

**DAKAR
2026**



International Standard of Wushu Terminology (Youth Olympic Games Edition)

武术术语国际标准（青奥版）

国际武术联合会审定



**International Federation
recognised by the**



**International
Olympic
Committee**

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Preamble 前言

Background of the Formation of the Terminology System

On January 8, 2020, the International Olympic Committee (IOC) announced in Lausanne, Switzerland that wushu would be included as an official sport in the Dakar 2026 Youth Olympic Games. This marks the first time that wushu has been recognized as an official event in the Olympic series, signifying a major milestone in its global development and propelling its international expansion and promotion into a new historical stage.

To support athletes worldwide in preparing for this historic wushu competition at the Youth Olympics, to accelerate the construction of an international standardized system for the sport of wushu, and ensure that judges, coaches, athletes, and event organizers adopt a consistent language system in wushu rule understanding, technical training, and event execution, the International Wushu Federation (IWUF) and Shanghai University of Sport have collaborated to jointly launch the *International Standard of Wushu Terminology (Youth Olympic Games Edition)*, aligning with the Youth Olympic Games' wushu competition requirements to promote the standardized development of wushu in the Youth Olympic Games and broader sports fields.

术语体系的形成背景

2020年1月8日，国际奥委会在瑞士洛桑宣布将武术列入2026年达喀尔青奥会的正式比赛项目，这是武术首次成为奥林匹克系列运动会的正式比赛项目，是武术国际化发展的一个重要里程碑，标志着武术国际化发展推广迈入新的历史阶段。

为助力全球武术健儿备战青奥会武术比赛，加速构建武术运动的国际标准化体系，确保裁判员、教练员、运动员及赛事组织者等在规则理解、技术训练和赛事执行中采用一致的语言体系，促进武术在青奥会及更广泛体育领域的规范化发展，国际武术联合会与上海体育大学合作，对标青奥会武术竞赛项目，共同推出《武术术语国际标准（青奥版）》。

How was the terminology system developed?

The International Standard of Wushu Terminology (Youth Olympic Games Edition) is compiled with wushu terms formed by manually extracting and proofreading the core content of bilingual Chinese-English textbooks for Youth Olympic wushu series and current international competition rules and judging methods for wushu taolu, published by the IWUF previously. The project follows the international sports standardization development process. Entrusted by the IWUF, Shanghai University of Sport serves as the main undertaking institution, with its Wushu School responsible for drafting and revising the Chinese and English versions of wushu terminology. Rounds of revisions were carried out during the formulation of the terminology standard, based on global wushu experts' suggestions, and finally *The International Standard of Wushu Terminology (Youth Olympic Games Edition)* is officially released in October, 2026. The formulation of this standard marks the advancement of wushu towards a higher level of internationalization and standardization, further consolidating its position in the Olympic movement.

术语体系是如何制定的？

《武术术语国际标准（青奥版）》是基于此前审定出版的青奥武术系列中英双语教材与现行国际武术套路竞赛规则与裁判法的核心内容，通过人工提炼并经过校对后形成的武术术语。该项目遵循国际体育标准化制定流程，由国际武联委托上海体育大学为主要承担单位，其武术学院负责武术术语的中英文版本起草与修订。基于国际武术专家们的意见，术语标准制定进行多轮修订。2026年10月，我们终于正式发布《武术术语国际标准（青奥版）》。该标准的制定标志着武术运动向更高水平的国际化、标准化迈进，进一步巩固了其在奥林匹克运动体系中的地位。

What does this terminology system cover?

This document covers the core terminology of the four discipline routines in the Wushu Taolu competition at the 2026 Dakar Youth Olympic Games, namely the 3rd International Wushu Competition Routines (Changquan, Gunshu, Taijiquan, and Taijishan), and the current international wushu taolu competition rules and judging methods. It contains a total of 798 terms, each provided with corresponding pinyin annotations.

A term refers to a word that represents a general concept in a specific professional field. During the term compilation process, the following principles are followed: Accuracy: Ensure that the terminology shall be accurate and clear, and free of ambiguity. Consistency: All terms shall be uniformly used globally to ensure the same understanding across different language environments. Simplicity: the terminology shall be concise and clear, avoiding complex and lengthy descriptions. Practicality: The terms shall meet the actual needs of the wushu competition of the Youth Olympic Games and be operable. The international standard of wushu terminology has three versions, designed to facilitate access and use by different user groups from the perspectives of wushu techniques and indexing. The first version is the classification version, and the term layout is divided mainly by hand forms, hand techniques, stances, footwork, leg techniques, jumping techniques, movement name, and general terms, taking wushu's technical classification in priority. The similar wushu technical logic follows when ordering terms within each category. The second version is in alphabetical order by pinyin initial, and the term layout is arranged in alphabetical order by pinyin initial. Both of these two versions adopt the structure of "Pinyin - Chinese term - English term". The third version is in alphabetical order by first letter, which adopts the structure of "English term - Pinyin - Chinese term", and the term layout is arranged in alphabetical order by first letter in English terms.

Note: The technical system of a single wushu discipline is vast and contains numerous terms. This document mainly collects the core terminology of a single routine for each of the aforementioned four disciplines and does not fully present all technical terms of any single discipline. For more technical terms, please refer to specialized books on the specific discipline.

该术语体系涵盖哪些内容？

本文件涵盖 2026 年达喀尔青奥会武术套路比赛四个拳种套路，即第三套国际武术竞赛套路（长拳、棍术、太极拳、太极扇）与现行国际武术套路竞赛规则与裁判法的核心术语，共收录 798 个术语，并相应做了拼音标注。

术语是指在特定专业领域中一般概念的词语指称。在术语编制过程中遵循以下基本原则：准确性：确保术语文字准确、清晰，避免歧义。一致性：所有术语在全球范围内统一使用，确保不同语言环境下的相同理解。简洁性：术语应简洁明了，避免复杂和冗长的描述。实用

性：术语应适应青奥会武术比赛的实际需求，具有可操作性。武术国际术语标准共有三个版本，从武术技术和索引角度，方便不同人群检索使用。第一个版本为分类版，术语排版按技术类别顺序排列，即主要分为：手型、手法、步型、步法、腿法、跳跃动作、动作名称以及通用术语。在每个类别内部排列术语时，也遵循类似的武术技术逻辑。第二个版本为拼音版（按拼音首字母顺序排列），术语排版按照拼音首字母顺序排列。前两个版本，整体采用“拼音-中文术语-英文术语”的结构。第三个版本为英文版（按英文首字母顺序排列），整体采用“英文术语-拼音-中文术语”的结构，术语排版按英文首字母排列。

注意：单个拳种的技术体系庞大、术语繁多，本文件主要收录的是四个拳种的单个套路核心术语，并不能全面展示单个拳种的所有技术术语，如需了解更多技术术语，请参照特定拳种的专门书籍。

Who is this terminology guide applicable to?

By formulating relevant standard specifications, this document facilitates the standardization of wushu terminology, providing an important tool and reference basis for athletes and coaches, referees and officials, event organizers and broadcasting agencies, educational institutions and researchers, wushu enthusiasts, and the public.

本文件适用于哪些人群？

通过制定相关规范标准，本文件有助于促进武术术语标准化进程，为广大运动员与教练员、裁判员与赛事官员、赛事组织者与转播机构、教育机构与研究人员、武术爱好者与公众提供重要工具与参考依据。

Table of Content 目录

Part One: Wushu Terminology for Youth Olympic Games -- Classification Version (Arranged by Categories)..... 1

第一部分：青奥会武术术语分类版（按技术类别顺序排列） 1

1. Terminology on the 3rd International Wushu Competition Routine -- Changquan 1
一、第三套国际武术竞赛套路——长拳相关术语 1
2. Terminology on the 3rd International Wushu Competition Routine -- Gunshu 4
二、第三套国际武术竞赛套路——棍术相关术语 4
3. Terminology on the 3rd International Wushu Competition Routine -- Taijiquan 8
三、第三套国际武术竞赛套路——太极拳相关术语 8
4. Terminology on the 3rd International Wushu Competition Routine -- Taijishan 12
四、第三套国际武术竞赛套路——太极扇相关术语 12
5. Wushu Terminology in *The Wushu Taolu Competition Rules & Judging Methods (2024)* .15
五、《武术套路竞赛规则与裁判法(2024)》中的武术术语 15

Part Two: Wushu Terminology for Youth Olympic Games (Alphabetical Order by Pinyin Initial)..... 25

第二部分：青奥会武术术语拼音版（按拼音首字母顺序排列） 25

1. Terminology on the 3rd International Wushu Competition Routine -- Changquan 25
一、第三套国际武术竞赛套路——长拳相关术语 25
2. Terminology on the 3rd International Wushu Competition Routine -- Gunshu 28
二、第三套国际武术竞赛套路——棍术相关术语 28
3. Terminology on the 3rd International Wushu Competition Routine -- Taijiquan 31
三、第三套国际武术竞赛套路——太极拳相关术语 31
4. Terminology on the 3rd International Wushu Competition Routine -- Taijishan 36
四、第三套国际武术竞赛套路——太极扇相关术语 36
5. Wushu Terminology in *The Wushu Taolu Competition Rules & Judging Methods (2024)* .38
五、《武术套路竞赛规则与裁判法(2024)》中的武术术语 38

Part Three: Wushu Terminology for Youth Olympic Games (Alphabetical Order by First Letter)..... 48

第三部分：青奥会武术术语英文版（按英文首字母顺序排列） 48

1. Terminology on the 3rd International Wushu Competition Routine -- Changquan 48
一、第三套国际武术竞赛套路——长拳相关术语 48
2. Terminology on the 3rd International Wushu Competition Routine -- Gunshu 52
二、第三套国际武术竞赛套路——棍术相关术语 52
3. Terminology on the 3rd International Wushu Competition Routine -- Taijiquan 55
三、第三套国际武术竞赛套路——太极拳相关术语 55
4. Terminology on the 3rd International Wushu Competition Routine -- Taijishan 59
四、第三套国际武术竞赛套路——太极扇相关术语 59
5. Wushu Terminology in *The Wushu Taolu Competition Rules & Judging Methods (2024)* .62
五、《武术套路竞赛规则与裁判法(2024)》中的武术术语 62

Part One: Wushu Terminology for Youth Olympic Games --

Classification Version (Arranged by Categories)

