



IWUF WUSHU TAOLU JUDGES TRAINING COURSE 2025

Jiangyin, China

April 7-13, 2025



ROAD TO DAKAR 2026 YOG - THEMED EVENT

太极拳、太极扇 Taijiquan/Taijishan



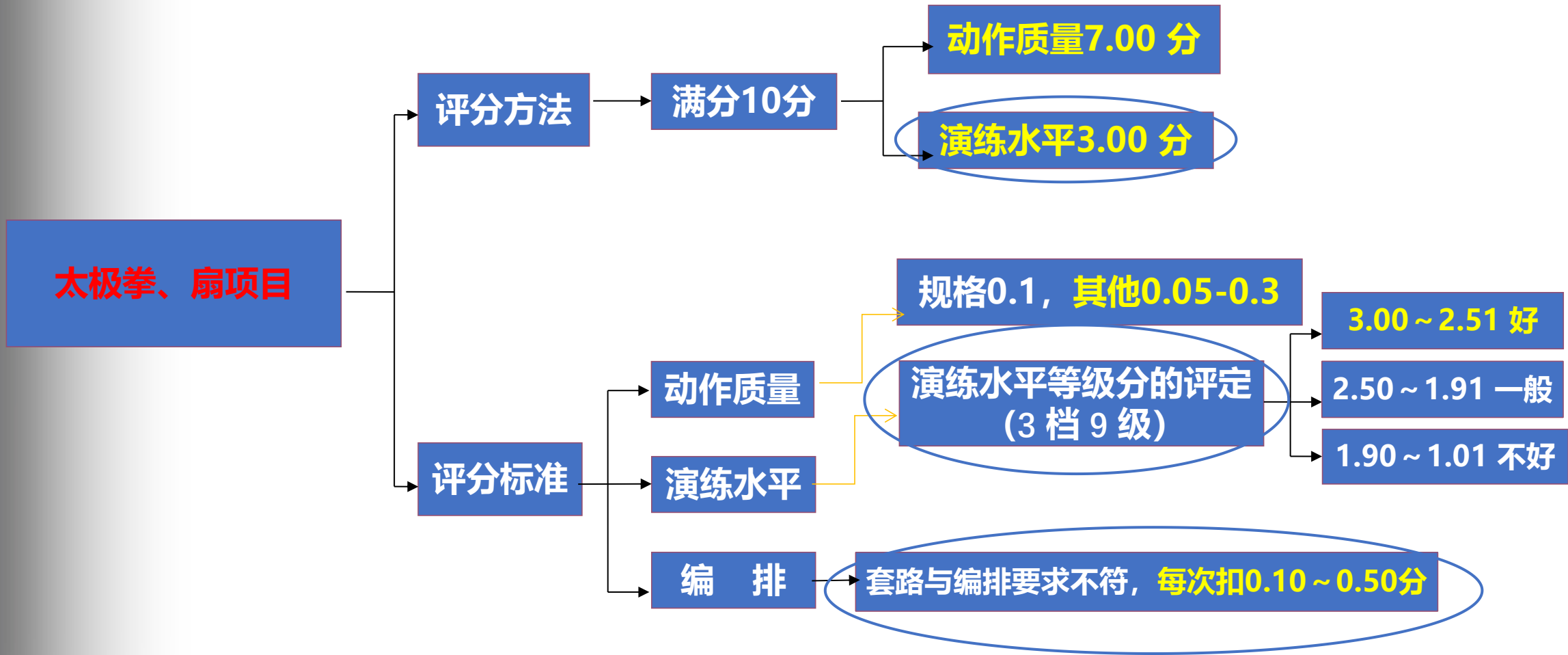
演练水平评判 Evaluation of Overall Performance

