

Judging method:

在动+静连接动作中，评判时有2个确认点:

动作难度和落地后的连接难度

根据动作完成的不同情况，确认难度完成的打“√”，未完成的“×”。

案例: 324A+1 评判方法见下表:



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan, Jianshu, Daoshu, Qiangshu and Gunshu

动作完成时出现的情况 The situation when the action is completed	动作难度 是否确认 Difficult movements confirmed	连接难度 是否确认 Difficult connections confirmed
落地时晃动 Landing with sway	✓	✓
脚跟离地后落下 Landing with heel up	✓	✓
步型未成形 Stances not in mould	×	×
两脚依次落地 Feet landing consecutively	✓	×
落地时脚移动、跳动 Feet move/jumps when landing	✓	×
落地同时附加支撑 Landing with extra support	✓	×



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

8、侧空翻+跌竖叉，编码335A+4

Aerial cartwheel to front split code 335A+4

9、旋风脚360° +跌竖叉，编码323A+4

Tornado kick with full twist to front split code 323A+4

10、旋风脚540° +跌竖叉，编码323B+4

Tornado kick with one and half twist to front split code 323B+4



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

11、旋子转体360° +跌竖叉，编码353B+4

Butterfly with full twist to front split code 353B+4

12、旋风脚720° +跌竖叉，编码323C+4

Tornado kick with double twists to front split code 323C+4



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

13、旋子转体720° +跌竖叉，编码353C+4

Butterfly with double twists to front split code 353C+4

14、腾空摆莲360° +跌竖叉，编码324A+4

Lotus kick with full twist to front split code 324A+4



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

两脚依次落地、**滑叉**、附加支撑、倒地。

**The feet land alternately (not simultaneously)、Sliding
into the splits、Use of additional support、Fall**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

评判方法:

Judging method:

在动+静连接动作中，评判时有2个确认点:

动作难度和落地后的连接难度

根据动作完成的不同情况，确认难度完成的打“√”，未完成的“×”。

案例：_324A+4 评判方法见下表:



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan, Jianshu, Daoshu, Qiangshu and Gunshu

动作完成时出现的情况 The situation when the action is completed	动作难度 是否确认 Difficult movements confirmed	连接难度 是否确认 Difficult connections confirmed
落地后自然反弹 Landing with natural rebound	√	√
附加支撑 Extra support	√	×
两脚依次落地 Feet landing consecutively	√	×
跌叉同时倒地 Fall on the ground when split	×	×
跌叉未成形（三角叉） front split not in mould	×	×



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

15、旋风脚360° +坐盘，编码323A+6

Tornado kick with full twist to sitting position code 323A+6

16、腾空飞脚+坐盘，编码312A+6

Kick in flight to sitting position code 312A+6

17、旋子+坐盘，编码333A+6

Butterfly to sitting position code 333A+6



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

18、腾空摆莲360° +坐盘，编码324A+6

Lotus kick with full twist to sitting position code 324A+6

19、前扫腿540° +坐盘，编码244A+6

**Front sweep with one and half twist to sitting position
code 244A+6**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定: Not in Conformity with Requirements:

动作之间明显停顿、两大腿未交叉、附加支撑、倒地。

Obvious pause before forming Zuò Pán(Cross-Legged Sitting)、The thighs are not crossed clearly、Use of additional support、Fall

评判方法: Judging method:

两腿松散，未成坐盘。

Legs loose, not in a sitting position.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judgement measures of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

动+动+静连接

Difficult connections—
Dynamic+Dynamic+Static connection



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan, Jianshu, Daoshu, Qiangshu and Gunshu

长拳项目中，共有3个动动连接。按照不同动作连接的技术要求，腾空飞脚+侧空翻可单做，亦可连接跌竖叉动作；旋风脚360° +旋子转体720° 和旋子转体360° +旋风脚720° ，必须连接静止性的马步或跌竖叉动作，因此，这两组连接动作亦可称之为动+动+静连接。



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

Among Changquan category, there are 3 sets of transitions. For different moves, Kick in flight followed by aerial cartwheel can be done solely or followed by front split ; Tornado kick with full twist followed by butterfly with double twists, Tornado kick with full twist followed by butterfly with double twists must be followed by horse-riding stance or front split. Therefore, these two sets can be called “Difficult Moves+Difficult Moves+Motionless Moves”.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

1、腾空飞脚+侧空翻，编码312A+335A

Kick in flight followed by aerial cartwheel code 312A+335A

不符合规定：

Not in Conformity with Requirements:

跳跃动作之间的助跑步数超出一步。

The number of assisted steps between jumping movements exceeds one step.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

2、旋风脚360° +（四步之内）旋子转体720°，编码323A+353C

Tornado kick with full twist followed by butterfly with double twists（within 4 steps）code 323A+353C