第一部分：青奥会武术术语分类版（按技术类别顺序排列）

1. Terminology on the 3rd International Wushu Competition Routine -- Changquan

一、第三套国际武术竞赛套路——长拳相关术语

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
	Shǒu Xíng/Shǒu Fǎ	手型/手法	Hand Forms/Hand Techniques
1	Gōu Shǒu	钩手	Hook Hand
2	Diāo Shǒu	刁手	Grasp Hand
3	Liàng Zhǎng	亮掌	Flash Palm
4	Héng Zhǎng	横掌	Horizontal Palm
5	Lì Zhǎng	立掌	Vertical Palm
6	Bǎi Zhǎng	摆掌	Swing Palm
7	Liǎo Zhǎng	撩掌	Uppercut Palm
8	Kǎn Zhǎng	砍掌	Chop Palm
9	Qiē Zhǎng	切掌	Chop Palm
10	Tiǎo Zhǎng	挑掌	Flick Palm
11	Pī Quán	劈拳	Hammer Fist
12	Tuō Zhǎng	托掌	Lifting Palm
13	Zá Quán	砸拳	Smashing Fist
14	Bǎi Quán	摆拳	Swing Fist
15	Lì Chōng Quán	立冲拳	Vertical Punch
16	Shí Zì Zhǎng	十字掌	Crossed Palm
17	Shuāng Fēn Zhǎng	双分掌	Separating Palm
18	Lūn Pī Zhǎng	抡劈掌	Wheeling Chop Palm
19	Wàn Huā	腕花	Horizontal Circle
	Bù Xíng/Bù Fǎ	步型/步法	Stances/Footwork
20	Mǎ Bù	马步	Horse Stance
21	Xū Bù	虚步	Empty Stance
22	Gài Bù	盖步	Front Crossed Step
23	Zuǒ Xū Bù	左虚步	Left Empty Stance
24	Zuǒ Gōng Bù	左弓步	Left Bow Stance
25	Zuǒ Xiē Bù	左歇步	Left Resting Stance
26	Zuǒ Pū Bù	左仆步	Left Crouching Stance
27	Zuǒ Héng Dāng Bù	左横档步	Left Side Bow Stance
28	Hòu Chā Bù	后插步	Back Cross Stance

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
	Tuǐ Fǎ	腿法	Leg Techniques
29	Pāi Jiǎo	拍脚	Slap Kick
30	Shù Chā	竖叉	Vertical Split
	Tiào Yuè	跳跃	Jumping Techniques
31	Cuàn Bèng Tiào Yuè	窜蹦跳跃	Leaps and Jumps
32	Téng Kōng Zhǎn Tǐ	腾空展体	Extending the Body When Jumping
33	Téng Kōng Tán Tuǐ	腾空弹腿	Spring Kick in the Mid-Air
	Dòng Zuò Míng Chēng	动作名称	Movement Name
34	Yù Bèi Shì	预备式	Ready Position
35	Xū Bù Liàng Zhǎng	虚步亮掌	Flashing Palm in Empty Stance
36	Shàng Bù Duì Quán	上步对拳	Advance Step Inner Facing Fist
37	Gōng Bù Liǎo Tuī Zhǎng	弓步撩推掌	Uppercut Forward Palm Push with Bow Stance
38	Tán Tuǐ Jī Zhǎng	弹腿击掌	Spring Kick Palm Strike
39	Hòu Diǎn Bù Chōng Quán	后点步冲拳	Rear Pointing Step Forward Punch
40	Xiē Bù Tiǎo Zhǎng	歇步挑掌	Crossed-legged Crouching Stance Palm Flick
41	Bìng Bù Chōng Quán	并步冲拳	Closed Step Forward Punch
42	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°	Jumping Lotus Kick 360°
43	Bìng Bù Pāi Dì	并步拍地	Closed Step Slapping the Ground
44	Dān Pāi Jiǎo	单拍脚	Front Slap Kick
45	Tí Xī Tiào Chōng Quán	提膝跳冲拳	Knee Raise and Punch with a Hop
46	Téng Kōng Fēi Jiǎo	腾空飞脚	Jumping Front Slap Kick
47	Cè Kōng Fān	侧空翻	Aerial Cartwheel
48	Xuàn Fēng Jiǎo 360°	旋风脚 360°	Tornado Kick 360°
49	Diē Shù Chā	跌竖叉	Falling Front Split
50	Gài Bù Chōng Quán	盖步冲拳	Front Cross Step Punch
51	Cè Chuài Tuǐ	侧踹腿	Side Kick
52	Lūn Bì Pāi Dì	抡臂拍地	Arm Circling and Slap on Ground
53	Zhèn Jiǎo Àn Zhǎng	震脚按掌	Stamp Feet and Downward Palm Press
54	Gōng Bù Chōng Quán	弓步冲拳	Bow Stance Forward Punch
55	Héng Dǎng Bù Liàng Zhǎng	横裆步亮掌	Side Bow Stance Flashing Palm
56	Tī Tuǐ Liǎo Zhǎng	踢腿撩掌	Front Kick and Uppercut
57	Tiào Tí Xī Gōu Shǒu Tuī Zhǎng	跳提膝钩手推掌	Hop, Knee Raise with a Hook and Palm Push
58	Téng Kōng Jiàn Tán	腾空箭弹	Jumping Spring Kick
59	Chā Bù Shuāng Bǎi Zhǎng	插步双摆掌	Back Cross Step Double Palm Swing
60	Gōng Bù Gōu Shǒu Tuī Zhǎng	弓步钩手推掌	Bow Stance Hook and Palm Push
61	Tiào Zhuǎn Shēn Pū Bù Qiē Zhǎng	跳转身仆步切掌	Jump and Turn Over, Landing in Crouching Stance with Chopping Palm
62	Gōng Bù Jià Chōng Quán	弓步架冲拳	Bow Stance Upper Block and Forward

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
			Punch
63	Gōng Bù Guàn Quán	弓步贯拳	Bow Stance Horizontal Swinging Punch
64	Hòu Sǎo Tuǐ	后扫腿	Back Sweep
65	Pū Bù Liàng Zhǎng	仆步亮掌	Crouching Stance Flashing Palm
66	Zhèng Tī Tuǐ	正踢腿	Front Stretch Kick
67	Yàn Shì Píng Héng	燕式平衡	Swallow Balance
68	Gōng Bù Shí Zì Quán	弓步十字拳	Bow Stance Left Forward Punch and Right Backward Punch
69	Gōng Bù Zuǒ Chōng Quán	弓步左冲拳	Bow Stance Left Forward Punch
70	Tí Xī Tiǎo Zhǎng	提膝挑掌	Knee Raise Palm Lift
71	Hú Xíng Bù	弧形步	Curved Gliding Steps
72	Kòu Tuǐ Shuāng Bǎi Zhǎng	扣腿双摆掌	Rear Cross-Legged Balance Double Swinging Palm
73	Jī Bù Pī Dǎ	击步劈打	Slapping Step and Hammer Strike
74	Gōng Bù Kào Zhǎng	弓步靠掌	Bow Stance Leaning Palm
75	Gōng Bù Shuāng Gōu Shǒu	弓步双钩手	Bow Stance Double Hook
76	Diàn Bù Dēng Tuǐ	垫步蹬腿	Skippping Step Heel Kick
77	Gōng Bù Pī Quán	弓步劈拳	Bow Stance Hammer Punch
78	Mǎ Bù Tuō Dǎ	马步托打	Horse Stance Palm Lift and Punch
79	Chā Bù Zhuā Jiān	插步抓肩	Back Cross Step Shoulder Grab
80	Mǎ Bù Jià Dǎ	马步架打	Horse Stance Upper Block and Strike
81	Tí Xī Jià Zhǎng	提膝架掌	Knee Raise Upper Palm Block
82	Tí Xī Chōng Quán	提膝冲拳	Knee Raise and Punch
83	Xuàn Zǐ	旋子	Butterfly Kick
84	Zuò Pán	坐盘	Cross Legged Sitting
85	Wài Bǎi Tuǐ Jī Xiǎng	外摆腿击响	Outward Crescent Slap Kick
86	Dǎ Hǔ Shì	打虎势	Taming Tiger Form
87	Gōng Bù Dǐng Zhǒu	弓步顶肘	Bow Stance Elbow Jab
88	Lūn Bì Zá Quán	抡臂砸拳	Arm Circling Smashing Fist
89	Xū Bù Tiǎo Zhǎng	虚步挑掌	Empty Stance Palm Lift
90	Zhuǎn Shēn Yún Shǒu	转身云手	Turn Body Horizontal Palm Circling
91	Bìng Bù Bǎi Quán	并步摆拳	Closed Step Horizontal Swinging Fist
92	Shōu Shì	收势	Ending Position
	Tōng Yòng Shù Yǔ	通用术语	General Terms
	Wǔ Shù Tào Lù	武术套路	Wushu Routines
93	Cháng Quán	长拳	Changquan
94	Chá Quán	查拳	Cha Quan
95	Huá (Chá) Quán	滑（查）拳	Hua (Cha) Quan
96	Huá Quán	华拳	Hua Quan
97	Pào Quán	炮拳	Pao Quan
	Jù Tǐ Dòng Zuò Yǔ Jì Shù	具体动作与技术	Specific Movements & Techniques

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
98	Zhuǎn Shēn Zhèn Jiǎo	转身震脚	Body Turn with Stamping Foot
99	Tǐng Xī	挺膝	Extend the Knee Joint
100	Kāi Jiān Yáng Bì	开肩扬臂	Extension of the Shoulders and Swinging of the Arms
101	Bào Quán	抱拳	Holding Fist
102	Àn Zhǎng	按掌	Pressing Palm
103	Shōu Kuān	收髋	Retract the Hip Section
104	Shōu Kuān Lì Shēn	收髋立身	Retract the Hip and Keep the Body Upright
105	Bù Huó	步活	Footwork Should be Agile
106	Jiān Sōng	肩松	Shoulders Relaxed
	Yǎn Liàn Fēng Gé Yǔ Jì Fǎ	演练风格与技法	Performance Style & Techniques
107	Xíng Shén Jiān Bèi	形神兼备	Balanced Presentation of the Form and Spirit
108	Bù Xíng Shēn Suí	步行身随	Body Shifts as the Steps Move
109	Dòng Jìng Fēn Míng	动静分明	Clear Contrast of Motion and Stillness
110	Bù Jú Qiǎo Miào	布局巧妙	Cleverly Arranged
111	Jié Zòu Xiān Míng	节奏鲜明	Distinctive Rhythmic Presentation
112	Shū Zhǎn Dà Fāng	舒展大方	Expansive and Graceful Movements
113	Kuài Sù Yǒu Lì	快速有力	Speed and Power
114	Líng Huó Duō Biàn	灵活多变	Flexibility and Variability
115	Bù Fǎ Líng Mǐn	步法灵敏	Footwork Has to be Agile
116	Lì Diǎn Zhǔn Què	力点准确	Force of Impact Should be Precise
117	Yòng Lì Shùn Dá	用力顺达	Forces are Executed Smoothly
118	Kāi Hé Shū Zhǎn	开合舒展	Graceful Extending and Contracting
119	Shǒu Fǎ Mǐn Jié	手法敏捷	Hand Technique Has to be Swift
120	Kuài Mǎn Xiāng Jiàn	快慢相间	Regulate the Fast and Slow Pace
121	Jiān Sōng Yāo Huó	肩松腰活	Shoulders Relaxed and Waist Being Flexible
122	Lián Jiē Shùn Chàng	连接顺畅	Smoothly Transitioned with Ups and Downs
123	Dòng Xùn Jìng Dìng	动迅静定	Speedy Moves and Still Pauses
124	Huǎn Ér Bù Sōng	缓而不松	Steady but Not Loose
125	Qǐ Fú Zhuǎn Zhé	起伏转折	Twists and Turns
126	Yǎn Suí Shǒu Dòng	眼随手动	Vision Follows the Movements of the Hands