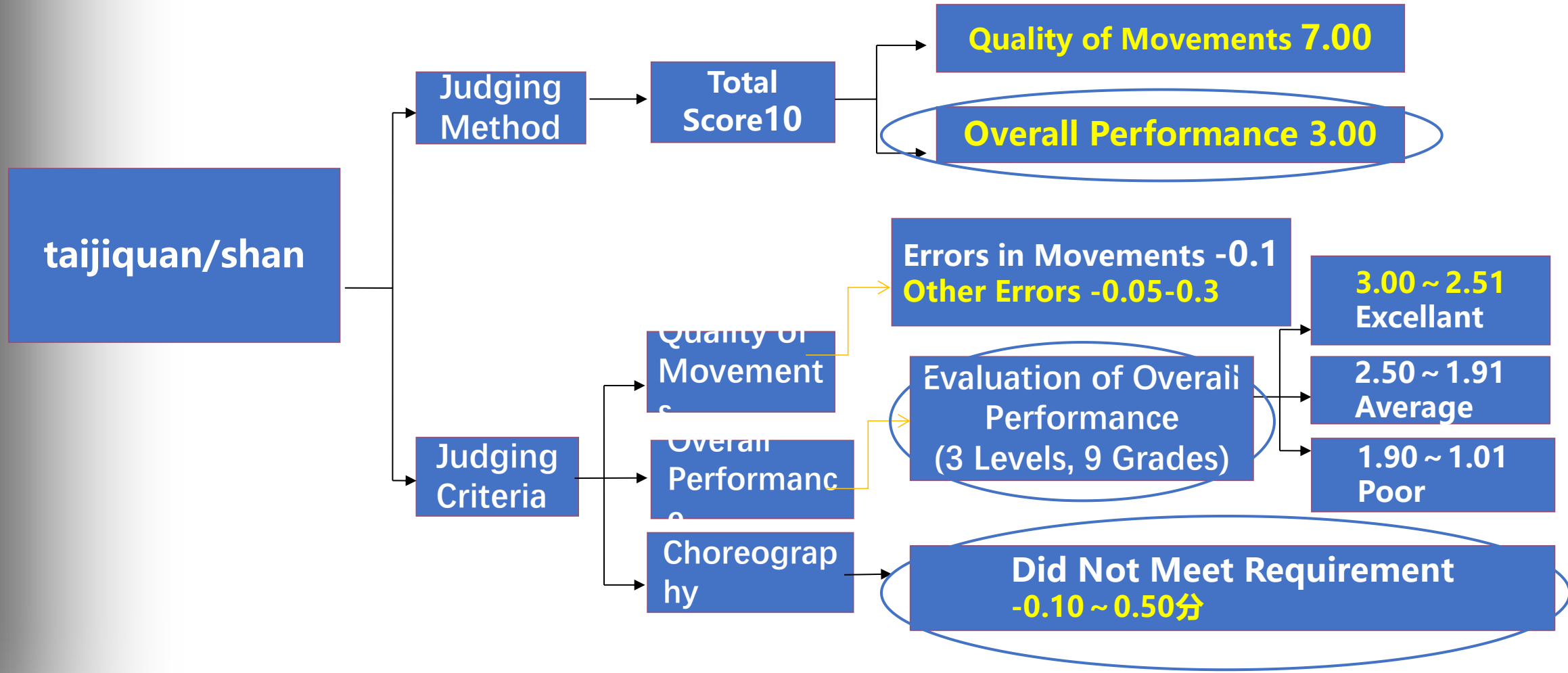


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国际级裁判

Lecturer: Prof. Lin Xiao Mei
International Judge







有难度和无难度项目演练水平等级分的评分

档 次	级 别	分数段	评分标准
好	一级	3.00 ~ 2.91	动作规范，方法正确，劲力充足，用力顺达，力点准确，手眼身法步及身械配合协调，节奏分明，风格突出、动作与音乐和谐一致为“好”。
	二级	2.90 ~ 2.71	
	三级	2.70 ~ 2.51	
一般	四级	2.50 ~ 2.31	动作较规范，方法较正确，劲力较充足，用力较顺达，力点较准确，手眼身法步及身械配合较协调，节奏较分明，风格较突出、动作与音乐较和谐一致为“一般”。
	五级	2.30 ~ 2.11	
	六级	2.10 ~ 1.91	
不好	七级	1.90~ 1.61	动作不规范，方法不正确，劲力不充足，用力不顺达，力点不准确，手眼身法步及身械配合不协调，节奏不分明，风格不突出、动作与音乐不和谐一致为“不好”。
	八级	1.60 ~ 1.31	
	九级	1.30~ 1.01	

