



IWUF WUSHU TAOLU COACHES TRAINING COURSE 2025

Jiangyin, China
April 7-13, 2025



ROAD TO DAKAR 2026 YOG - THEMED EVENT

长拳、棍术



套路动作规格的评判和演练水平评判 Evaluation of routine movement specifications and Overall Performance



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International Judge



长拳、棍术



套路动作规格的评判

Evaluation of routine movement specifications



01

长拳类 Changquan Type

(1) 手型 Hand Forms/Shapes

拳 (长拳、棍术)
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

01

长拳类 Changquan Type

(1) 手型 Hand Forms/Shapes

掌 (长拳、棍术) 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

01

长拳类 Changquan Type

(1) 手型 Hand Forms/Shapes

勾手 (长拳) 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

01

长拳类 Changquan Type

(2) 平衡 Balance Techniques



燕势平衡动作质量没有扣分点，只有时间要求
No deduction point for Swallow Form
Balance, only balance time requirement.



01

长拳类 Changquan Type

(3) 腿法 Leg Techniques

后扫腿 (长拳)

Hòu Sǎo Tuǐ (Back Sweep)

- ▼ 扫转腿脚掌离地 ▼ 扫转腿弯曲45度或超过45°
- ▼ The sole of sweeping foot leaves the ground after making contact for the sweeping action
- ▼ Sweeping leg obviously bent 45° or more

编码

Code: 21

01

长拳类 Changquan Type

(3) 腿法 Leg Techniques

跌竖叉 Diē Shù Chā (Front Split)	▼ 前脚内扣触地 ▼ 两腿未前后形成两条平行直线 ▼ The sole of the front foot turns inward and touches the ground ▼ Front and rear legs did not form two parallel straight line	22
弹腿、蹬腿、踹腿 Tàn Tuǐ (Snap/Spring Kick), Dēng Tuǐ (Heel Push Kick), Chuài Tuǐ (Side Kick)	▼ 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	23

01

长拳类 Changquan Type

(3) 腿法 Leg Techniques

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

01

长拳类 Changquan Type

(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 obviously off the floor
- ▼ The rear foot is not hooked inwards with the toes pointing obliquely forwards.

编码 Code: 50

01

长拳类 Changquan Type

(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45度或超过45°

▼ **Thighs not horizontal**

▼ The distance between the inner portions of the two feet is narrower than performers 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

01

长拳类 Changquan Type

(4) 步型 Stances & Footwork

虚步 52
Xū Bù (Empty Stance)

▼ 屈蹲腿大腿未达水平 ▼ 屈蹲腿脚跟离地
▼ Thigh of squatting leg is not parallel to the ground
▼ The heel of supporting foot is raised off the ground

52

01

长拳类 Changquan Type

(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;

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

编码 Code: 53

01 长拳类 Changquan Type

(4) 步型 Stances & Footwork

歇步 Xiē Bù (Cross-Legged Crouching Stance)	▼两腿未交叉靠拢▼臀部未贴坐小腿 ▼The two legs are not crossed ▼The buttocks are not in contact with the calf of the sitting leg	54
坐盘 Zuò Pán (Cross-Legged Sitting)	▼臀部未贴坐地面▼脚离地 ▼Either one of the buttocks are not in contact with the floor ▼Either one of the feet not in contact with the floor	58

01 长拳类 Changquan Type

(5) 器械方法 Weapon Techniques

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

01 长拳类 Changquan Type

(6) 跳跃动作 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)

▼ 击响腿脚尖未过肩 ▼ 未击响

▼ Toes of the slapped foot are below shoulder level

▼ Slap missed and/or inaudible



编号 Code: 30

01 长拳类 Changquan Type

(6) 跳跃动作 Jumping Techniques



侧空翻 Cè Kōng Fān

- ▼ 空中腿弯曲45°或超过45°
- ▼ Leg/s bent 45° or more while in the air



编号 Code: 32



01 长拳类 Changquan Type

(6) 跳跃动作 Jumping Techniques

旋子 33

Xuànzǐ (Butterfly Kick)

▼空中腿弯曲45°或超过45°

▼ 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



01 长拳类 Changquan Type

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

失去平衡 Loss of Balance

躯干晃动 (扣0.05分) ▼Torso sways (deduct 0.05)	70A
脚移动或跳动 (扣0.10分) ▼Foot shuffles or skips (deduct 0.10)	70B
附加支撑 (扣0.20分) ▼Additional Support (deduct 0.20)	71
倒地 (扣0.30分) ▼Fall (deduct 0.30)	72

01 长拳类 Changquan Type



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

器械 服饰 Weapons & Apparel

器械触地、脱把、碰身、变形 (扣0.10分)

- ▼ 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)

73

器械折断 (扣0.20分)

- ▼ Weapon Broken(deduct 0.20)

74

器械掉地 (扣0.30分)

- ▼ Weapon dropped on the floor (deduct 0.30)