3、旋子转体360° +（四步之内）旋风脚720°，编码353B+323C

Tornado kick with full twist followed by butterfly with double twists（within 4 steps）code 353B+323C



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

跳跃动作之间的助跑步数超出四步。

The number of assisted steps between jumps exceeds four.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

评判方法:

Judging method:

在动+动+静连接动作中，评判时有4个确认点：

动作难度、助跑连接、第二动作难度和落地后的连接难度

根据动作完成的不同情况，确认难度完成的打“√”，未完成的打“×”。

案例：312A + 335A + 4 评判方法见下表：



<p style="text-align: center;"><u>动作完成情况</u> <u>Movement completion</u> 312A + 335A + 4</p>	<p style="text-align: center;">动作难度 是否确认 Difficult movements confirmed</p>	<p style="text-align: center;">连接难度 是否确认 Difficult connectios confirmed</p>	<p style="text-align: center;">动作难度 是否确认 Difficult movements confirmed</p>	<p style="text-align: center;">连接难度 是否确认 Difficult connectios confirmed</p>
<p>完成 完成 完成 完成 complete complete complete complete</p>	✓	✓	✓	✓
<p>步数超出 完成 完成 完成 Extra step complete complete complete</p>	×	×	✓	✓
<p>完成 步数超过 完成 完成 complete additional step complete complete</p>	✓	×	×	×
<p>完成 完成 未完成 完成 complete complete incomplete complete</p>	✓	×	×	×
<p>完成 完成 完成 未完成 complete complete complete incomplete</p>	✓	✓	✓	×



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judgement measures of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

套 嵌 连 接

**Difficult connections—Between throw and
catch of apparatus**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

按照不同类别、不同动作的连接技术要求，长拳项目中包括抛+腾空摆莲360度+接和抛+抢背+接等4种连接。

According to the requirements of different categories and connection techniques, there are 4 types of connections in the Changquan event, including Throw and tornado kick with full twist to catch, Throw and dive shoulder roll to catch.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

1、抛器械+腾空摆莲360° +接器械，编码324A+9。

(图1-42 - 图1-44)

**Throw and tornado kick with full twist to catch
code 324A+9(pic1-42--1-44)**



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

2、抛器械+抢背+接器械，编码445+9（图1-45 - 图1-47）

Throw and dive shoulder roll to catch code 445A+9(pic1-45--1-47)



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

3、抛器械+腾空飞脚+接器械，编码312A+9

Throw and kick in flight to catch code 312A+9

4、抛器械+旋风脚360° +接器械，编码323A+9

Throw and tornado kick with full twist to catch code 323A+9



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

不符合规定:

Not in Conformity with Requirements:

(1) 抢背后手、臀、膝未离地。

Hands, hips and knees not leaving the ground behind the snatch.

(2) 未接握住器械或接抓刀彩、剑穗。

Failure to catch and hold an instrument or catch and grasp a sword colour or sword spike.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

评判方法:

Judging method:

在动+静连接动作中，评判时有2个确认点:

动作难度和落地后的连接难度

根据动作完成的不同情况，确认难度完成的打“√”，未完成的打“×”。

评判方法见下表:



<p>动作完成时出现的情况 The situation when the action is completed 324A+9</p>	<p>动作难度 是否确认 Difficult movements confirmed</p>	<p>连接难度 是否确认 Difficult connections confirmed</p>
<p>转体度数足，未接住器械 Rotation Degree enough, but fail to catch the weapon 接住剑穗、刀彩 Catch and grasp a sword colour or sword spike</p>	<p>√</p>	<p>×</p>
<p>未腾空 Not Executed in the air.</p>	<p>×</p>	<p>×</p>
<p>转体度数不足 Rotation Degree not enough</p>	<p>×</p>	<p>×</p>



<p>动作完成时出现的情况</p> <p>The situation when the action is completed</p> <p>445+9</p>	<p>动作难度是否确认</p> <p>Difficult movements confirmed</p>	<p>连接难度是否确认</p> <p>Difficult connections confirmed</p>
<p>臀、膝部未离地</p> <p>Hip and knee touches the ground</p>	<p>×</p>	<p>×</p>
<p>接住剑穗、刀彩</p> <p>Catch and grasp a sword colour or sword spike</p>	<p>×</p>	<p>×</p>
<p>未接住器械</p> <p>Fail to catch weapon</p>	<p>×</p>	<p>×</p>





三、自选太极拳、太极剑 难度评判方法

The judging methods of Taijiquan
and Taijijian' s Degree of
Difficulty



(一) 太极拳、太极剑 难度有关说明

Interpretation of Degree of Difficulty in Optional
Taijiquan and Taijijian

(二) 太极拳、太极剑难度评判方法

Judging methods for Taijiquan and taijijian

平衡类动作难度

Difficult movements of balances

跳跃类动作难度

Difficult movements of jumps

连接难度——动静连接

Difficult connections—Between
dynamic and static connection

腿法类动作难度

Difficult movements of leg techniques

连接难度——动动静连接

Difficult connections—
Dynamic+Dynamic+Static connection

连接难度——静静连接

Difficult connections—
between motionless moves



(一) 太极拳、太极剑难度有关说明

Interpretation Degree of Difficulty in Optional Taijiquan and Taijijian



太极拳、太极剑难度有关说明

Interpretation of Degree of Difficulty in Optional Taijiquan and Taijijian

1、太极拳项目动动连接（无步连接）

The transition between difficult moves (no step transition).