Evaluation of Overall Performance for Degree of Difficulty and Non Difficulty

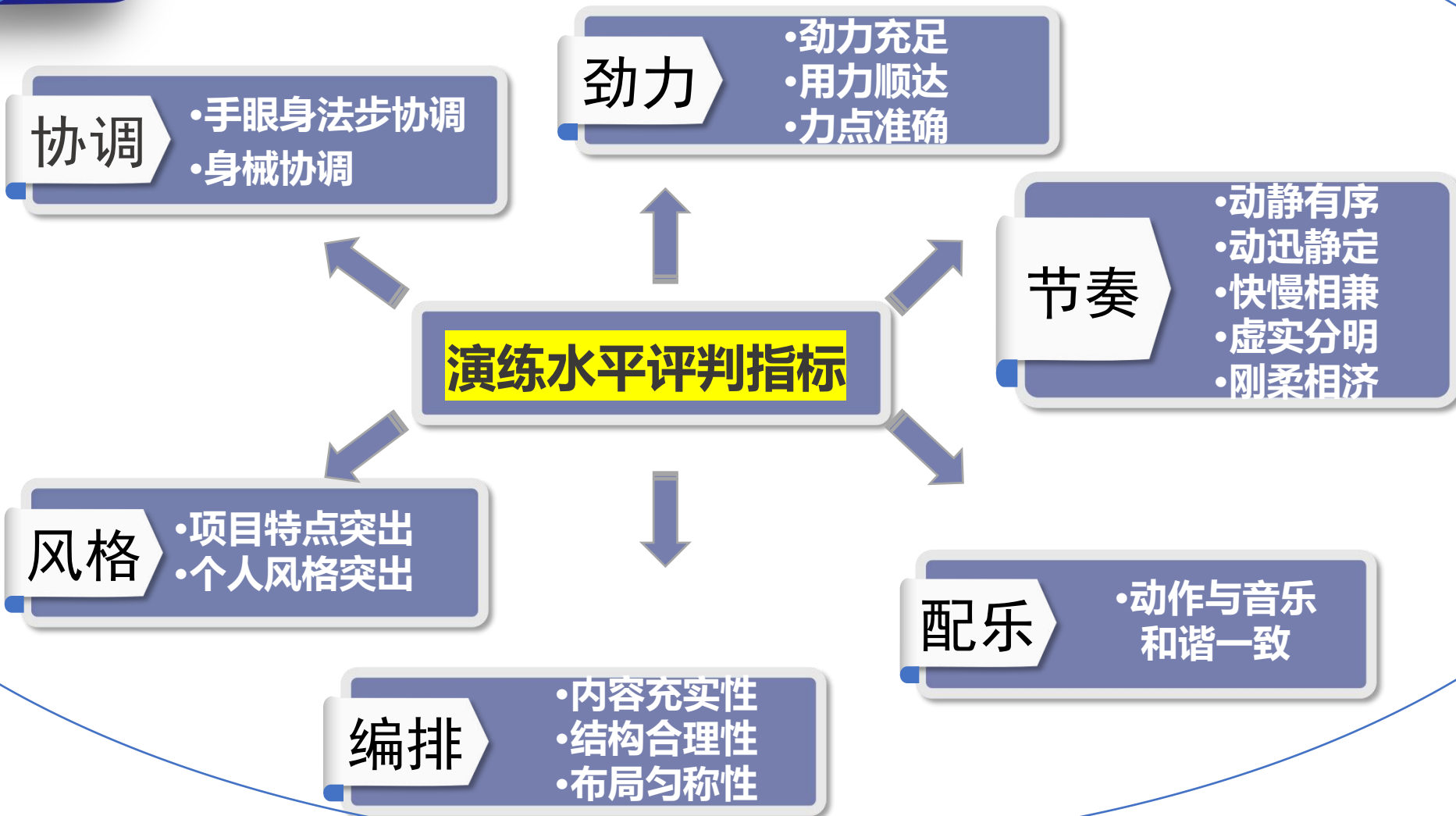
Level	Degree	Score Range	Scoring Standard
Superior	(1)	2.91 – 3.0	Techniques are correct; exact method; sufficient strength; smooth and effective issuing of force; accurate focus of force; coordination between eyes, hands, bodywork, footwork and weapon; distinct rhythm; correct stylistic expression; good harmony between movement and accompanying music (where applicable).
	(2)	2.71 - 2.9	
	(3)	2.51 - 2.70	
Average	(4)	2.31 - 2.50	Techniques are in general correct; generally exact method; generally sufficient strength; smooth and effective issuing of force in general; generally accurate focus of force; general coordination between eyes, hands, bodywork, footwork and weapon; distinct rhythm in general; correct stylistic expression in general; average harmony between movement and accompanying music (where applicable).
	(5)	2.11 - 2.30	
	(6)	1.91 - 2.10	
Inferior	(7)	1.61 - 1.90	Techniques are incorrect; inexact method; insufficient strength; rough and ineffective issuing of force; inaccurate focus of force; lack of coordination between eyes, hands, bodywork, footwork and weapon; indistinct rhythm; incorrect and indistinct stylistic expression; poor harmony between movement and accompanying music (where applicable).
	(8)	1.31 - 1.60	
	(9)	1.01 - 1.30	