75



01 长拳类 Changquan Type

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

器械 服饰 Weapons & Apparel

服饰、头饰掉地；服装开纽或撕裂；鞋脱落（扣0.10分）

▼ Garment Item; Headwear dropped on the floor
(deduct 0.10)

▼ Costume torn or button opened up (deduct 0.1)
Shoes dropped off (deduct 0.1)(deduct 0.10)

76



01 长拳类 Changquan Type

(7) 其他错误内容、扣分标准与有关规定

Other Errors deduction content, standards & codes

其它 Other

平衡动作未按项目特点有节奏快速完成 (扣 0.1 分) 平衡动作静止时间不足 2 秒钟 (扣 0.1 分) ▼ Balance technique not completed rhythmically and quickly according to the characteristics of the event (deduct 0.1) ▼ Balance technique not maintained for at least 2 seconds (deduct 0.1)	77
出界 (扣 0.1 分) Out-of-bounds (deduct 0.1)	78
遗忘 (扣0.10分) ▼ Forgetting (Movement Forgotten) (deduct 0.1)	79

长拳

第三套国际套路长拳扣分要点的解析

1 虚步亮掌



2 上步对拳



3 弓步撩推掌



第三套国际套路长拳扣分要点的解析

4 弹腿击掌



5 后点步冲拳



6 歇步挑掌



第三套国际套路长拳扣分要点的解析