2、单脚落地时，击响（踢起）脚和落地脚应为同一腿。

When landing on one foot, the slapping foot and the landing foot must be the same one.

3、跳跃动作只能上一步起跳（项目特点）

For difficult moves, only one step run-up can be used before take-off.



(二) 太极拳、太极剑 难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional
Taijiquan and Taijijian



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional
Taijiquan and Taijijian

平衡类动作难度

Difficult movements of balances



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

1、前举腿低势平衡，编码143A（图1-51）

Low balance with leg stretched forward code 143A (pic1-51)



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

2、后插腿低势平衡，编码143B（图1-52）

Low balance with leg inserted behind code 143B (pic1-52)



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

不符合规定:

Not in Conformity with Requirements:

(1) 支撑腿大腿高于水平。

High of supporting leg above horizontal level.

(2) 手扶按支撑腿。

Hand on supporting leg.



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

动作要点:

Judging method:

支撑腿以大腿中轴线为标准，在完成动作过程中，不可出现手扶按支撑腿或大腿高于水平。

It will be affirmed reach the axis of thigh or lower than this level. In procedure it will not be affirmed if Hand on supporting leg or thigh is higher than horizontal level.



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

3、低势前蹬踩脚平衡，编码142A

Low stepping on kick forward code142A

不符合规定：

Not in Conformity with Requirements:

(1) 支撑腿大腿高于水平。

High of supporting leg above horizontal level.

(2) 前蹬踩脚触地。

Foot of the kicking leg touches carpet.



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional
Taijiquan and Taijijian

腿法类动作难度

Difficult movements of leg Technique



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

1、分脚、蹬脚，编码212A（图1-54、图1-55）

Parting kick 、 Heel kick code 212A (pic1-54、 1-55)



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in
Optional Taijiquan and Taijijian

不符合规定:

Not in Conformity with Requirements:

上举腿脚跟低于肩。

Heel of the kicking leg is below shoulder level.



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional
Taijiquan and Taijijian

动静连接

Difficult connections----
Between dynamic and static



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

按照不同动作、不同等级的腾空动作难度的连接技术要求，太极拳项目中包括连接跌叉、提膝独立、单脚落地3种动作连接，连接动作必须呈相对静止状态。

According to the different requirement of different movement and different air movement grade, there are 3 connection movements, include front split, stand with one knee raised, land on take-off foot. The transition move must be motionless.



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

1、难度动作度数界定

Calculation of Degree of Difficulty

跳跃动作转体单脚落地，均以该脚起跳时和落地时脚尖与脚跟连线的延长线的夹角来计算转体度数。

The angle of the extension of the line connecting the toe and heel at the time of the jump and at the time of landing is used to calculate the number of degrees of the turn.



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

1、旋风脚360° +起跳脚落地， 编码323B+8

Tornado kick with full twist to land on take-off foot code 323B+8.

2、腾空摆莲360° + 起跳脚落地， 编码324B+8

Lotus kick with full twist to land on take-off foot code 324B+8.

3、腾空正踢腿+起跳脚落地， 编码312B+8

Front kick in flight to land on take-off foot code 312A+8.



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

不符合规定:

Not in Conformity with Requirements:

(1) 击响（踢起）脚未单脚落地。

The striking (kicking up) foot does not land on one foot.

(2) 落地时脚移动或跳动。（必须出现静止状态）

Foot moves or jumps when landing. (Must appear stationary)



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

4、腾空飞脚+提膝独立，编码312A+3

Kick in flight to stand with one knee raised code 312A+3.

5、旋风脚360° +提膝独立，编码323B+3

**Tornado kick with full twist to stand with one knee raised
code 323B+3**

6、旋风脚540° +提膝独立，编码323C+3

**Tornado kick with one and half twist to stand with one knee raised
code 323C+3.**



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

7、腾空摆莲360° +提膝独立，编码324B+3

Lotus kick with full twist to land on take-off foot code 324B+3

8、腾空摆莲540° +提膝独立，编码324C+3

**Lotus kick with one and half twist to stand with one knee raised
code 324C+3.**



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

不符合规定:

Not in Conformity with Requirements:

(1) 击响脚未单脚落地。

The striking (kicking up) foot does not land on one foot.