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演练水平评判指标的表述

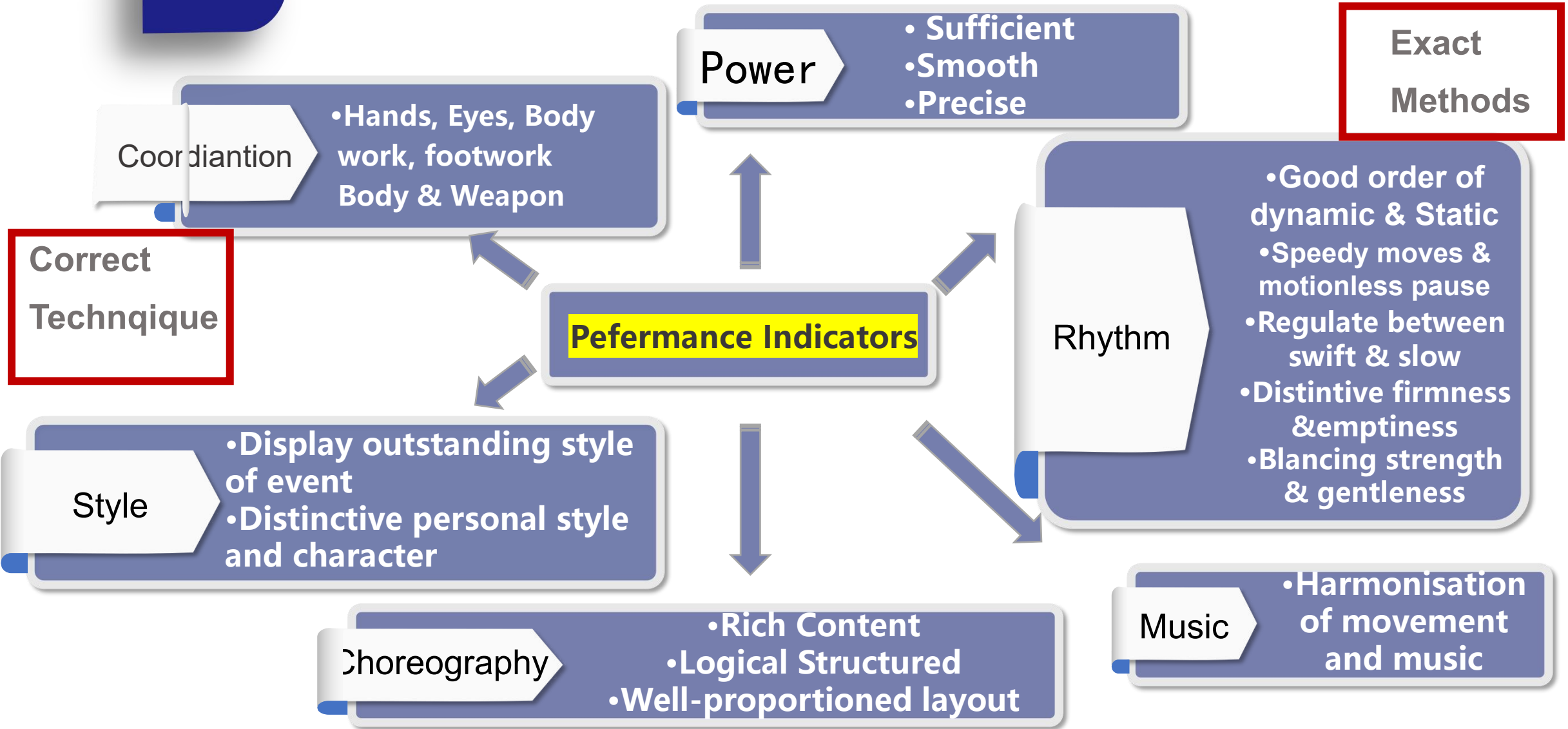
动作规范

方法清楚



IV

Description of Indicators for Evaluation of Overall Performance



副裁判
长检查、
裁判长
扣分

编排扣分的类别、内容及扣分标准与编码

类别	扣分内容与标准	编码
规定 动作	规定套路：每增加、减少或改变一个规定动作。 (扣0.2分)	80
	规定套路：每增加或减少一步。(扣0.1分)	81

AHJ
Check
HJ
execute
deduction

Choreography Deduction Categories, Deduction Content, Deduction Criteria & Deduction Codes

Category	Deduction Content and Criteria	Code
Compulsory /Mandatory Technique	For each missing/additional/altering compulsory/mandatory technique in Compulsory Routines . (Deduct 0.2)	80
	Compulsory Routines: Missing or additional step (Deduct 0.1)	81

副裁判
长检查、
裁判长
扣分

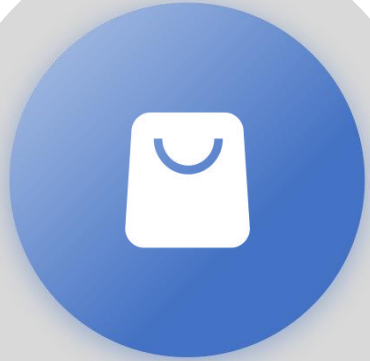
编排扣分的类别、内容及扣分标准与编码

类别	扣分内容与标准	编码
结构 布局	静止姿势（平衡动作除外）停顿时间超过2秒。（扣0.1分）	83
	太极拳、太极剑难度动作前出现停顿。（扣0.1分）	
	难度动作前出现影响套路节奏的无攻防动作演练。（扣0.1分）	
	规定太极拳、太极扇动作每偏向超过45度。（扣0.1分）	84