2. Terminology on the 3rd International Wushu Competition Routine -- Gunshu

二、第三套国际武术竞赛套路——棍术相关术语

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
	Gùn Fǎ	棍法	Cudgel Techniques
127	Tuī Gùn	推棍	Push the Cudgel
128	Jiǎo Gùn	绞棍	Cudgel Enveloping
129	Shuāi Gùn	摔棍	Cudgel Slam
130	Bēi Gùn	背棍	Back-Carry the Cudgel
131	Tuō Gùn	托棍	Supporting the Cudgel
132	Bō Gùn	拨棍	Parry the Cudgel
133	Bō Bǎ	拨把	Parry the Handle
134	Bào Gùn	抱棍	Carry Cudgel
	Bù Xíng/Bù Fǎ	步型/步法	Stances/Footwork
135	Pū Bù	仆步	Crouching Stance
136	Yòu Gōng Bù	右弓步	Right Bow Stance
137	Zuǒ Pū Bù	左仆步	Left Crouching Stance
138	Zuǒ Gōng Bù	左弓步	Left Bow Stance
139	Zuǒ Xū Bù	左虚步	Left Empty Stance
140	Kòu Bù	扣步	Inward Step
141	Bìng Bù	并步	Close Step
142	Chè Bù	撤步	Retreat Step
	Tiào Yuè	跳跃	Jumping Techniques
143	Xuàn Zi	旋子	Butterfly Kick
144	Téng Kōng Luò Dì	腾空落地	Landing from the Jump
	Dòng Zuò Míng Chēng	动作名称	Movement Name
145	Yù Bèi Shì	预备势	Ready Position
146	Bìng Bù Tuī Gùn	并步推棍	Closed Step Vertical Cudgel Push
147	Zhuǎn Shēn Lūn Gùn	转身抡棍	Body Turn Horizontal Cudgel Windmill Wave
148	Gōng Bù Bēi Gùn Pán Zhǒu	弓步背棍盘肘	Bow Stance Back-Carry Cudgel and Horizontal Elbow Strike
149	Yún Gùn	云棍	Cudgel Cloud Waving
150	Chè Bù Jiǎo Gùn	撤步绞棍	Retreat Step Cudgel Enveloping
151	Zhuǎn Shēn Lūn Gùn	转身抡棍	Body Turn Horizontal Cudgel Windmill Wave
152	Pū Bù Shuāi Gùn	仆步摔棍	Crouching Stance Cudgel Slam
153	Zhuǎn Shēn Shuāi Gùn	转身摔棍	Body Turn Cudgel Slam
154	Zuǒ Yòu Diǎn Gùn	左右点棍	Left and Right Dotting Cudgel
155	Dān Shǒu Píng Lūn Gùn	单手平抡棍	Single Hand Horizontal Cudgel Windmill Wave
156	Téng Kōng Bēi Gùn Tí Xī Chōng Quán	腾空背棍提膝冲拳	Jumping Knee Raise, Back-Carry Cudgel Forward Punch
157	Téng Kōng Fēi Jiǎo	腾空飞脚	Jumping Front Slap Kick

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
158	Cè Kōng Fān	侧空翻	Aerial Cartwheel
159	Xuàn Fēng Jiǎo 360°	旋风脚 360°	Jumping Tornado Kick 360°
160	Diē Shù Chà	跌竖叉	Falling Front Split
161	Gōng Bù Bō Gùn	弓步拨棍	Bow Stance Cudgel Parry
162	Shuàn Yāo Lūn Gùn	涮腰抡棍	Horizontal Waist Rotation Cudgel Windmill Wave
163	Bēi Gùn Xié Pāi Jiǎo	背棍斜拍脚	Back-Carry Cudgel Diagonal Slap Kick
164	Téng Kōng Wài Bǎi Lián 360°	腾空外摆莲 360°	Jumping Lotus Kick 360°
165	Gōng Bù Bō Bǎ	弓步拨把	Bow Stance Handle Parry
166	Diǎn Gùn	点棍	Dotting Cudgel
167	Zhuǎn Shēn Tí Liǎo Gùn	转身提撩棍	Body Turn Two-Handed Vertical Cudgel Uppercut
168	Sǎo Gùn	扫棍	Cudgel Sweep
169	Lūn Gùn	抡棍	Horizontal Cudgel Windmill Wave
170	Diǎn Gùn Gài Bǎ	点棍盖把	Dotting Cudgel Downward Handle Press
171	Fān Shēn Pū Bù Shuāi Gùn	翻身仆步摔棍	Turn Over Crouching Stance Cudgel Slam
172	Lūn Gùn Gōng Bù Tuī Zhǎng	抡棍弓步推掌	Horizontal Cudgel Windmill Wave Bow Stance Palm Push
173	Shàng Bù Zhuǎn Shēn Lūn Gùn	上步转身抡棍	Advance Step Body Turn Horizontal Cudgel Windmill Wave
174	Lūn Gùn Píng Sǎo	抡棍平扫	Horizontal Cudgel Windmill Wave and Horizontal Cudgel Sweep
175	Xuàn Zǐ Sǎo Gùn	旋子扫棍	Butterfly Kick Cudgel Sweep
176	Zuò Pán Lūn Gùn	坐盘抡棍	Cross-Legged Sitting Horizontal Cudgel Windmill Wave
177	Wǔ Huā Bēi Gùn	舞花背棍	Vertical Figure 8 with Cudgel and Back-Carry Cudgel
178	Gài Bù Chuō Bǎ	盖步戳把	Front Cover Step Handle Jab
179	Lūn Gùn Pū Bù Bào Gùn	抡棍仆步抱棍	Horizontal Cudgel Windmill Wave and Carry Cudgel in Crouching Stance
180	Wǔ Huā Tí Liǎo Gùn	舞花提撩棍	Vertical Figure 8 with Cudgel and Two-Handed Vertical Cudgel Uppercut
181	Chè Bù Pī Gùn	撤步劈棍	Retreat Step Cudgel Chop
182	Tí Xī Tiào Bēi Gùn	提膝跳背棍	Knee Raise Jump and Back-Carry Cudgel
183	Wǔ Huā Pū Bù Shuāi Gùn	舞花仆步摔棍	Vertical Figure 8 with Cudgel, Crouching Stance Cudgel Slam
184	Bìng Bù Bēng Gùn	并步崩棍	Closed Step Cudgel Tilt
185	Dān Shǒu Lūn Gùn	单手抡棍	Single Hand Horizontal Cudgel

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
			Windmill Wave
186	Bēi Gùn Xū Bù Tuī Zhǎng	背棍虚步推掌	Back-Carry Cudgel and Empty Stance Palm Push
187	Bìng Bù Chí Gùn	并步持棍	Closed Step Holding Cudgel
188	Shōu Shì	收势	Ending Position
	Tōng Yòng Shù Yǔ	通用术语	General Terms
	Qì Xiè Bù Wèi	器械部位	Weapon Parts
189	Gùn Shēn	棍身	Body of the Cudgel
190	Gùn Bǎ	棍把	Cudgel Handle End
191	Gùn Shāo	棍梢	Tip of the Cudgel
	Jù Tǐ Dòng Zuò Yǔ Jì Shù	具体动作与技术	Specific Movements & Techniques
192	Tǐng Xiōng	挺胸	Brace the Chest
193	Xià Hé Wēi Shōu	下颌微收	Chin Slightly Tuck In
194	Zhǎn Xiōng	展胸	Extend the Chest
195	Tóu Zhèng Jǐng Zhí	头正颈直	Head Upright and Neck Straight
196	Jiā Tuǐ	夹腿	Hold the Legs Together
197	Shēn Tǐ Zhōng Zhèng	身体中正	Keep the Body Upright
198	Tā Yāo	塌腰	Sink the Lower Back
199	Shōu Fù Chén Qì	收腹沉气	Tuck in the Abdomen and Sink the Breath
200	Pán Zhǒu	盘肘	Bend the Elbow
201	Zhuǎn Tǐ	转体	Body Turn
202	Bìng Bù Zhèn Tà	并步震踏	Both Feet Stamp on the Ground
203	Tí Kuān Zhuǎn Kuà	提髋转胯	Brace the Hip Section and Turn Hip Joints
204	Téng Kōng Bēi Gùn	腾空背棍	Jumping Back-Carry Cudgel
205	Shuàn Yāo	涮腰	Rotate the Torso
206	Jī Pāi	击拍	Slap
207	Huá Bǎ	滑把	Slide the Cudgel
208	Pī Chà	劈叉	Split
209	Bǎi Tuǐ	摆腿	Swing the Legs
210	Tí Liāo Huā	提撩花	Uplifting Circling Cudgel
211	Lì Yuán Wǔ Huā	立圆舞花	Vertical Circling Cudgel
	Yǎn Liàn Fēng Gé Yǔ Jì Fǎ	演练风格与技法	Performance Style & Techniques
212	Shì Hé Lì Shùn	势合力顺	Compact Moves, Smooth Strength Exertion
213	Gùn Dǎ Yí Piàn	棍打一片	Covering a Wide Range
214	Yǒng Měng Kuài Sù	勇猛快速	Fierce and Speedy Execution
215	Gùn Fǎ Mì Jí	棍法密集	Full of Technique Varieties
216	Shāo Bǎ Jiān Yòng	梢把兼用	Usage of Both Ends of Cudgel