7 并步冲拳



8 腾空摆莲360°



9 并步拍地



第三套国际套路长拳扣分要点的解析

10 单拍脚



11 提膝跳冲拳

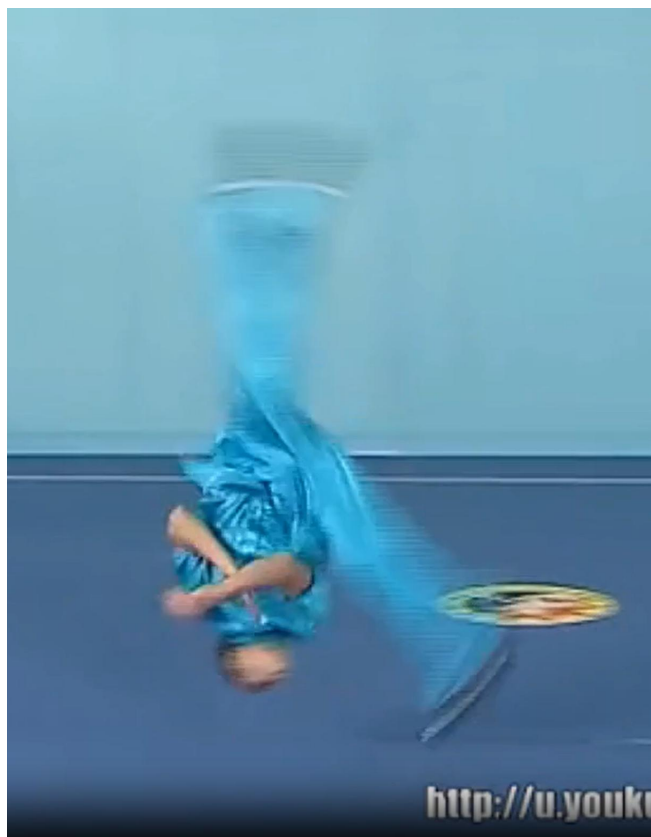


12 腾空飞脚



第三套国际套路长拳扣分要点的解析

13 侧空翻



14 旋风脚360°



15 跌竖叉



第三套国际套路长拳扣分要点的解析

16 盖步冲拳



17 单拍脚



18 侧踹腿



第三套国际套路长拳扣分要点的解析

19 抡臂拍地



20 震脚按掌

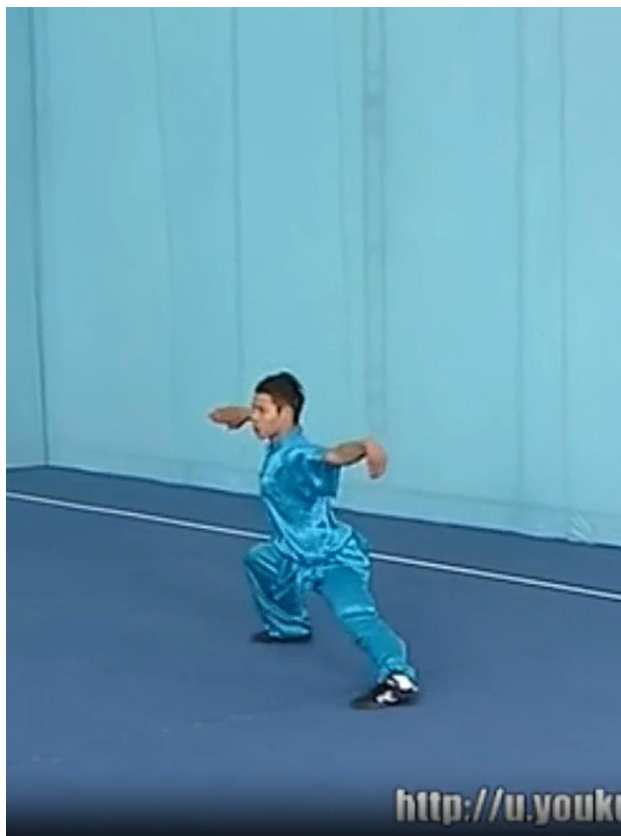


21 弓步冲拳



第三套国际套路长拳扣分要点的解析

22 横裆步亮掌



23 踢腿撩掌



24 跳提膝钩手推掌

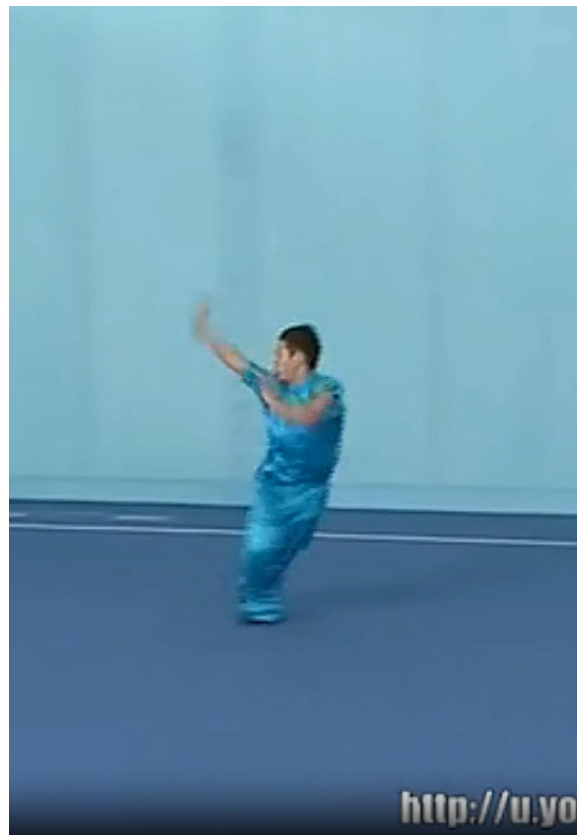


第三套国际套路长拳扣分要点的解析

25 腾空箭弹



26 插步双摆掌



27 弓步钩手推掌



第三套国际套路长拳扣分要点的解析

28 跳转身仆步切掌



29 弓步架冲拳



30 弓步贯拳



第三套国际套路长拳扣分要点的解析

31 后扫腿



32 仆步亮掌



33 正踢腿



第三套国际套路长拳扣分要点的解析

34 燕式平衡



35 弓步十字拳



36 弓步左冲拳



第三套国际套路长拳扣分要点的解析

37 提膝挑掌



38 弧形步



39 扣腿双摆掌



第三套国际套路长拳扣分要点的解析

40 击步劈打



41 弓步靠掌



42 弓步双钩手



第三套国际套路长拳扣分要点的解析

43 垫步蹬腿



44 弓步劈拳



45 马步托打



第三套国际套路长拳扣分要点的解析

46 插步抓肩



47 马步架打



48 提膝架掌



第三套国际套路长拳扣分要点的解析

49 提膝冲拳



50 旋子



51 坐盘