音乐	要求配乐的项目未配乐或配乐伴有说唱。（扣0.5分）	86

Choreography Deduction Categories. Deduction Content, Deduction Criteria & Deduction Codes

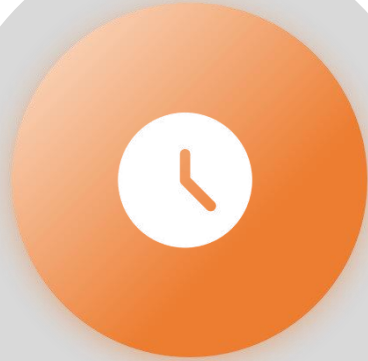
AHJ
Check
HJ deduct

Category	Deduction Content and Criteria	Code
Structure and Composition	A static state(excluding balance techniques) which is held for more than 2 seconds. (Deduct 0.1)	83
	During Taijiquan, Taijijian or Taijishan,there is an obvious unmethodical pause prior to the execution of Degree of Difficulty Technique. (Deduct 0.1)	
	Performing non-offensive or non-defensive actions that disrupts the routine's rhythm before excuting the Degree of Difficulty techniques. (Deduct 0.1)	
	For Taijiquan, Taijijian & Taijishan -movements done in adverted directions exceeding 45° (Deduct 0.1)	84
Music	Events that requires musical accompaniment: No music or music with vocals/lyrics (Deduct 0.5)	86