3. Terminology on the 3rd International Wushu Competition Routine --

Taijiquan

三、第三套国际武术竞赛套路——太极拳相关术语

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
	Shǒu Xíng	手型	Hand Forms
217	Quán	拳	Fist
218	Zhǎng	掌	Palm
219	Gōu	勾	Hook Hand
	Shǒu Fǎ	手法	Hand Techniques
220	Diāo	刁	Grasping
221	Tuō	托	Lifting
222	Guǒ	裹	Wrap
223	Bào	抱	Hold
224	Cǎi	采	Grab
225	Péng	棚	Ward Off
226	Lǚ	捋	Roll Back
227	Jǐ	挤	Press
228	Àn	按	Push
229	Lì Zhǎng	立掌	Vertical Palm
230	Tuī Zhǎng	推掌	Palm Push
231	Kǎn Zhǎng	砍掌	Chop Palm
232	Lōu Zhǎng	搂掌	Brush Palm
233	Mǒ Zhǎng	抹掌	Wiping Palm
234	Fēn Zhǎng	分掌	Parting of the Palms
235	Yā Qiē Zhǎng	压切掌	Horizontal Chop Palm
236	Lōu Àn Zhǎng	搂按掌	Grasp and Press Palm
237	Jià Tuī Zhǎng	架推掌	Push and Block Palm
238	Fēn Kào	分靠	Leaning Parting Palms
239	Guǒ Shǒu	裹手	Wrapping Hand
240	Dǐng Zhǒu	顶肘	Elbow Jab
241	Péng Bì	棚臂	Arm in Ward Off
242	Qián Jǐ	前挤	Forward Squeeze
243	Tuī Àn	推按	Push-Press
	Bù Xíng	步型	Stances
244	Gōng Bù	弓步	Bow Stance
245	Mǎ Bù	马步	Horse Stance
246	Pū Bù	仆步	Crouching Stance
247	Xū Bù	虚步	Empty Stance
248	Píng Xíng Bù	平行步	Parallel Steps
249	Dú Lì Bù	独立步	Single-Leg Stance
250	Zuǒ Xū Bù	左虚步	Left Empty Stance

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
251	Yòu Gōng Bù	右弓步	Right Bow Stance
252	Zuǒ Pū Bù	左仆步	Left Crouching Stance
253	Zuǒ Dú Lì Bù	左独立步	Left Single-Leg Stance
	Bù Fǎ	步法	Footwork
254	Luò Bù	落步	Landing Step
255	Gēn Bù	跟步	Follow Step
256	Chā Bù	插步	Crossed-Step
	Tuǐ Fǎ	腿法	Leg Techniques
257	Dēng Jiǎo	蹬脚	Heel Kick
258	Fēn Jiǎo	分脚	Parting Kick
259	Jī Xiǎng Tuǐ	击响腿	Slapped Leg
260	Píng Pū Tuǐ	平铺腿	Extended Leg
261	Zhī Chēng Tuǐ	支撑腿	Supporting Leg
262	Què Dì Lóng Diē Chà	雀地龙跌叉	Dragon Diving to the Ground Stance
	Tiào Yuè	跳跃	Jumping Techniques
263	Tiào Qǐ Téng Kōng	跳起腾空	Jump Up
264	Bǎi Lián Jiǎo	摆莲脚	Lotus Kick
	Dòng Zuò Míng Chēng	动作名称	Movement Name
265	Yù Bèi Shì	预备势	Ready Position
266	Qǐ Shì	起势	Starting Position
267	Lǎn Què Wěi	揽雀尾	Grasp the Peacock's Tail
268	Dān Biǎn	单鞭	Single Whip
269	Bái Hè Liàng Chì	白鹤亮翅	White Crane Spreading Wings
270	Lōu Xī Āo Bù	搂膝拗步	Brush Knee with Bent Step
271	Tuì Bù Yā Zhǒu	退步压肘	Retreating Step Elbow Press
272	Téng Kōng Fēi Jiǎo	腾空飞脚	Jumping Front Slap Kick
273	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°	Jumping Lotus Kick 360°
274	Què Dì Lóng	雀地龙	Hurdler's Split
275	Zhǒu Dǐ Chuí	肘底捶	Under Elbow Fist
276	Dào Juǎn Gōng	倒卷肱	Retreating Steps with Arms Curling
277	Bān Lán Chuí	搬拦捶	Deflect, Parry and Punch
278	Yòu Dēng Jiǎo	右蹬脚	Right Heel Kick
279	Shuāng Fēng Guàn Ěr	双峰贯耳	Double Inward Jab to Ears
280	Zuǒ Fēn Jiǎo	左分脚	Left Parting Kick
281	Pū Bù Xià Shì	仆步下势	Crouching Stance Downward Threading Palm
282	Jīn Jī Dú Lì	金鸡独立	Golden Rooster Single-Leg Stand
283	Xuàn Fēng Jiǎo 180°	旋风脚 180°	Tornado Kick 180°
284	Dú Lì Tuō Zhǎng	独立托掌	Single-Leg Stance Palm Lift
285	Zhǐ Dāng Chuí	指裆捶	Groin Pointing Strike
286	Yě Mǎ Fēn Zōng	野马分鬃	Part the Wild Horse's Mane

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
287	Hǎi Dǐ Zhēn	海底针	Needle in the Sea Bottom
288	Shǎn Tōng Bèi	闪通背	Flashing Out Arms
289	Tí Shǒu Shàng Shì	提手上势	Hand Raise High Form
290	Hòu Chā Tuǐ Dī Shì Píng Héng	后插腿低势平衡	Low Balance with Leg Crossed Behind
291	Bǎi Lián Zhuǎn Tǐ 180°	摆莲转体 180°	Lotus Kick Body Twist 180°
292	Dú Lì Bào Zhǎng	独立抱掌	Single-Leg Stance Ball-Hugging Palm
293	Shuāng Zhèn Jiǎo	双震脚	Double Stamping Feet
294	Dēng Jiǎo Jià Tuī	蹬脚架推	Heel Kick Upper Block Push
295	Yù Nǚ Chuān Suō	玉女穿梭	Jade Maiden Weaving the Shuttle
296	Yún Shǒu	云手	Cloud Waving Hand
297	Yǎn Shǒu Gōng Chuí	掩手肱捶	Strike with Concealed Fist
298	Shí Zì Shǒu	十字手	Cross Hand
299	Shōu Shì	收势	Ending Position
	Tōng Yòng Shù Yǔ	通用术语	General Terms
	Xiàng Mù, Tào Lù Yǔ Gōng Néng	项目,套路与功能	Events, Routines & Functions
300	Wǔ Shù	武术	Wushu
301	Guó Jì Wǔ Shù Jìng Sài Guī Zé	国际武术竞赛规则	International Wushu Competition Rules
302	Jìng Jì Yùn Dòng	竞技运动	Competitive Sports
303	Duì Kàng Gé Dòu	对抗格斗	Combative Sparring Techniques
304	Bǐ Sài Tào Lù	比赛套路	Competition Routines
305	Quán Xiè Tào Lù	拳械套路	Bare-Hand and Weapon Routines
306	Tài Jí Shàn	太极扇	Tai Ji San
307	Tài Jí Quán	太极拳	Tai Ji Quan
308	Tài Jí Quán (36 Shì)	太极拳（36 式）	Taijiquan (36 Forms)
309	Chuán Tǒng Tài Jí Quán	传统太极拳	Traditional Taijiquan Styles
310	Yǎng Shēng Jiàn Shēn	养生健身	Health Nurturing, Physical Fitness
311	Fáng Shēn Zì Wèi	防身自卫	Self-Defense
	Jù Tǐ Dòng Zuò Yǔ Jì Shù	具体动作与技术	Specific Movements & Techniques
312	Zhuǎn Tǐ	转体	Body Turn
313	Gài Bù Bǎi Zhǎng	盖步摆掌	Cover Step Swing Palms
314	Tuì Bù Tà Zhèn	退步踏震	Dragging Retreated Step, Stamp Step
315	Quán Dūn	全蹲	Full Squat
316	Héng Jī Zhǒu	横击肘	Horizontal Elbow Jab
317	Héng Tuī	横推	Push Horizontally
318	Tí Xī Dú Lì	提膝独立	Raised Knee Single-Leg Stance
319	Jī Pāi	击拍	Slap
320	Chuān Shēn Tiǎo Zhǎng	穿伸挑掌	Thread Forward and Flick Upwards
321	Zhuǎn Yāo Dēng Tuǐ	转腰蹬腿	Turn the Waist and Pushes the Ground with the Foot

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
322	Xū Lǐng Dǐng Jìn	虚领顶劲	Imagine an Upward Pull at the Top of the Head
323	Qū Xī Sōng Kuà	屈膝松胯	Knees Should be Bend and Hip Relaxed
324	Sōng Kuà Liǎn Tún	松胯敛臀	Relax the Hip Section and Tuck in the Buttocks
325	Chén Jiān Zhuì Zhǒu	沉肩坠肘	Relax the Shoulders and Drop the Elbows
326	Yuán Dāng Kāi Kuà	圆裆开胯	Rounded Groin and Extended Hip Joints
327	Nèi Kòu	内扣	Turning Inwards
328	Hán Xiōng Bá Bèi	含胸拔背	Sink the Chest and Keep the Back Upright
	Yǎn Liàn Fēng Gé Yǔ Jì Fǎ	演练风格与技法	Performance Style & Techniques
329	Qīng Líng Chén Wěn	轻灵沉稳	Agile, Light and Steady
330	Gāng Róu Xiāng Jì	刚柔相济	Balancing Strength and Gentleness
331	Píng Hé Zì Rán	平和自然	Calm and Naturally Manner
332	Dòng Jìng Yǒu Xù	动静有序	Dynamic Movements and Still Poses Should be Sequential
333	Mǐn Jié Zì Rán	敏捷自然	Entire Movement Being Agile, Natural
334	Jǐn Còu Líng Huó	紧凑灵活	Entire Movement Should be Compact and Flexible
335	Bù Piān Bù Yī	不偏不倚	Exact and Balanced
336	Shū Zhǎn Yuán Huó	舒展圆活	Expansive and Flexible
337	Jìn Lì Shùn Dá	劲力顺达	Force Exerted Should be Smooth
338	Xíng Yún Liú Shuǐ	行云流水	Moving Like Clouds and Flowing Water
339	Shì Zhèng Zhāo Yuán	势正招圆	Pose Should be Upright, and Movements Should be Circular
340	Shì Zhèng Jìn Zhěng	势正劲整	Pose Should be Upright, and the Strength be Unified
341	Kuài Mǎn Xiāng Jiàn	快慢相间	Regulating Swiftness and Slowness
342	Róu Huà Xì Nì	柔化细腻	Soft and Detailed
343	Mián Lǐ Cáng Zhēn	绵里藏针	Strength Being Hidden in the Gentleness
344	Róu Zhōng Yù Gāng	柔中寓刚	Strength Being Implicated in the Gentleness of the Movements
345	Chén Wěn Hún Hòu	沉稳浑厚	Sturdy and Firm
346	Zhuǎn Huàn Líng Huó	转换灵活	Transition Being Flexible
347	Zhuǎn Jiē Róu Shùn	转接柔顺	Transition of the Movements Should be Smooth and Gentle
348	Shàng Xià Xiāng Suí	上下相随	Upper Body and Lower Limbs Movements Should Follow Up in Correspondence and Well-Coordinated
349	Duān Zhèng Yán Mì	端正严密	Upright and Tight