(2) 落地时脚移动或跳动。

Foot moves or jumps when landing.

(3) 提膝腿脚触地。

The foot of the raised knee touches the ground.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

评判方法:

Judging method:

在动+静连接动作中，评判时有2个确认点:

动作难度和落地后的连接难度

根据动作完成的不同情况，确认难度完成的打“√”，未完成的打“×”。

案例： 324A+3 评判方法见下表:



<p>动作完成时出现的情况</p> <p>The situation when the action is completed</p>	<p>动作难度 是否确认</p> <p>Difficult movements confirmed</p>	<p>连接难度 是否确认</p> <p>Difficult connections confirmed</p>
<p>落地时晃动、掀脚</p> <p>Sway and liftg of the feet when landing</p>	<p>✓</p>	<p>✓</p>
<p>击响脚未单脚落地</p> <p>The striking foot does not land on one foot</p>	<p>×</p>	<p>×</p>
<p>落地时碾动、跳动</p> <p>Foot moves or jumps when landing</p>	<p>✓</p>	<p>×</p>
<p>提膝腿（非支撑腿）脚触地</p> <p>Lift the knee leg and foot to touch the ground</p>	<p>✓</p>	<p>×</p>



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in
Optional Taijiquan and Taijijian

9、腾空摆莲360° +跌叉 编码324B+5

Lotus kick with full twist to front split code 324B+5

10、腾空摆莲540° +跌叉，编324C+5

Lotus kick with one and half twist to front split code 324C+5.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
评判方法: Jianshu, Daoshu, Qiangshu and Gunshu

Judging method:

转体度数的判定:凡跳跃动作转体接跌叉落地,以起跳时起跳腿的脚尖与脚跟连线的延长线和落地时异侧腿轴线的延长线的夹角来计算转体度数。因此,应注意观察起跳时右脚的方向和落地时左腿的方向。

Determination of the degree of the turn: The angle between the extension of the line connecting the toe and heel of the jumping leg and the extension of the axis of the opposite leg at the time of landing is used to calculate the number of degrees of turn. Therefore, the direction of the right foot when jumping and the direction of the left leg when landing should be observed.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
Jianshu, Daoshu, Qiangshu and Gunshu

评判方法:

Judging method:

在评判腾空摆莲+跌叉连接时，评判中有2个确认点，即动作难度、落地后连接动作的确认。根据动作完成的不同情况，评判方法见下表，其中确认完成的打“√”，未完成的打“×”。

There are 2 points of confirmation when judging Lotus kickian+ front split: namely the difficulty of the move and the confirmation of the connection after landing. The method of judging is shown in the table below, depending on the completion of the movement.



<p>动作完成情况 The situation when the action is completed</p>	<p>动作难度 是否确认 Difficult movements confirm</p>	<p>连接难度 是否确认 Difficult connections confirmed</p>
<p>落地的自然反弹 Landing with natural rebound</p>	<p>✓</p>	<p>✓</p>
<p>附加支撑 Extra support</p>	<p>✓</p>	<p>×</p>
<p>两脚依次落地 Feet landing consecutively</p>	<p>✓</p>	<p>×</p>
<p>倒地 Fall on the ground</p>	<p>×</p>	<p>×</p>
<p>跌叉未成形 front split inappropriate</p>	<p>×</p>	<p>×</p>
<p>腾空摆莲角度不足 Lotus kickian degree not enough</p>	<p>×</p>	<p>×</p>



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional
Taijiquan and Taijijian

静静连接

**Difficult connections—Between
motionless states**



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

静静连接不得上步，以支撑脚转体前和转体后脚尖与脚跟连线的延长线的夹角来计算转体度数。

Between motionless states must not be stepped up, and the angle of the extension of the line connecting the toe and heel before and after the turn of the supporting foot is used to calculate the number of degrees of turn.



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

1、低势前蹬踩脚+转体180度成提膝独立，编码142A+3

Low stepping on kick forward Followed by half twist to stand with one knee raised code 142A+3.

2、前举腿低势平衡+转体180度成提膝独立，编码143A+3

Low balance with leg stretched forward and half twist to stand with one knee raised code 143A+3



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

3、后插腿低势平衡+摆莲脚转体180度成提膝独立，编码143B+3

Low balance with leg inserted behind followed by lotus kick with half twist to land with one knee raised code 143B+3.