第三套国际套路长拳扣分要点的解析

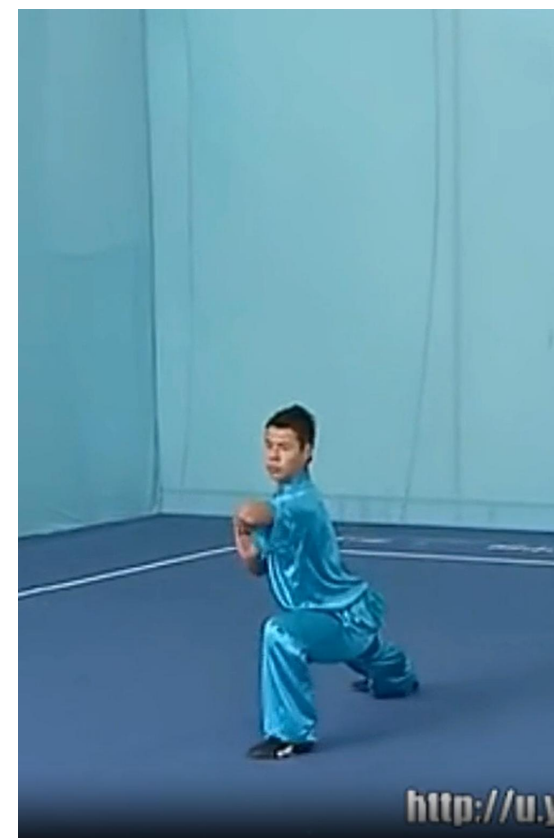
52 外摆腿击响



53 打虎势

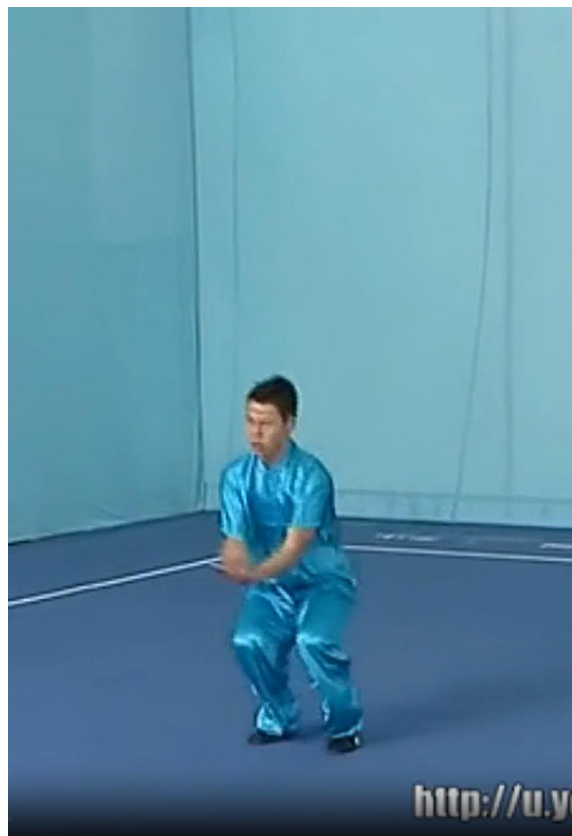


54 弓步顶肘



第三套国际套路长拳扣分要点的解析

55 抡臂砸拳



56 虚步挑掌

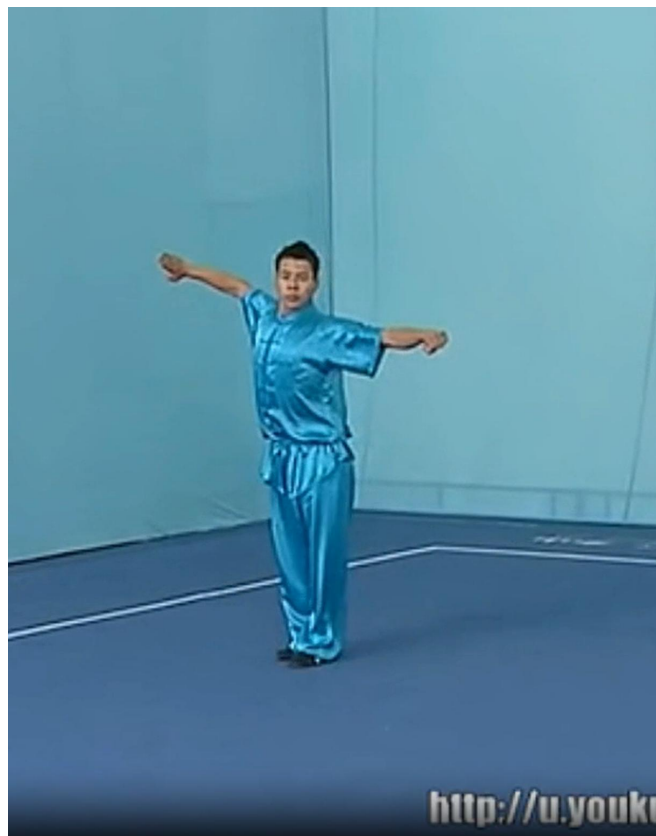


57 转身云手



第三套国际套路长拳扣分要点的解析

58 并步摆拳



59 收势



棍术

第三套国际套路棍术扣分要点的解析

1 并步推棍



2 转身抡棍



3 弓步背棍盘肘



第三套国际套路棍术扣分要点的解析

4 云棍



5 撤步绞棍



6 转身抡棍



第三套国际套路棍术扣分要点的解析

7 仆步摔棍



8 转身摔棍



9 左右点棍



第三套国际套路棍术扣分要点的解析

10 单手平抡棍



11 腾空背棍提膝冲拳



12 腾空飞脚



第三套国际套路棍术扣分要点的解析

13 侧空翻



14 旋风脚360°



15 跌竖叉



第三套国际套路棍术扣分要点的解析

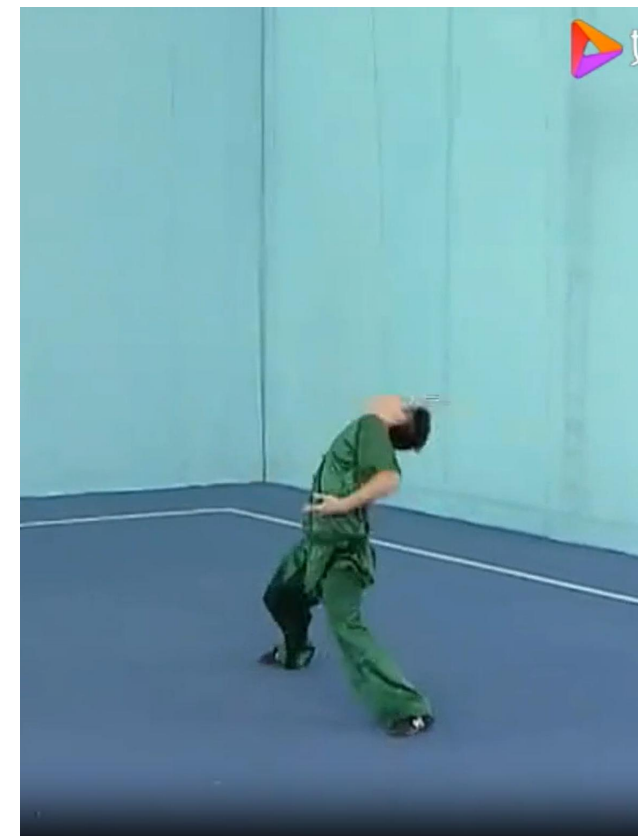
16 转身抡棍



17 弓步拨棍



18 涮腰抡棍



第三套国际套路棍术扣分要点的解析

19 背棍斜拍脚



20 腾空外摆莲360°



21 弓步拨把



第三套国际套路棍术扣分要点的解析

22 仆步摔棍



23 点棍



24 转身提撩棍



第三套国际套路棍术扣分要点的解析

25 仆步摔棍



26 左右点棍



27 扫棍



第三套国际套路棍术扣分要点的解析

28 抡把



29 点棍盖把



30 抡棍



第三套国际套路棍术扣分要点的解析

31 翻身仆步摔棍



32 抡棍弓步推掌



33 上步转身抡棍