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
350	Wú Guò Bù Jí	无过不及	Without Extremes or Imbalances, and with Precision and Control
351	Zhōng Zhèng Yuán Huó	中正圆活	Centered and Upright, Circular and Flexible
352	Zhōng Zhèng Ān Shū	中正安舒	Posture Being Centered and Relaxed
353	Xū Shí Fēn Míng	虚实分明	Clearly Distinguish the Solidity and Emptiness of Movements
354	Sōng Jìng Zì Rán	松静自然	Keep Calm, Still and Natural
355	Qì Chén Dān Tián	气沉丹田	Sink the Breath to "Dantian" (the Point Two Inches Below the Navel)
356	Xiū Xīn Yǎng Xìng	修心养性	Mental Refinement and Character Cultivation

4. Terminology on the 3rd International Wushu Competition Routine -- Taijishan

四、第三套国际武术竞赛套路——太极扇相关术语

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
	Shǒu Fǎ/Shàn Fǎ	手法/扇法	Hand & Fan Techniques
357	Gōu Shǒu	勾手	Hook Hand
358	Liāo	撩	Uppercut
359	Péng	棚	Ward Off
360	Lì Shàn	立扇	Fan Vertically
361	Kāi Shàn	开扇	Fan Opened
362	Hé Shàn	合扇	Fan Closed
363	Jiē Shàn	接扇	Catches Fan
364	Chuān Shàn	穿扇	Threading Fan
365	Liāo Shàn	撩扇	Uppercut Fan
366	Jiǎo Shàn	绞扇	Fan Enveloping
367	Tuī Shàn	推扇	Push the Fan
368	Diǎn Shàn	点扇	Dotting Fan
369	Jià Shàn	架扇	Upward Block Fan
370	Pī Shàn	劈扇	Fan Chop
371	Pěng Shàn	捧扇	Upholding Fan
372	Lì Yuán Guà Shàn	立圆挂扇	Vertical Circular Hooking Parry
373	Àn Zhǎng	按掌	Palm Press
374	Píng Mǒ	平抹	Wipes Horizontally
375	Wǎn Huā	腕花	Outward Reversed Figure 8

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
	Bù Xíng	步型	Stances
376	Bàn Mǎ Bù	半马步	Half-Horse Stance
377	Yòu Gōng Bù	右弓步	Right Bow Stance
378	Xiē Bù	歇步	Resting Stance
379	Gōng Bù	弓步	Bow Stance
380	Mǎ Bù	马步	Horse Stance
381	Pū Bù	仆步	Crouching Stance
382	Xū Bù	虚步	Empty Stance
	Bù Fǎ	步法	Footwork
383	Gēn Bù	跟步	Follow-Up Step
384	Cè Xíng Bù	侧行步	Side Stepping Footwork
385	Tiào Chā Bù	跳插步	Jumping Cross-Step
	Tuǐ Fǎ	腿法	Leg Techniques
386	Dēng Jiǎo	蹬脚	Heel Kick
387	Diē Chà	跌叉	Hurdler's Split
388	Zhī Chēng Tuǐ	支撑腿	Supporting Leg
389	Tí Xī Tuǐ	提膝腿	Raised Knee
390	Chā Chū Tuǐ	插出腿	Crossed leg
	Dòng Zuò Míng Chēng	动作名称	Movement Name
391	Yù Bèi Shì	预备势	Ready Position
392	Qǐ Shì	起势	Starting Position
393	Zhèn Jiǎo Pěng Shàn	震脚捧扇	Stamp Feet Upholding Fan
394	Cè Gōng Bù Chí Shàn	侧弓步持扇	Side Bow Stance Holding Fan
395	Gēn Bù Chā Shàn	跟步插扇	Follow-Up Step Downward Reversed Fan Thrust
396	Gēn Bù Pāo Jiē Shàn	跟步抛接扇	Follow-Up Step Toss & Catch Fan
397	Tí Xī Chuān Shàn	提膝穿扇	Single Knee Raised Threading Fan
398	Gōng Bù Cì Shàn	弓步刺扇	Bow Stance Fan Thrust
399	Xū Bù Liāo Shàn	虚步撩扇	Empty Stance Fan Uppercut
400	Shàng Bù Sǎo Shàn	上步扫扇	Advancing Step Sweeping Fan
401	Tí Xī Xià Cì Shàn	提膝下刺扇	Single Knee Raised Downward Fan Thrust
402	Tuì Bù Chōu Shàn	退步抽扇	Retreating Step Withdraw Fan
403	Téng Kōng Fēi Jiǎo	腾空飞脚	Jumping Front Slap Kick
404	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°	Jumping Lotus Kick 360°
405	Diē Chà Kāi Shàn	跌叉开扇	Hurdler's Split With Fan Opening
406	Gēn Bù Kāi Shàn	跟步开扇	Follow-Up Step Fan Opening
407	Zhuǎn Shēn Fǎn Chí Shàn	转身反持扇	Body Turn Reverse Fan Grip
408	Xiē Bù Yā Shàn	歇步压扇	Cross-legged Crouching Stance Fan Press
409	Jìn Bù Jiǎo Shàn	进步绞扇	Forward Step Straight Fan Enveloping

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
410	Gōng Bù Tuī Shàn	弓步推扇	Bow Stance Fan Push
411	Tí Xī Shàng Cì Shàn	提膝上刺扇	Single Knee Raised Upward Fan Thrust
412	Xuàn Fēng Jiǎo 180° Kāi Shàn	旋风脚 180°开扇	Tornado Kick 180° Fan Opening
413	Tí Xī Bào Shàn	提膝抱扇	Single Knee Raised Fan Ward-off With Arms Embraced
414	Zuǒ Yòu Guà Shàn	左右挂扇	Left & Right Fan Hooking Parry
415	Xū Bù Diǎn Shàn	虚步点扇	Empty Stance Fan Pointing
416	Dēng Jiǎo Jià Shàn	蹬脚架扇	Heel Kick With Fan Upper Block
417	Hòu Chā Tuǐ Dī Shì Píng Héng Kāi Shàn	后插腿低势平衡开扇	Fan Opening and Low Balance With Leg Crossed Behind
418	Tí Xī Zhuǎn Tǐ 180° Hé Shàn	提膝转体 180°合扇	Single Knee Raised Body Turn 180° Close Fan
419	Tí Xī Chí Shàn	提膝持扇	Holding Fan With Single Knee Raised
420	Gōng Bù Pī Shàn	弓步劈扇	Bow Stance Fan Chop
421	Yún Shàn	云扇	Vertical Fan Circling/Waving
422	Fān Shēn Tiào Pī Shàn	翻身跳劈扇	Turn Over Jumping Fan Chop
423	Tí Xī Kāi Shàn	提膝开扇	Single Knee Raised Fan Opening
424	Mǎ Bù Jiān Kào	马步肩靠	Horse Stance Shoulder Knock
425	Zhèn Jiǎo Pī Shàn	震脚劈扇	Stamp Feet Fan Chop
426	Chā Bù Kāi Shàn	插步开扇	Back Crossed Step Fan Opening
427	Mǎ Bù Cì Shàn	马步刺扇	Horse Stance Fan Thrust
428	Gēn Bù Héng Jī Shàn	跟步横击扇	Follow-Up Step Horizontal Fan Strike
429	Xíng Bù Mǒ Shàn	行步抹扇	Arc-advancing Step Fan Wipe
430	Pū Bù Pěng Shàn	仆步捧扇	Crouching Stance Upholding Fan
431	Shōu Shì	收势	Ending Position
	Tōng Yòng Shù Yǔ	通用术语	General Terms
	Jù Tǐ Dòng Zuò Yǔ Jì Shù	具体动作与技术	Specific Movements & Techniques
432	Chén Jiān Zhuì Zhǒu	沉肩坠肘	Shoulders Sunk, Elbows Dropped
433	Sōng Wǎn	松腕	Wrists Relaxed
434	Hé Kuà Xià Chén	合胯下沉	Hip Settling
435	Kāi Shàn Píng Sǎo	开扇平扫	Fan-Sweeping
436	Chí Shàn	持扇	Holding Fan
437	Héng Jī Shàn	横击扇	Horizontal Fan Strike
438	Tí Xī	提膝	Knee Raise
439	Tuī Zhǎng Kāi Shàn	推掌开扇	Palm-Push and Fan Opening
440	Fā Jìn Huí Chōu	发劲回抽	Force Exertion and Withdrawal
441	Kào Dǎ	靠打	Shoulder Knock
442	Jī Pāi	击拍	Slap
443	Zá Jī	砸击	Strike
444	Tà Dì Zhèn Jiǎo	踏地震脚	Stamp Firmly on the Ground
445	Píng Cì	平刺	Thrusts Forward Horizontally

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
446	Zhuǎn Yāo	转腰	Waist Turning
447	Lì Yuán	立圆	Vertical Circle
	Yǎn Liàn Fēng Gé Yǔ Jì Fǎ	演练风格与技法	Performance Style & Techniques
448	Qīng Líng Chén Wěn	轻灵沉稳	Agile Yet Grounded
449	Gāng Róu Xiāng Jì	刚柔相济	Balancing Strength and Gentleness
450	Dòng Jìng Yǒu Xù	动静有序	Exhibiting Sequential Dynamic Movements and Still Poses
451	Kuài Mǎn Xiāng Jiàn	快慢相间	Regulating Swiftness and Slowness
452	Hū Xī Zì Rán	呼吸自然	Natural Beathing
453	Zhōng Zhèng Yuán Huó	中正圆活	Centered and Upright, Circular and Flexible
454	Sōng Jìng Zì Rán	松静自然	Staying Relaxed and Composed
455	Qì Chén Dān Tián	气沉丹田	Sink Vital Energy to Dantian (Two Inches Below Navel)

