

TAI CHI/INTERNAL FORMS

HAND FORM

Correct posture
Correct stance
Distinguishing Yin & Yang
Intent & focus
Coordination
Smooth transition from one technique to another
Balanced turning & stepping
Relaxation & softness
Aesthetic appearance
Martial spirit

WEAPON FORMS

Correct posture
Correct stance
Distinguishing Yin & Yang
Intent & focus
Harmony of body & weapon
Correct use of Jing
Balance & agility
Control of weapon
Aesthetic appearance
Martial spirit

WU SHU/EXTERNAL FORMS

HAND FORM

Correct posture
Correct stance
Power
Intent & focus
Coordination
Difficulty of Technique
Balanced turning & stepping
Behaviour and turnout
Aesthetic appearance
Martial spirit

WEAPON FORMS

Correct posture
Correct stance
Power
Intent & focus
Harmony of body & weapon
Difficulty of Technique
Balance & agility
Behaviour and turnout
Aesthetic appearance
Martial spirit

The judges will disqualify competitors who perform an inappropriate form and will deduct points in accordance with the degree to which a form contains inappropriate movements. Similarly 5 points will be deducted for each completed 10 second period by which the competitors form exceeds the time allowed. This will normally be 3-3.5 minutes for taijiquan forms, 1.5-3.5 minutes for weapons and other hand forms.

Points will also be directed for stopping, hesitating and dropping a weapon. It should be noted that competitors do not necessarily have to complete the whole of their form within the time limit. They should, however, bring it to an end within the time limit. A warning will be given by the time keeper 10 seconds before the time limit expires.

After completing their form competitors will wait for the judges to announce the score before leaving the competition area.