第三套国际套路棍术扣分要点的解析

34 抡棍平扫



35 旋子扫棍



36 坐盘抡棍



第三套国际套路棍术扣分要点的解析

37 转身抡棍



38 舞花背棍



39 盖步戳把



第三套国际套路棍术扣分要点的解析

40 抡棍仆步抱棍



41 舞花提撩棍



42 撤步劈棍

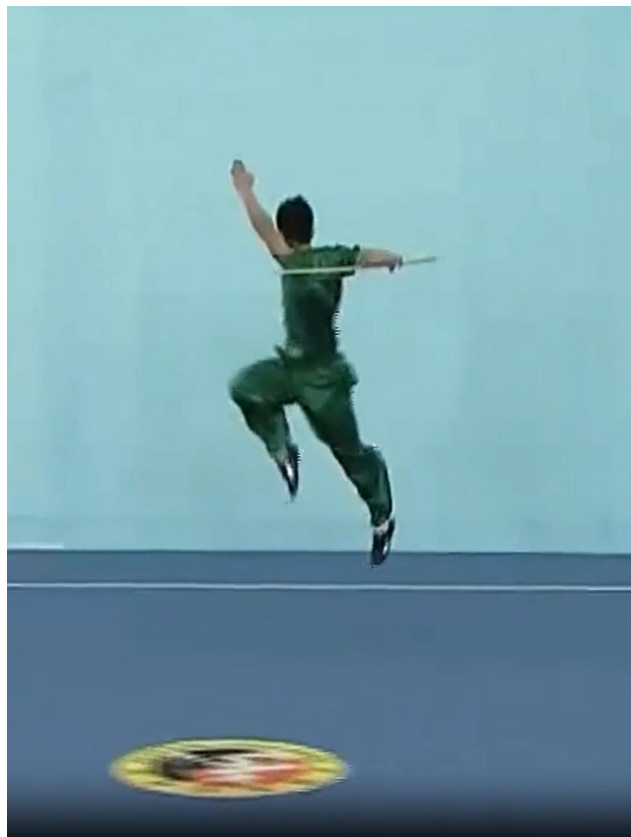


第三套国际套路棍术扣分要点的解析

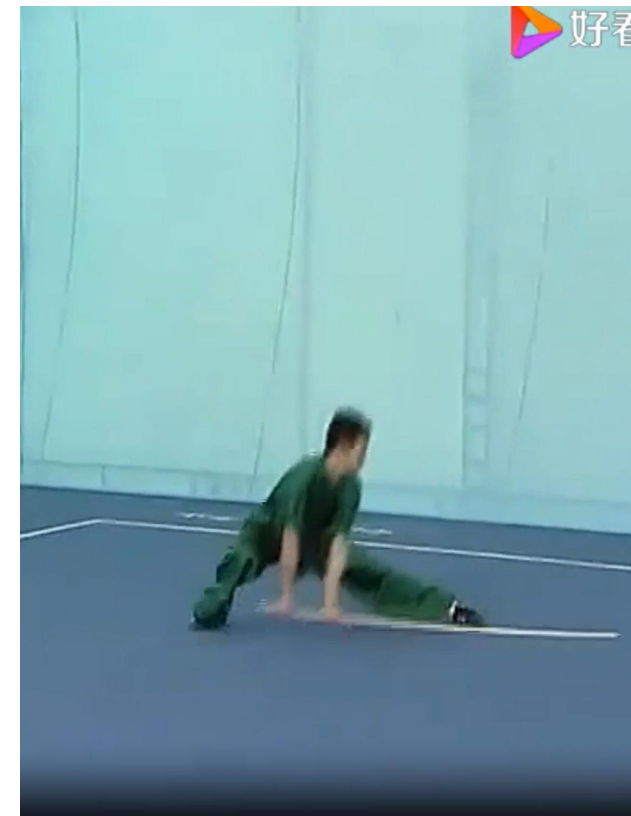
43 转身抡棍



44 提膝跳背棍



45 舞花仆步摔棍



第三套国际套路棍术扣分要点的解析

46 并步崩棍



47 单手抡棍



48 背棍虚步推掌



第三套国际套路棍术扣分要点的解析

49 弓步拨棍



49 并步持棍



50 收势



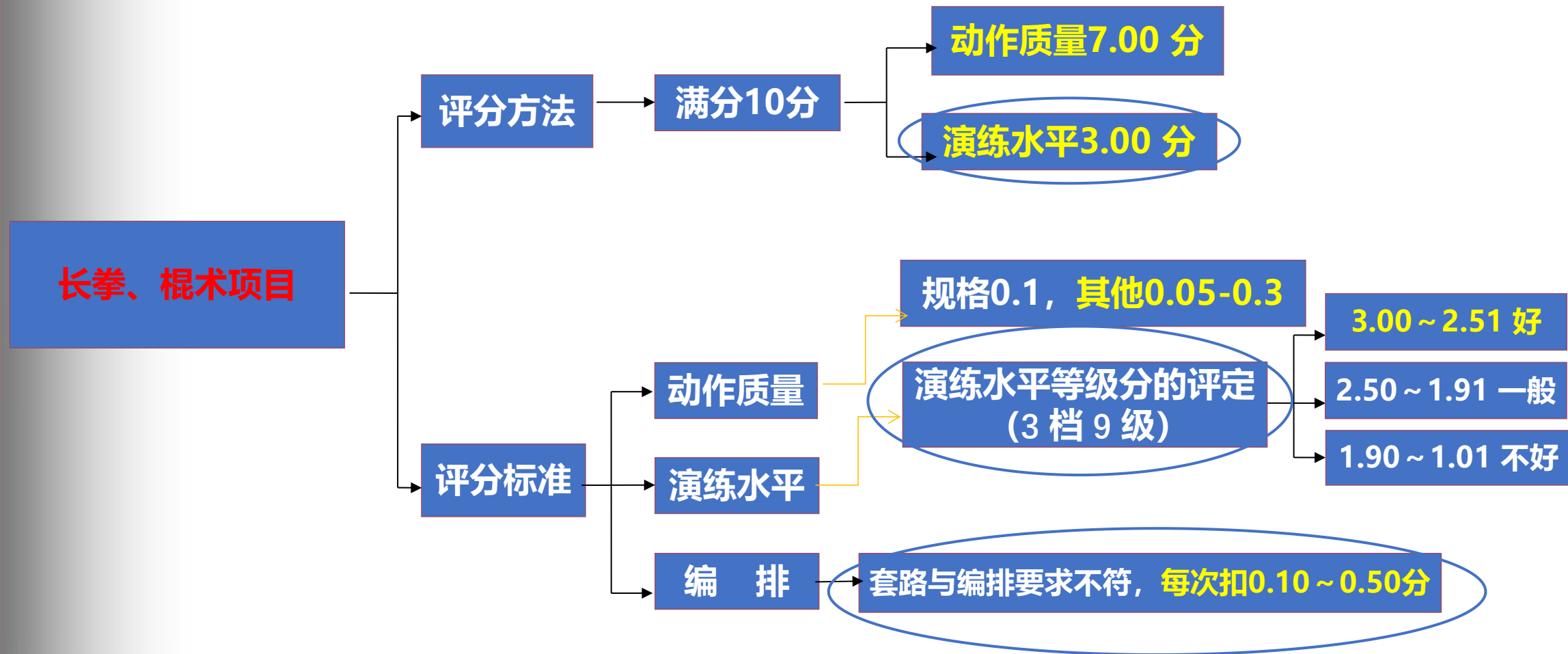
长拳、棍术

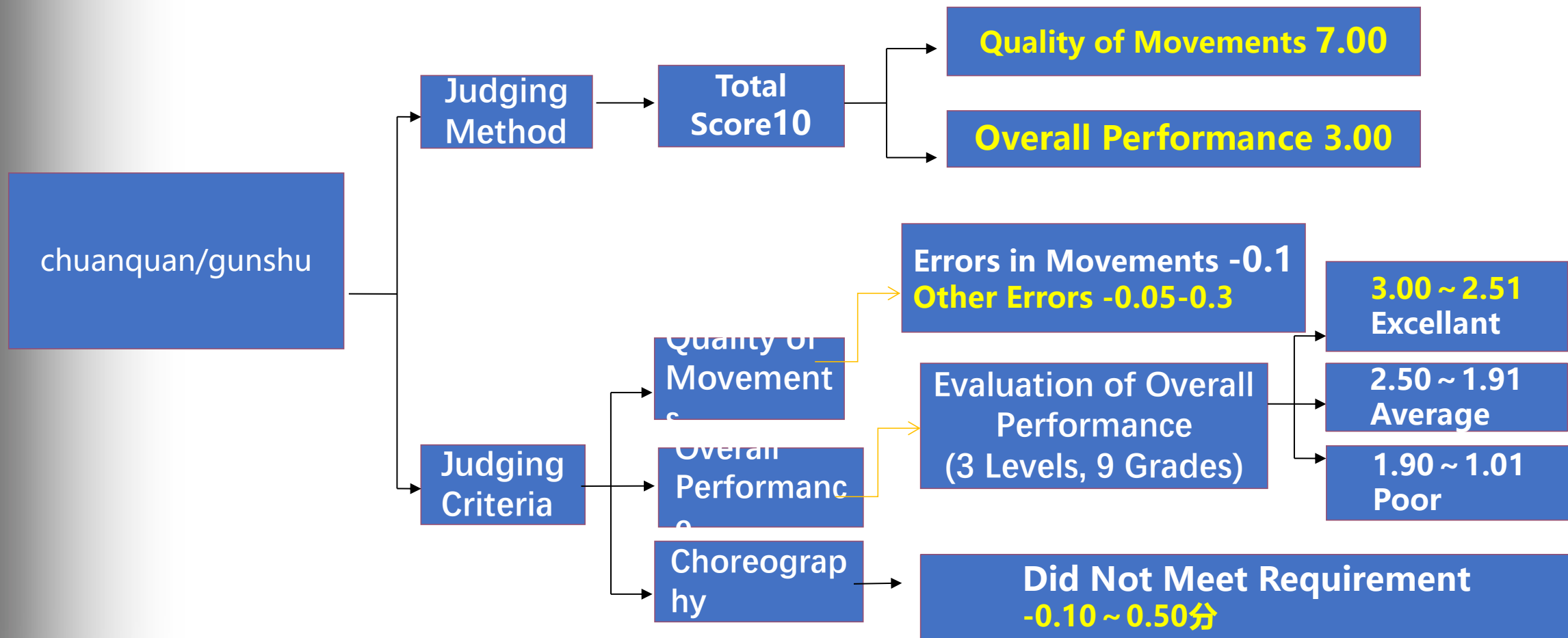


演练水平的评判

Evaluation of Overall Performance







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	

肆

演练水平评判指标的表述

动作规范

协调

- 手眼身法步协调
- 身械协调

劲力

- 劲力充足
- 用力顺达
- 力点准确

节奏

- 动静有序
- 动迅静定
- 快慢相兼
- 虚实分明
- 刚柔相济

方法清楚

演练水平评判指标

风格

- 项目特点突出
- 个人风格突出

配乐

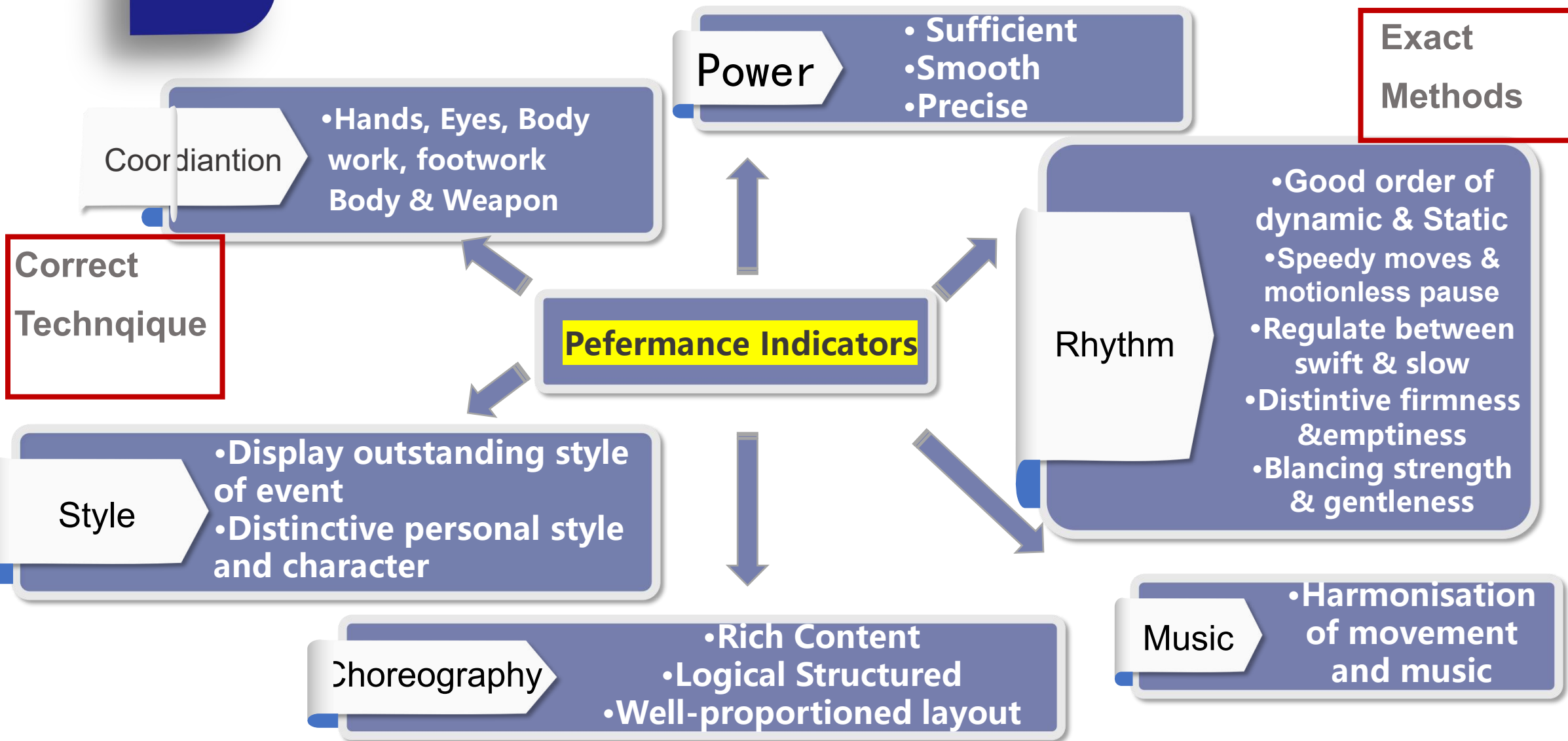
- 动作与音乐和谐一致

编排

- 内容充实性
- 结构合理性
- 布局匀称性

IV

Description of Indicators for Evaluation of Overall Performance