5. Wushu Terminology in *The Wushu Taolu Competition Rules & Judging Methods (2024)*

五、《武术套路竞赛规则与裁判法(2024)》中的武术术语

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
	Shǒu Xíng	手型	Hand Forms
456	Quán	拳	Fist
457	Zhǎng	掌	Palm
458	Gōu	勾	Hook
459	Hǔ Zhǎo	虎爪	Tiger's Claw
460	Hè Zuǐ (Dǐng) Shǒu	鹤嘴（顶）手	Crane's Beak
461	Dān Zhǐ Zhǎng (Shǒu)	单指掌（手）	Single Finger Palm
	Shǒu Fǎ	手法	Hand Techniques
462	Quán Fǎ	拳法	Fist Techniques
463	Chōng Quán	冲拳	Thrust Punch
464	Pī Quán	劈拳	Chopping Fist
465	Liāo Quán	撩拳	Upward Arc Punch
466	Guàn Quán	贯拳	Hook Punch
467	Bēng Quán	崩拳	Crushing Punch
468	Zá Quán	砸拳	Pounding Fist
469	Pāo Quán	抛拳	Tossing Punch
470	Guà Gài Quán	挂盖拳	Hanging & Covering Fist/Reverse Back Fist & Capping Fist

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
471	Guà Quán	挂拳	Hanging Fist
472	Gài Quán	盖拳	Covering Fist
473	Zhǎng Fǎ	掌法	Palm Techniques
474	Tuī Zhǎng	推掌	Pushing Palm
475	Tiǎo Zhǎng	挑掌	Upward Snapping Palm
476	Chuān Zhǎng	穿掌	Threading Palm
477	Chā Zhǎng	插掌	Inserting Palm
478	Liāo Zhǎng	撩掌	Upward Arcing Palm
479	Pī Zhǎng	劈掌	Chopping Palm
480	Kǎn Zhǎng	砍掌	Horizontal Palm Chop
481	Àn Zhǎng	按掌	Pressing Palm
482	Péng	棚	Ward Off
483	Lǚ	捋	Roll Back
484	Jǐ	挤	Press
485	Àn	按	Push
486	Qiáo Fǎ	桥法	Bridge Techniques
487	Gǔn Qiáo	滚桥	Rolling Bridge
488	Zhǒu Fǎ	肘法	Elbow Techniques/Methods
489	Jìn Gōng Xìng Zhǒu Fǎ	进攻性肘法	Offensive Elbow Technique
	Qì Xiè Fāng Fǎ	器械方法	Weapon Techniques
490	Jiàn Fǎ	剑法	Sword Techniques
491	Cì Jiàn	刺剑	Straight Sword Thrust
492	Guà Jiàn	挂剑	Straight Sword Hooking Parry
493	Liāo Jiàn	撩剑	Straight Sword Uppercut
494	Diǎn Jiàn	点剑	Straight Sword Pointing
495	Pī Jiàn	劈剑	Straight Sword Chop
496	Bēng Jiàn	崩剑	Upward Sword Tilt
497	Jié Jiàn	截剑	Straight Sword Intercept
498	Jiǎn Wǎn Huā	剪腕花	Straight Sword Figure 8
499	Chuān Guà Jiàn	穿挂剑	Straight Sword Hooking Parry with Pierce
500	Mō Jiàn	抹剑	Straight Sword Slicing
501	Jiǎo Jiàn	绞剑	Straight Sword Enveloping
502	Dāo Fǎ	刀法	Broadsword Techniques
503	Chán Tóu Dāo	缠头刀	Broadsword Twining
504	Guǒ Nǎo Dāo	裹脑刀	Wrapping with the Broadsword
505	Pī Dāo	劈刀	Broadsword Chop
506	Zhā Dāo	扎刀	Broadsword Thrust
507	Zhǎn Dāo	斩刀	Broadsword Hack
508	Guà Dāo	挂刀	Broadsword Hooking Parry
509	Yún Dāo	云刀	Broadsword Cloud Waving

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
510	Bèi Huā Dāo	背花刀	Broadsword Wrist Figure 8 Behind the Back
511	Chán Tóu Guǒ Nǎo Dāo	缠头裹脑刀	Broadsword Twining and Wrapping
512	Qiāng Fǎ	枪法	Spear Techniques
513	Lán Qiāng	拦枪	Outward Blocking with the Spear
514	Ná Qiāng	拿枪	Inward Blocking with the Spear
515	Zhā Qiāng	扎枪	Spear Thrust
516	Chuān Qiāng	穿枪	Spear Pierce
517	Bēng Qiāng	崩枪	Spear Tilt
518	Diǎn Qiāng	点枪	Spear Pointing
519	Wǔ Huā Qiāng	舞花枪	Vertical Figure 8 with the Spear
520	Gùn Fǎ	棍法	Cudgel Techniques
521	Tiǎo Bǎ	挑把	Upwards Handle Strike
522	Píng Lún Gùn	平抡棍	Horizontal Cudgel Windmill Wave
523	Pī Gùn	劈棍	Cudgel Chop
524	Yún Gùn	云棍	Cudgel Cloud Waving
525	Bēng Gùn	崩棍	Cudgel Tilt
526	Jiǎo Gùn	绞棍	Cudgel Enveloping
527	Chuō Gùn	戳棍	Cudgel Poke
528	Wǔ Huā Gùn	舞花棍	Vertical Figure 8 with the Cudgel
529	Shuāng Shǒu Tí Liǎo Huā Gùn	双手提撩花棍	Two-Handed Vertical Cudgel Uppercut
530	Gǔn Yā Gùn	滚压棍	Cudgel Rolling Press
531	Gé Gùn	格棍	Cudgel Parry
532	Jī Gùn	击棍	Horizontal Cudgel Strike
533	Dǐng Gùn	顶棍	Cudgel Handle Planting
534	Pāo Gùn	抛棍	Upward Cudgel Strike
535	Shàn Fǎ	扇法	Fan Techniques
536	Kāi Shàn	开扇	Fan Opening
537	Hé Shàn	合扇	Fan Closing
538	Cì Shàn	刺扇	Fan Thrust
539	Guà Shàn	挂扇	Fan Hooking Parry
540	Liǎo Shàn	撩扇	Fan Uppercut
541	Diǎn Shàn	点扇	Fan Dotting
542	Pī Shàn	劈扇	Fan Chop
543	Pāo Jiē Shàn	抛接扇	Fan Toss/Throw & Catch
	Bù Xíng	步型	Stances
544	Gōng Bù	弓步	Bow Stance
545	Mǎ Bù	马步	Horse Stance
546	Pū Bù	仆步	Crouching Stance
547	Xū Bù	虚步	Empty Stance
548	Xiē Bù	歇步	Cross-Legged Crouching Stance

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
549	Zuò Pán	坐盘	Cross Legged Sitting
550	Guì Bù	跪步	Single Kneeling Stance
551	Dié Bù	蝶步	Butterfly Stance
552	Dān Dié Bù	单蝶步	Single Butterfly Stance
553	Shuāng Dié Bù	双蝶步	Double Butterfly Stance
554	Qí Lóng Bù	骑龙步	Dragon Riding Stance
	Bù Fǎ	步法	Footwork
555	Shàng Bù	上步	Advancing Step
556	Tuì Bù	退步	Retreating Step
557	Jìn Bù	进步	Forward Step
558	Gēn Bù	跟步	Follow-Up Step
559	Cè Xíng Bù	侧行步	Sideways Step
560	Qí Lín Bù	麒麟步	Kirin Steps
	Tuǐ Fǎ	腿法	Leg Techniques
561	Zhí Bǎi Xíng Tuǐ Fǎ	直摆性腿法	Leg Swinging Techniques/Methods with the Leg Straight
562	Zhèng Tī Tuǐ	正踢腿	Front Stretch Kick
563	Cè Tī Tuǐ	侧踢腿	Side Stretch Kick
564	Xié Tī Tuǐ	斜踢腿	Oblique Stretch Kick
565	Lǐ Hé Tuǐ	里合腿	Inward Crescent Kick
566	Wài Bǎi Tuǐ	外摆腿	Outer Crescent Kick
567	Hòu Liǎo Tuǐ	后撩腿	Rear Arc Kick
568	Qū Shēn Xíng Tuǐ Fǎ	屈伸性腿法	Flexion & Extension Leg Techniques
569	Tán Tuǐ	弹腿	Snap Spring Kick
570	Dēng Tuǐ	蹬腿	Heel Push Kick
571	Chuài Tuǐ	踹腿	Side Kick
572	Sǎo Zhuǎn Xíng Tuǐ Fǎ	扫转性腿法	Sweep Type Leg Techniques
573	Qián Sǎo Tuǐ	前扫腿	Front Sweep
574	Qián Sǎo Tuǐ 540°	前扫腿 540°	Front Sweep 540°
575	Qián Sǎo Tuǐ 900°	前扫腿 900°	Front Sweep 900°
576	Hòu Sǎo Tuǐ	后扫腿	Back Sweep
577	Héng Dīng Tuǐ	横钉腿	Horizontal Nail Kick
578	Hǔ Wěi Tuǐ	虎尾腿	Tiger Tail Kick
579	Zhuǎn Shēn Hòu Bǎi Tuǐ	转身后摆腿	Turning Back Crescent Kick
580	Diē Chà	跌叉	Hurdler's Split Position
581	Diē Shù Chà	跌竖叉	Falling Front Split
582	Tí Xī (Dú Lì)	提膝（独立）	Single Knee Raised Position
583	Lǐ Hé Pāi Jiǎo	里合拍脚	Inward Slap Kick
584	Bǎi Lián Pāi Jiǎo	摆莲拍脚	Lotus Slap Kick
585	Dān Pāi Jiǎo	单拍脚	Front Slap Kick
586	Fēn Jiǎo	分脚	Parting Kick