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

不符合规定:

Not in Conformity with Requirements:

- (1) 连接过程中出现**躯干**晃动。
- (2) **提膝时**脚移动、跳动。
- (3) 转体度数不足。
- (4) **连接过程中提膝低于水平。**



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional
Taijiquan and Taijijian

动+动+静连接

**Difficult connections—Dynamic+Dynamic+Static
connection**



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in Optional Taijiquan and Taijijian

1、腾空飞脚+腾空摆莲360° +跌叉，编码312A+324B+5

**Kick in flight followed by lotus kick with full twist to front split
code 312A +324B+5**

2、腾空飞脚+腾空摆莲540° +跌叉，编码312A+324C+5

**Kick in flight followed by lotus kick with one and half twist to front split
code 312A+324C+5**



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in
Optional Taijiquan and Taijijian

不符合规定:

Not in Conformity with Requirements:

跳跃动作之间出现助跑步数。

Assisted steps occur between jumping movements.



自选长拳、剑术、刀术、枪术、棍术难度评判方法

Judging methods of Difficult Movements in Optional Changquan,
评判方法: Jianshu, Daoshu, Qiangshu and Gunshu

Judging method:

在评判动+动+静连接时，评判中有4个确认点，即第一个动作难度、助跑步数、第二个动作难度和落地后连接动作的确认。根据动作完成的不同情况，评判方法见下表，其中确认完成的打“√”，未完成的打“×”。

When judging dynamic + dynamic+ static connection, there are four confirmation points in the judging, namely the difficulty of the first movement, the number of assisted steps, the difficulty of the second movement and the confirmation of the connecting movement after landing. The method of judging is shown in the table below, depending on the completion of the movement.



<p style="text-align: center;"><u>动作完成情况</u> The situation when the action is completed</p> <p style="text-align: center;">312A + 324B +5</p>	<p style="text-align: center;">动作难度 是否确认 Difficult movements confirme</p>	<p style="text-align: center;">连接难度 是否确认 Difficult connection s confirme</p>	<p style="text-align: center;">动作难度 是否确 认 Difficul t movement s confirme</p>	<p style="text-align: center;">连接难度 是否确认 Difficult connectio ns confirme</p>
<p>完成 完成 完成 完成 complete complete complete complete</p>	√	√	√	√
<p>助跑步数超出 完成 完成 完成 Additional step complete complete complete</p>	×	×	√	√
<p>完成 步数超过1步 完成 完成 complete complete complete</p>	√	×	×	×
<p>完成 步数1步 完成 完成 complete complete complete</p>	√	×	√	√
<p>完成 双脚跳动 完成 完成 complete complete complete</p>	√	×	×	×
<p>完成 完成 未完成 完成 complete complete incomplete complete</p>	√	×	×	×
<p>完成 完成 完成 未完成 complete complete complete incomplete</p>	√	√	√	×



四、自选南拳、南刀、南棍 难度的评判方法

The judging Methods of
Nanquan, Nandao and Nangun's
Degree of Difficulty



(一) 自选南拳、南刀、南棍难度有关说明

Interpretation of Degree of Difficulty in Optional nanquan、
nandao、nangun

(二) 南拳、南刀、南棍难度评判方法

Judging methods of nanquan、nandao、nangun

腿法类动作难度

Difficult movements of leg techniques

跳跃类动作难度

Difficult movements of jumps

跌扑类动作难度

Difficult movements of tumbles

连接难度——动动连接

Difficult connections—between two difficult movements

连接难度——动静连接

Difficult connections—between dynamic and static connection



(一) 自选南拳、南刀、南棍

难度有关说明

Interpretation of Degree of Difficulty in Optional Nanquan , Nandao,
Nangun's *Degree of Difficulty*



太极拳、太极剑难度评判方法

Judging methods of Movements of Degree of Difficulty in
Optional Taijiquan and Taijijian

助跑步数计算规定：

Calculation of run-up steps

1、南拳项目动动连接（两步连接）

The transition between two difficult movements(two-step transition).

2、动作难度中，跳跃和跌扑动作起跳时只能上四步起跳。

For jumps and tumbles moves, the run-up should not be more than 4 steps.



(二) 南拳、南刀、南棍

难度评判方法

The Judging methods of Nanguan, Nandao, Nangun's *Degree of Difficulty*



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

跳跃类动作难度

Difficult movements of jumps



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

1、原地后空翻，编码346A

Stationary back flip,code 346A

不符合规定: Not in Conformity with Requirements:

起跳前脚移动Foot shuffles prior to jump、

落地时手撑地Use of hand for additional support when landing

评判方法: Judging measures:

起跳前脚移步，是指起跳的瞬间，两脚产生位移。若出现脚位移，动作不符合规定。**Foot displacement before jumping is the moment of jumping when the two feet are displaced. If foot displacement occurs, the movement does not comply with the regulations.**



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

2、单跳后空翻，编码346B

Single-step back flip,code346B

不符合规定：

Not in Conformity with Requirements:

(1) 起跳前助跑步数超过两步。

Exceeding 2 run-up steps.

(2) 落地时手撑地。

Use of hand for additional support when landing.