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	自选套路：每减少或改变一个规定动作。（扣0.2分）	80
	规定套路：每增加、减少或改变一个规定动作。（扣0.2分）	
	规定套路：每增加或减少一步。（扣0.1分）	81

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

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

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
	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）	
	规定套路：长拳、南拳及其器械动作每偏向超过90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

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
	Performing non-offensive or non-defensive actions that disrupts the routine's rhythm before excuting the Degree of Difficulty techniques. (Deduct 0.1)	
	Compulsory Routines: For Changquan & Nanquan (including weapons) , movements done in adverted directions exceeding 90° (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**



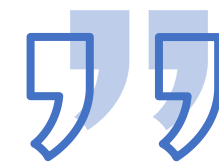
动作规范
方法清楚

**Movements
achieve
required
standards**
Clear technique



六大要素
表现到位

**Exemplify the
6 key scoring
standards**



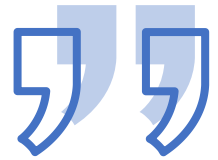
长拳类

- 劲力-劲力充足、力点准确、舒展大方、用力顺达
- 节奏-节奏分明、动迅静定、起伏转折、难度高超、落地稳定
- 协调-动作舒畅、顺达，器械方法运用流畅，身械合一，器械与身法运用得体
- 风格-舒展大方、闪展腾挪、项目特点突出，如棍打一大片等
- 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，体现美观，不卡壳、过程不停顿
- 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)



Changquan Categories



- **Force**- Powerful, Precise Point of Contact, Movements expanded elegantly, Smooth exertion of force
- **Rhythm**- Distinctive, Quick move and keep still when in static post, Rhythm with ups and downs, twists and turns, Superior execution of difficulties(advance)、 Stable and firm landing.
- **Coordination**- Action flows smoothly and swiftly , Fluency in manoeuvring weapon, Harmonious integration of weapon and body, Appropriate coordination of weapon and body techniques
- **Style**-舒展大方、闪展腾挪、 Characteristic of the discipline must be distinctive: Broadsword-As fierce as a tiger、 Sword – like a flying Phoenix、 Spear – as swift as a swimming dragon、 Cudgel – Swing in a mass area
- **Content**- Rich in content and practical techniques、 Difficulties are seamlessly integrated into movements
- **Structure**-Smooth, logical choreography and arrangement in between movements, Exemplify the beauty of the choreography , Not choppy, No abrupt stoppages
- **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



”

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、综合比较和判断、确定档次和分值。

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

Determine the grade,
Give score decisively.



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ROAD TO DAKAR 2026 YOG - THEMED EVENT