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
587	Dēng Jiǎo	蹬脚	Heel Kick
588	Zhī Chēng Tuǐ	支撑腿	Supporting Leg
589	Shàng Jǔ Tuǐ	上举腿	Raised Leg
590	Qū Shōu Tuǐ	屈收腿	Bending Leg
	Tiào Yuè Hé Diē Pū	跳跃和跌扑	Jumping & Tumbling Techniques
591	Téng Kōng Fēi Jiǎo	腾空飞脚	Jumping Front Slap Kick
592	Téng Kōng Xié Fēi Jiǎo	腾空斜飞脚	Jumping Slant Kick
593	Téng Kōng Shuāng Fēi Jiǎo	腾空双飞脚	Jumping Double Front Slap Kick
594	Xuàn Fēng Jiǎo	旋风脚	Tornado Kick
595	Xuàn Fēng Jiǎo 360°	旋风脚 360°	Tornado Kick 360°
596	Xuàn Fēng Jiǎo 540°	旋风脚 540°	Tornado Kick 540°
597	Xuàn Fēng Jiǎo 630° (Nǚ) /720°	旋风脚 630°（女） /720°	Tornado Kick 630° (F)/720°
598	Téng Kōng Bǎi Lián	腾空摆莲	Jumping Lotus Kick
599	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°	Jumping Lotus Kick 360°
600	Téng Kōng Bǎi Lián 540°	腾空摆莲 540°	Jumping Lotus Kick 540°
601	Téng Kōng Bǎi Lián 630° (Nǚ) /720°	腾空摆莲 630° （女）/720°	Jumping Lotus Kick 630° (F)/720°
602	Téng Kōng Zhèng Tī Tuǐ	腾空正踢腿	Jumping Front Straight Kick
603	Cè Kōng Fān	侧空翻	Aerial Cartwheel
604	Cè Kōng Fān Zhuǎn Tǐ	侧空翻转体	Aerial Cartwheel Twist
605	Cè Kōng Fān Zhuǎn Tǐ 360°	侧空翻转体 360°	Aerial Cartwheel Twist 360°
606	Xuàn Zǐ	旋子	Butterfly Kick
607	Xuàn Zǐ Zhuǎn Tǐ	旋子转体	Butterfly Twist
608	Xuàn Zǐ Zhuǎn Tǐ 360°	旋子转体 360°	Butterfly Twist 360°
609	Xuàn Zǐ Zhuǎn Tǐ 720°	旋子转体 720°	Butterfly Twist 720°
610	Téng Kōng Jiàn Tán	腾空箭弹	Jumping Snap/Spring Kick
611	Téng Kōng Dēng Tuǐ	腾空蹬腿	Jumping Heel Push Kick
612	Téng Kōng Wài Bǎi Tuǐ	腾空外摆腿	Jumping Outer Crescent Kick
613	Yuán Dì Hòu Kōng Fān	原地后空翻	No-Step Back Flip
614	Dān Tiào Hòu Kōng Fān	单跳后空翻	Single Step Back Flip
615	Diē Pū	跌扑	Tumbling Techniques
616	Téng Kōng Pán Tuǐ 360° Cè Pū	腾空盘腿 360°侧 扑	Flying Cross Legged Kick 360° to Landing on Side
617	Téng Kōng Shuāng Cè Chuài	腾空双侧踹	Jumping Double Side Kick
618	Lǐ Yú Dǎ Tǐng	鲤鱼打挺	Carp Kip-Up
	Píng Héng	平衡	Balance Techniques
619	Bān Jiǎo Cháo Tiān Zhí Lì	搬脚朝天直立	Grasp the Foot and Bring It to Head Level with the Leg Held Vertically While Remaining Standing

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
620	Cè Tī Bào Jiǎo Zhí Lì	侧踢抱脚直立	Side Kick Up to Catch the Foot at Head Level with the Leg Held Vertically While Remaining Standing
621	Yǎng Shēn Píng Héng	仰身平衡	Backward Leaning Balance
622	Shí Zì Píng Héng	十字平衡	Forward Leaning Balance with Arms Outspread
623	Kòu Tuǐ Píng Héng	扣腿平衡	Rear Cross-Legged Balance
624	Pán Tuǐ Píng Héng	盘腿平衡	Front Cross Legged Balance
625	Cè Shēn Píng Héng	侧身平衡	Sideways Leaning Balance
626	Tàn Hǎi Píng Héng	探海平衡	Exploring the Ocean Balance
627	Wàng Yuè Píng Héng	望月平衡	Gazing at the Moon Balance
628	Dī Shì Qián Dēng Cǎi Jiǎo Píng Héng	低势前蹬踩脚平衡	Forward Sole Kick with Low Step Balance
629	Qián Jǔ Tuǐ Dī Shì Píng Héng	前举腿低势平衡	Low Balance with Leg Stretched Forward
630	Hòu Chā Tuǐ Dī Shì Píng Héng	后插腿低势平衡	Low Balance with Leg Crossed Behind
631	Wò Yú Píng Héng	卧鱼平衡	Lying Fish Balance
632	Tí Xī Píng Héng	提膝平衡	Single Knee Raised Position
633	Yàn Shì Píng Héng	燕式平衡	Swallow Balance
	Tōng Yòng Shù Yǔ	通用术语	General Terms
	Jìng Sǎi Xiàng Mù Yǔ Fēn Lèi	竞赛项目与分类	Events & Categories
634	Cháng Quán	长拳	Changquan
635	Tài Jí Quán	太极拳	Taijiquan
636	24 Shì Tài Jí Quán	24 式太极拳	24 Movements Taijiquan
637	42 Shì Tài Jí Quán	42 式太极拳	42 Movements Taijiquan
638	32 Shì Tài Jí Jiàn	32 式太极剑	32 Movements Taijijian
639	42 Shì Tài Jí Jiàn	42 式太极剑	42 Movements Taijijian
640	Chén Shì	陈式	Chen Style
641	Yáng Shì	杨式	Yang Style
642	Wú Shì	吴式	Wu Style
643	Sūn Shì	孙式	Sun Style
644	Wǔ (Hǎo) Shì	武（郝）式	Wu (Hao) Style
645	Dāo Shù	刀术	Daoshu
646	Jiàn Shù	剑术	Jianshu
647	Qīāng Shù	枪术	Qiangshu
648	Gùn Shù	棍术	Gunshu
649	Nán Quán	南拳	Nanquan
650	Nán Dāo	南刀	Nandao
651	Nán Gùn	南棍	Nangun
652	Bǐ Sǎi Xiàng Mù	比赛项目	Competition Events
653	Zì Xuǎn Xiàng Mù	自选项目	Optional Routine Events

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
654	Guī Dìng Xiàng Mù	规定项目	Compulsory Routine Events
655	Quán Shù Xiàng Mù	拳术项目	Bare-Hand Routine Events
656	Duǎn Qì Xiè Xiàng Mù	短器械项目	Short Weapon Routine Events
657	Cháng Qì Xiè Xiàng Mù	长器械项目	Long Weapon Routine Events
658	Duì Liàn Xiàng Mù	对练项目	Duilian (Choreographed Sparring) Events
659	Tú Shǒu Duì Liàn	徒手对练	Bare-Hand Duilian
660	Qì Xiè Duì Liàn	器械对练	Weapon Duilian
661	Tú Shǒu Yǔ Qì Xiè Duì Liàn	徒手与器械对练	Bare Hand vs. Weapon Duilian
662	Jí Tǐ Xiàng Mù	集体项目	Jiti (Group) Events
663	Yǒu Nán Dù Xiàng Mù	有难度项目	Events with Degree of Difficulty
664	Wú Nán Dù Xiàng Mù	无难度项目	Events Without Degree of Difficulty
	Sài Shì Lèi Xíng Yǔ Fēn Zǔ	赛事类型与分组	Competition Types & Groups
665	Bǐ Sài Lèi Xíng	比赛类型	Competition Types
666	Xíng Shì	形式	Format
667	Gè Rén Sài	个人赛	Individual Events
668	Tuán Tǐ Sài	团体赛	Team Events
669	Gè Rén jí Tuán Tǐ Sài	个人及团体赛	Individual and Team Events
670	Gè Rén Quán Néng	个人全能	Individual All-Around
671	Tuán Tǐ	团体	Team
672	Yù Sài	预赛	Preliminaries
673	Jué Sài	决赛	Finals
674	Nián Líng Fēn Zǔ	年龄分组	Age Categories
675	Chéng Nián Sài	成年赛	Adult Events
676	Qīng Shào Nián Sài	青少年赛	Junior Events
677	Ér Tóng Sài	儿童赛	Children Events
678	Chéng Nián Zǔ	成年组	Adult Age Group
679	Qīng Nián Zǔ	青年组	Youth Age Group
680	Shào Nián Zǔ	少年组	Junior Age Group
681	Ér Tóng Zǔ	儿童组	Children Age Group
	Jìng Sài Rén Yuán Yǔ Zǔ Zhī Jī Gòu	竞赛人员与组织机构	Personnel & Organizations
682	Zǒng Cǎi Pàn Zhǎng	总裁判长	Chief Referee
683	Fù Zǒng Cǎi Pàn Zhǎng	副总裁判长	Assistant Chief Referee
684	Cǎi Pàn Zhǎng	裁判长	Head Judge
685	Fù Cǎi Pàn Zhǎng	副裁判长	Assistant Head Judge
686	Zhòng Cǎi Zhǔ Rèn	仲裁主任	Chairman of the Jury of Appeals
687	Zhòng Cǎi Wěi Yuán	仲裁委员	Members of the Jury of Appeals
688	Cǎi Pàn Yuán	裁判员	Judges
689	Jiǎn Lù Zhǎng	检录长	Chief Registrar
690	Jiǎn Lù Yuán	检录员	Roll-Call Officials

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
691	Biān Pái Jì Lù Zhǎng	编排记录长	Chief Scheduler-Recorder
692	Biān Pái Yuán	编排员	Schedulers
693	Jì Lù Yuán	记录员	Score-Recorders
694	Xuān Gào Yuán	宣告员	Announcer
695	Fàng Yīn Yuán	放音员	Sound Technicians
696	Zhòng Cǎi Lù Xiàng	仲裁录像	Jury of Appeals Camera Operators
697	Jì Shí Jì Fēn Xì Tǒng Rén Yuán	计时记分系统人员	Scoring System Operators
698	Yùn Dòng Yuán	运动员	Athletes
699	Jìng Sǎi Rén Yuán	竞赛人员	Competition Staff
700	Zhòng Cǎi Wěi Yuán Huì	仲裁委员会	Jury of Appeals
701	Guó Jì Wǔ Shù Lián Hé Huì	国际武术联合会	International Wushu Federation
702	Jì Shù Wěi Yuán Huì	技术委员会	Technical Committee
703	Guó Jì Ào Lín Pǐ Kè Wěi Yuán Huì	国际奥林匹克委员会	International Olympic Committee
704	Wǔ Shù Tào Lù Chuàng Xīn Jì Shù Jiàn Dìng Wěi Yuán Huì	武术套路创新技术鉴定委员会	Wushu Taolu Innovative Techniques Evaluating Committee
705	Guó Jì Xīng Fèn Jì Jiǎn Cè Jī Gòu	国际兴奋剂检测机构	International Testing Agency
706	Shì Jiè Fǎn Xīng Fèn Jì Jī Gòu	世界反兴奋剂机构	World Anti-Doping Agency
	Cái Pàn Guī Zé Yǔ Píng Fēn Xì Tǒng	裁判规则与评分系统	Rules & Scoring
707	Wǔ Shù Tào Lù Jìng Sǎi Guī Zé	武术套路竞赛规则	Wushu Taolu Competition Rules
708	Wǔ Shù Tào Lù Jìng Sǎi Cái Pàn Fǎ	武术套路竞赛裁判法	Wushu Taolu Competition Judging Methods
709	Dòng Zuò Guī Gé	动作规格	Technique Specifications
710	Píng Fēn Fāng Fǎ Yǔ Biāo Zhǔn	评分方法与标准	Evaluation Method and Standard
711	Píng Fēn Cāo Zuò	评分操作	Scoring Operation
712	Rén Gōng Píng Fēn	人工评分	Without Electronic Scoring
713	Diàn Zǐ Píng Fēn	电子评分	Electronic Scoring
714	Chéng Jì Lèi Xì Tǒng	成绩类系统	Result System
715	Jì Shí Jì Fēn	计时计分	Timing-Scoring
716	Jì Shí	计时	Time keeping
717	Shì Fēn	示分	Displaying of Scores
718	Yīng Dé Fēn Shù	应得分数	Actual Score
719	Suǒ Shì Fēn Shù	所示分数	Displayed Score
720	Zuì Hòu Dé Fēn	最后得分	Final Score
721	Míng Cì Píng Dìng	名次评定	Competition Ranking
722	Jiā Fēn	加分	Bonus Points