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

跌扑类动作难度

Difficult movements of tumbles



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

1、腾空双侧踹，编码415A

Double sideward sole kicks in flight,code 415A.

不符合规定：

Not in Conformity with Requirements:

(1) 起跳前助跑超过4步。

Assist more than 4 steps before jump.

(2) 踹出腿低于水平。

Kick-out leg below level.



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

评判方法:

Judging measures:

踹出腿呈水平，是指空中两腿发力侧踹的瞬间，两腿与身体在空中成侧卧水平状态。

The kick-out leg is horizontal, meaning that the moment the legs are kicked sideways with force in the air, the legs and the body are horizontal in the air in a side-lying position.



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

2、腾空盘腿360° 侧扑，编码423A

Cross legs in flight with full twist to land on side,code 423A

不符合规定:

Not in Conformity with Requirements:

(1) 转体度数不足。

Insufficient degree of rotation.

(2) 起跳前助跑超过4步。

Exceeding 4 run-up steps.



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

3、鲤鱼打挺，编码447A

Kip-up,code 447A

不符合规定：

Not in Conformity with Requirements:

手撑扶地面。

Hands on the ground.



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

动+动+静连接

**Difficult connections—Dynamic+Dynamic+Static
connection**



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

1、旋风脚360° +腾空飞脚+提膝独立，编码323A+312A+3

Tornado kick with full twist followed by kick in flight to stand with one knee raised,code 323A+312A+3.

2、旋风脚360° +单跳后空翻+蝶步，编码323A+346B+2

Tornado kick with full twist followed by single-step back somer sault to stand with one knee raised,code 323A+346B+2.



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

不符合规定:

Not in Conformity with Requirements:

跳跃动作之间的助跑步数超过2步。

More than 2 assisted steps between jumps.



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

评判方法:

Judging measures:

南拳类项目中动动连接的评判方法，按照表12-20中的要求执行，其中确认完成的打“√”，未完成的打“×”。

Please see the form below.



<u>动作完成情况</u>				动作难度 是否确认	连接难度 是否确认	动作难度 是否确认	连接难度 是否确认
323A	+	346B	+2				
完成 complete	完成连接 connection	完成 complete	完成 complete	√	√	√	√
超出数步 Additional step	完成连接 2step connection	完成 complete	完成 complete	×	×	√	√
完成 Complete	超过2步 more than 2 step	完成 complete	完成 complete	√	×	×	×
完成 complete	完成连接 2step connection	未完成 incomplete	完成 complete	√	×	×	×
完成 complete	完成连接 2step connection	完成 complete	未完成 incomplete	√	√	√	×



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

连接难度——动静连接

Difficult connections—Between dynamic and static connection



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

1、旋风脚360° +蝶步，编码323A+2

Tornado kick with full twist to butterfly stance,code 323A+2

2、旋风脚540° +蝶步，编码323B+2

Tornado kick with one and half twist to butterfly stance, code 323B+2



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

3、原地后空翻+蝶步，编码346A+2

Backward somersault at original spot+Diebu code 346A+2

4、单跳后空翻+蝶步，编码346B+2

Single jumps backward somersault+Diebu code 346B+2



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

不符合规定:

Not in Conformity with Requirements:

两脚依次落地、**落地后再成蝶步**、脚移动或跳动、附加支撑、倒地。

The feet land alternately (not simultaneously)、Forming the butterfly stance only after landing、Foot shuffles or skips、Use of additional support、Fall



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

评判方法:

Judging measures:

南拳项目中1至6组的动静连接的评判方法，按照下表中的要求执行，其中确认完成的打“√”，未完成的打“×”。

Please see the form below.



<p style="text-align: center;">动作完成时出现的情况 The situation when the action is completed</p>	<p style="text-align: center;">动作难度 是否确认 Difficult movements confirme</p>	<p style="text-align: center;">连接难度 是否确认 Difficult connections confirme</p>
<p>落地时晃动 Sway 、 toe up when landing</p>	✓	✓
<p>蝶步前脚脚移动 Front foot of Diebu move</p>	✓	✗
<p>步型未成形 Stance not in mould</p>	✗	✗
<p>两脚依次落地 Landing in turn</p>	✓	✗
<p>附加支撑 Extra support</p>	✓	✗



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

5、腾空飞脚+提膝独立，编码312A+3

Kick in flight to stand with one knee raised code 312A+3

6、旋风脚360° +提膝独立，编码323A+3

**Tornado kick with full twist to stand with one knee raised
code 323A+3**

7、腾空外摆腿360° +提膝独立，编码324A+3

**Outward kick in flight with full twist to stand with one knee raised
code 324A+3**



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

不符合规定:

Not in Conformity with Requirements:

(1) 击响脚未单脚落地。

The kicking/slapped foot is not the single leg which is landed on.

(2) 落地时脚移动、跳动。

Foot shuffles or skips.