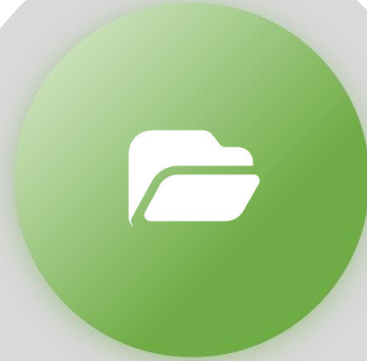
项目特点突出

**Distinctive
style and
characteristic
of the
discipline**



**表演能力强、
发挥出色**

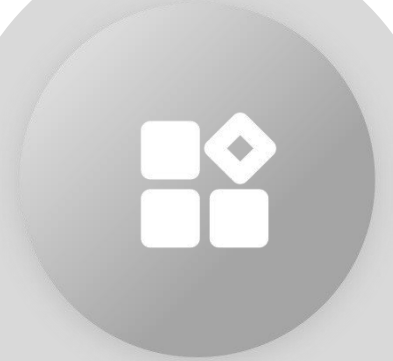
**Excellent
showmanship,
outstanding
execution**



**动作规范
方法清楚**

**Movements
achieve
required
standards**

Clear technique



**六大要素
表现到位**

**Exemplify the
6 key scoring
standards**

太极拳、太极扇

- 劲力-圆活自然、呼吸配合、气沉丹田、刚柔相济、发劲适当、发力顺达
- 节奏-轻松柔和、行云流水、绵绵不断、连贯均匀、快慢相间
- 协调-上下相随、以腰为轴、带动四肢、器械方法清晰，身械合一
- 风格-虚实分明、轻灵沉着、衔接和顺、动作弧形
- 内容-充实、实质性技术方法丰富、难度融入技术之中
- 结构-编排衔接合理、顺畅，动作之间安排合理
- 布局-内容安排在时间和空间上的优化
- 音乐-音乐与动作配合一致，为套路演练增添节奏感和美感

(特点突出、表演出色、动作规范、六大体现)

Taiji Categories

- **Force-** Natural, flexible circular form, coordinate with breathing, Internally guiding the vital energy deep down to the lower abdominal, interacting between toughness and gentleness, appropriate execution of power, smooth exertion of force.
- **Rhythm-** Relax and gentle, continuous like smooth flowing water, consistent and even speed, Alternate between fast and slow
- **Coordination-** Good coordination of upper and lower body, Using the waist as axis to drive the limbs' movements, Clear execution of weapon techniques and good integration between body and weapon
- **Style-** Clear contrast between substantial and insubstantial, Light, agile and yet calm and firm, Coherent linkage, Movements are in an arc or circular form

**Distinct
Characteristic**

**Excellent
Showmanship**

**Moves meets
Requirements**

**Six Key
Standards**

Taiji Categories

- **Content-** Rich in content and practical techniques, Difficulties are seamlessly integrated into movements
- **Structure-** Smooth and logical choreography and arrangement in between movements, Aesthetically presented
- **Layout-** Optimised the usage of space and time in arranging the content
- **Music-** -Good synchronization of movements and music, so as to enhance the beauty and rhythm of the routine.

**Distinct
Characteristic**

**Excellent
Showmanship**

**Moves meets
Requirements**

**Six Key
Standards**

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裁判员评判中关注评判要点：

姿势看身型，手法看劲力，劲力看力点，协调看配合，节奏看变化，风格看特点，内容看充实，精神看气势，结构看衔接，布局看场地的运用，配乐看是否符合本项目的风格特点。

演练水平评判要点



Key Points to Take Note When Judging:

Posture - check by observing body form and alignment

Hand techniques - Observe the power

Power - Evaluate by identifying the point of impact

Coordination – Harmonious cooperation of body parts

Rhythm - Take note of rhythmic variation of movements

Style - can be recognised by distinctive characteristic of events

Content - Ensure content richness

Spirit and appearance - Gauge how the athlete express the essence of the movements

Structure – check for smooth connection

Layouts – Check for optimise use of space

Music – matches and synchronised with the style and characteristic of selected events

Key Points for Evaluating Overall Performance

裁判员通过纵观全局、综合比较后确定档次和分数。

look at the overall situation.
Make comprehensive
comparison, Make accurate
judgments,

Determine the grade,
Give score decisively.



太极拳、太极扇

演练水平的评判视频



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