(3) 提膝腿的脚触地。

The foot of the raised knee touches the ground.



南拳、南刀、南棍难度评判方法

Judging measures for nanquan、nandao、nangun

评判方法:

Judging measures:

南拳项目中9至13组的动静连接的评判方法，按照下表中的要求执行，其中确认完成的打“√”，未完成的打“×”。

The judgment measures is follow the form 12-22 below.

Affirm is“√”， incomplete is “×”。



<p>动作完成时出现的情况</p> <p>The situation when the action is completed</p>	<p>动作难度 是否确认</p> <p>Difficult movements confirme</p>	<p>连接难度 是否确认</p> <p>Difficult connections confirme</p>
<p>落地时晃动、掀脚</p> <p>Sway and liftg of the feet when landing</p>	<p>√</p>	<p>√</p>
<p>击响脚未单脚落地</p> <p>The striking foot does not land on one foot</p>	<p>×</p>	<p>×</p>
<p>落地时碾动、跳动</p> <p>Foot moves or jumps when landing</p>	<p>√</p>	<p>×</p>
<p>落地时提膝腿（非支撑腿）脚触地</p> <p>Lift the knee leg and foot to touch the ground</p>	<p>√</p>	<p>×</p>





五、C组裁判员临场工作程序

**Group C Judges
working procedures**





基本要求

裁判员应熟练掌握各项目动作分类方法和分类编码，熟记难度确认方法，现场做到反应及时、评断准确、操作正确的基本要求。

裁判员应注意紧跟运动员现场演练的节奏，抓好动态（跟踪动作的全过程）、静态（观察动作姿态）、动态与静态之间（静态-动态-静态）等各时间段的难度完成情况和出现的动作错误，按照岗位的职责，力求做到评判准确无误。



C组裁判员临场工作程序

Group C Judges working procedures

(1) 使用电脑评分系统时， C组裁判员应根据运动员所申报的每一个动作难度和连接难度， 依据运动员临场完成的动作难度与连接难度的情况， 按键打点， 进行确认与不确认；左手(或右手)按键打点进行确认， 右手(或左手)按键打点进行不确认。当运动员完成全部动作难度和连接难度后， 评判结束。开始准备下一个运动员的评判。



C组裁判员临场工作程序

Group C Judges working procedures

(1) The computerised scoring system, the Group C judge shall press the key to confirm or disconfirm the difficult movements and difficult connection declared by the athlete, completed by the athlete on the spot; the left hand (or right hand) presses the key to confirm and the right hand (or left hand) presses the key to disconfirm. The judging is completed when the athlete has completed all the difficult movements and difficult connections. Start preparing for the next athlete to be judged.



C组裁判员临场工作程序

Group C Judges working procedures

(2) 电脑评分系统将自动对C组裁判员的评判结果进行计算，3名裁判员中，只要有2名裁判员对某一个动作难度和连接难度按键打点确认，即判定确认。

Computerised scoring system will automatically calculate the results of the judges in Group C. The decision will be confirmed if two of the three judges hit the dotted confirmation button for a particular difficult movements and difficult connections.





六、填写难度登记表注意事项

**Auditing the Registration Form of
degree of difficulty**



审核难度登记表工作

work of examine the difficulty registration form

一、填报难度登记表,注意以下二方面:

- (1) 是否符合规程要求。
- (2) 是否符合规则要求。

'The difficult movement registration form' shall be filled according to the provisions.



审核难度登记表工作

work of examine the difficulty registration form

二、动作顺序正确

在填写自选套路难度动作登记表时，注意动作顺序不要颠倒，要按照套路中出现难度动作的先后顺序，分段落由左至右填入表中。

难度动作的顺序填写有错误，裁判有权不予确认。

When completing the registration form, be careful not to reverse the order of the movements and enter them in the order in which they appear in the routines, from left to right.

The judge reserves the right not to confirm any errors in the order of the difficult movements.



审核难度登记表工作

work of examine the difficulty registration form

三、在填写自选套路难度动作登记表时用动作编码填写。

分段落由左至右填入表中。

每一段段落中的第一栏填写难度编码

第二栏填写相应的分值

第三栏为无电脑评分系统时裁判员临时评分栏。



审核难度登记表工作

work of examine the difficulty registration form

The paragraphs are entered in the table from left to right.

The first column of each paragraph is filled in with the difficulty code, the second with the corresponding score, and the third with the referee's provisional score if there is no computerised marking system.



自选套路难度登记及评分表

协会： 中国武术协会 姓名： 林 辰 性别： 女 身高 160 cm

动作难度和连接难度及创新难度登记				项目： <u>南 拳</u>			
第一段	346A	+2	323B	+2	324B	+1	
	0.2	0.15	0.3	0.15	0.3	0.15	
第二段	323A	+2	324A	+1 ↓			
	0.2	0.1	0.2	0.05			
第三段	423A						
	0.2						
第四段							
分值合计	2分		动作难度	1.4分	连接难度	0.6分	创新难度
教练签名			徐立		联系方法		12345678

说明：按照套路中出现的动作难度、连接难度及创新难度的内容，按先后顺序计算好难度分值，分段落由左至右填入表中。每一段中，第一栏填写难度编码，第二栏填写相应的分值，第三栏为无电脑评分系统时裁判员临场评定记录栏。
国际武术联合会技术委员会制



填写套路登记表的注意事项

Instructions for fill the registration form

在填写动动连接难度分值时，注意“+”下面写上动动连接难度的分值

如312A + 335A + 4

0.2 0.15 0.2 0.1

When filling in the dynamic connection difficulty score, note that the dynamic connection difficulty score is written under the "+"

如 312A + 335A + 4

0.2 0.15 0.2 0.1



填写套路登记表的注意事项

Instructions for fill the registration form

在填写自选套路难度动作登记表时，要下降动作难度分或连接难度分都必须选择在最后一个动作下降。

如：旋风脚360度+马步

323A + 1

0.1 ↓ +0.05 ↓



填写套路登记表的注意事项

Instructions for fill the registration form

When completing the registration form for the difficulty of the optional routines, to drop the difficulty score of the routine or to connect the difficulty score you must choose to drop on the last routine.

如：Tornado kick with full twist to horse-riding stance

323A + 1

0.1↓ + 0.05↓



自选套路难度登记及评分表

协会：_____ 姓名：_____ 性别：_____ 男 _____ 身高 _____ 170 _____ cm

动作难度和连接难度及创新难度登记

项目：_____ 南 _____ 拳 _____

第一段	324B	+1	324A	+1	323A	+	346B (A)	+2
	0.3	0.15	0.2	0.1	0.2	0.1	0.3	0.15
第二段	323B	+2 ↓	324A	+1 ↓				
	0.3	0.1	0.2	0.05				
第三段	423A ↓							
	0.1							
第四段								
分值合计	2分		动作难度	1.4分	连接难度	0.6分	创新难度	
教练签名			徐立		联系方式		12345678	

说明：按照套路中出现的动作难度、连接难度及创新难度的内容，按先后顺序计算好难度分值，分段落由左至右填入表中。每一段中，第一栏填写难度编码，第二栏填写相应的分值，第三栏为无电脑评分系统时裁判员临场评定记录栏。
国际武术联合会技术委员会制



填写套路登记表的注意事项

Instructions for fill the registration form

分值的编码、字母和分值要注意不要写错。编码写错造成动作改变，裁判可以判为改变动作不予评分。

Care should be taken not to write the wrong code, letter and score for the score. If the wrong code causes a change of movement, the judge may award no points for the change of movement.



填写套路登记表的注意事项

Instructions for fill the registration form

运动员演练时《自选套路难度登记表》的填报与实际演练不符，以登记表填报的动作为准。

In the event of discrepancies between the filing of 'Application & Assessment Form for Compulsory Movements of Optional Taolu' in the athlete's drill and the actual drill, the movements entered in the registration form shall prevail.



填写套路登记表的注意事项

Instructions for fill the registration form

1、改变动作难度

Change Difficult movement

如“旋子转体720 ° +跌竖叉”做成“旋风脚720° +跌竖叉”则不确认动作难度和连接难度。

It is not conform to rules for difficult movements and difficult connections which change Butterfly with double twists to front split to Tornado kick with double twists to front split.



填写套路登记表的注意事项

Instructions for fill the registration form

2、改变连接形式

change connection form

如“旋子转体720 ° +跌竖叉”，做成“旋子转体720 ° +马步”，则不确认动作难度和连接难度。

It will not affirm difficult movements and difficult connections which change Butterfly with double twists to front split to Butterfly with double twists to horse-riding stance.



填写套路登记表的注意事项

Instructions for fill the registration form

计算好难度动作分值

动作难度的加分最多不能超过1.40分，连接难度的加分最多不能超过0.60分。

A级动作难度计0.20分，B级动作难度计0.30分，C级动作难度计0.40分。

A级连接难度计0.10分，B级连接难度计0.15分，C级连接难度计0.20分，D级连接难度计0.25分。



填写套路登记表的注意事项

Instructions for fill the registration form

Calculate the points for difficult movements: A maximum of 1.40 points can be added for movement difficulty and a maximum of 0.60 points can be added for connection difficulty. A level of movement difficulty counts for 0.20 points, B level movement difficulty counts for 0.30 points and C level movement difficulty counts for 0.40 points. A level of connection difficulty counts for 0.10 points, B level connection difficulty counts for 0.15 points, C level connection difficulty counts for 0.20 points and D level connection difficulty counts for 0.25 points.



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