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
723	Kòu Fēn	扣分	Deduction
724	Tào Lù Wán Chéng Shí Jiān	套路完成时间	Routine Time Limits
725	Tào Lù Chóng Zuò	套路重做	Routine Restart
726	Yí Wàng	遗忘	Forgetting (Movement Forgotten)
727	Chū Jiè	出界	Out-of-Bounds
728	Qì Xiè Pèng Shēn	器械碰身	Weapon-Touching-Body
729	Qì Xiè Biàn Xíng	器械变形	Weapon Deformed
730	Qì Quán	弃权	Forfeit
731	Nán Dù	难度	Degree of Difficulty
732	Dòng Zuò Nán Dù	动作难度	Degree of Difficulty of Technique
733	Lián Jiē Nán Dù	连接难度	Degree of Difficulty of Connection
734	Nán Dù Nèi Róng	难度内容	Degree of Difficulty Content
735	Nán Dù Biān Mǎ	难度编码	Degree of Difficulty Coding
736	Gāo Děng Jí Nán Dù	高等级难度	Higher-Grade Degree of Difficulty
737	Chuàng Xīn Nán Dù	创新难度	Innovative Degree of Difficulty
738	Yǎn Liàn Shuǐ Píng	演练水平	Overall Performance
739	Dòng Zuò Zhì Liàng	动作质量	Quality of Movements
740	Jìn Lì	劲力	Power
741	Xié Tiáo	协调	Coordination
742	Jié Zòu	节奏	Rhythm
743	Biān Pái	编排	Choreography
744	Fēng Gé	风格	Style
745	Shēn Sù	申诉	Appeals
746	Xīng Fèn Jì Jiǎn Cè	兴奋剂检测	Doping Control
	Jù Tǐ Dòng Zuò Yǔ Jì Shù	具体动作与技术	Specific Movements & Techniques
747	Zhí Lì	直立	Upright
748	Yǎng Shēn	仰身	Backward
749	Fǔ Shēn	俯身	Forward
750	Cè Shēn	侧身	Sideways
751	Níng Shēn	拧身	Twisted
752	Tái Zhǒu	抬肘	Elbow lifted
753	Zhí Bì	直臂	Arm straightened
754	Jiā Yè	夹腋	Armpit Closed
755	Qū Dūn	屈蹲	Squat
756	Jìng Zhǐ	静止	Static
757	Fù Jiā Zhī Chēng	附加支撑	Additional Support
758	Dǎo Dì	倒地	Fall
759	Dān Jiǎo Luò Dì	单脚落地	Single Foot-Landing
760	Yí Dòng	移动	Shuffle
761	Tiào Dòng	跳动	Skip
762	Huàng Dòng	晃动	Sway

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
763	É Zhuǎn	额转	Frontal Rotation
764	Shǐ Zhuǎn	矢转	Sagittal Rotation
765	Chuí Zhuǎn	垂转	Vertical Rotation
766	Fù Zhuǎn	复转	Complex Rotation
767	Tī	踢	Kick
768	Sǎo	扫	Sweep
769	Pāo	抛	Throw
770	Bān	搬	Shift
771	Kòng	控	Control
772	Jiē	接	Catch
773	Jiǎn Shì	剪势	Scissor Position
774	Xiē Shì	蝎势	Scorpion Stance
775	Lì (Píng) Yuán	立（平）圆	Vertical (Horizontal) Circle
776	Wò Jiàn	握剑	Gripping the Straight Sword
777	Chí Jiàn	持剑	Holding the Sword
778	Bào Dāo	抱刀	Holding the Broadsword
	Lǐ Yí, Chǎng Dì, Biān Pái Dēng	礼仪、场地、编排等	Etiquette, Facilities, Scheduling, etc.
779	Lǐ Jié/Lǐ Yí	礼节/礼仪	Etiquette and Protocol
780	Bǐ Sài Lǐ Yí	比赛礼仪	Competition Etiquette
781	Jìng Lǐ	敬礼	Salute
782	Bào Quán Lǐ	抱拳礼	Palm and Fist Salute
783	Bào Dāo Lǐ	抱刀礼	Broadsword Salute
784	Chí Jiàn Lǐ	持剑礼	Straight Sword Salute
785	Chí Qiāng (Gùn) Lǐ	持枪（棍）礼	Spear (Cudgel) Salute
786	Chí Shàn Lǐ	持扇礼	Fan Salute
787	Chí Shuāng Qì Xiè Lǐ	持双器械礼	Double Apparatus Salute
788	Bǐ Sài Chǎng Dì	比赛场地	Competition Area
789	Bǐ Sài Chǎng Dì Bù Jú	比赛场地布局	Field of Play Layout
790	Bǐ Sài Dì Tǎn	比赛地毯	Competition Mats
791	Cái Pàn Tái	裁判台	Judges Stage/Platform
792	Cái Pàn Yuán Zuò Wèi	裁判员座位	Judges Seats
793	Děng Jí	等级	Grade
794	Bǐ Sài Fú Zhuāng	比赛服装	Competition Attire
795	Bǐ Sài Yīn Yuè	比赛音乐	Competition Music
796	Pèi Yuè	配乐	Accompaniment Music
797	Bǐ Sài Shùn Xù	比赛顺序	Event Start Order
798	Jiǎn Lù	检录	Roll-Call

Part Two: Wushu Terminology for Youth Olympic Games

(Alphabetical Order by Pinyin Initial)

第二部分：青奥会武术术语拼音版（按拼音首字母顺序排列）

1. Terminology on the 3rd International Wushu Competition Routine -- Changquan

一、第三套国际武术竞赛套路——长拳相关术语

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
1	Àn Zhǎng	按掌	Pressing Palm
2	Bǎi Quán	摆拳	Swing Fist
3	Bǎi Zhǎng	摆掌	Swing Palm
4	Bào Quán	抱拳	Holding Fist
5	Bìng Bù Bǎi Quán	并步摆拳	Closed Step Horizontal Swinging Fist
6	Bìng Bù Chōng Quán	并步冲拳	Closed Step Forward Punch
7	Bìng Bù Pāi Dì	并步拍地	Closed Step Slapping the Ground
8	Bù Fǎ Líng Mǐn	步法灵敏	Footwork Has to be Agile
9	Bù Huó	步活	Footwork Should be Agile
10	Bù Jú Qiǎo Miào	布局巧妙	Cleverly Arranged
11	Bù Xíng Shēn Suí	步行身随	Body Shifts as the Steps Move
12	Cè Chuài Tuǐ	侧踹腿	Side Kick
13	Cè Kōng Fān	侧空翻	Aerial Cartwheel
14	Chā Bù Shuāng Bǎi Zhǎng	插步双摆掌	Back Cross Step Double Palm Swing
15	Chā Bù Zhuā Jiān	插步抓肩	Back Cross Step Shoulder Grab
16	Chá Quán	查拳	Cha Quan
17	Cháng Quán	长拳	Changquan
18	Cuàn Bèng Tiào Yuè	窜蹦跳跃	Leaps and Jumps
19	Dǎ Hǔ Shì	打虎势	Taming Tiger Form
20	Dān Pāi Jiǎo	单拍脚	Front Slap Kick
21	Diàn Bù Dēng Tuǐ	垫步蹬腿	Skippping Step Heel Kick
22	Diāo Shǒu	刁手	Grasp Hand
23	Diē Shù Chā	跌竖叉	Falling Front Split
24	Dòng Jìng Fēn Míng	动静分明	Clear Contrast of Motion and Stillness
25	Dòng Xùn Jìng Dìng	动迅静定	Speedy Moves and Still Pauses
26	Gài Bù	盖步	Front Crossed Step
27	Gài Bù Chōng Quán	盖步冲拳	Front Cross Step Punch
28	Gōng Bù Chōng Quán	弓步冲拳	Bow Stance Forward Punch
29	Gōng Bù Dǐng Zhǒu	弓步顶肘	Bow Stance Elbow Jab
30	Gōng Bù Gōu Shǒu Tuī Zhǎng	弓步钩手推掌	Bow Stance Hook and Palm Push

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
31	Gōng Bù Guàn Quán	弓步贯拳	Bow Stance Horizontal Swinging Punch
32	Gōng Bù Jià Chōng Quán	弓步架冲拳	Bow Stance Upper Block and Forward Punch
33	Gōng Bù Kào Zhǎng	弓步靠掌	Bow Stance Leaning Palm
34	Gōng Bù Liǎo Tuī Zhǎng	弓步撩推掌	Uppercut Forward Palm Push with Bow Stance
35	Gōng Bù Pī Quán	弓步劈拳	Bow Stance Hammer Punch
36	Gōng Bù Shí Zì Quán	弓步十字拳	Bow Stance Left Forward Punch and Right Backward Punch
37	Gōng Bù Shuāng Gōu Shǒu	弓步双钩手	Bow Stance Double Hook
38	Gōng Bù Zuǒ Chōng Quán	弓步左冲拳	Bow Stance Left Forward Punch
39	Gōu Shǒu	钩手	Hook Hand
40	Héng Dāng Bù Liàng Zhǎng	横档步亮掌	Side Bow Stance Flashing Palm
41	Héng Zhǎng	横掌	Horizontal Palm
42	Hòu Chā Bù	后插步	Back Cross Stance
43	Hòu Diǎn Bù Chōng Quán	后点步冲拳	Rear Pointing Step Forward Punch
44	Hòu Sǎo Tuǐ	后扫腿	Back Sweep
45	Hú Xíng Bù	弧形步	Curved Gliding Steps
46	Huá (Chá) Quán	滑（查）拳	Hua (Cha) Quan
47	Huá Quán	华拳	Hua Quan
48	Huǎn Ér Bù Sōng	缓而不松	Steady but Not Loose
49	Jī Bù Pī Dǎ	击步劈打	Slapping Step and Hammer Strike
50	Jiān Sōng	肩松	Shoulders Relaxed
51	Jiān Sōng Yāo Huó	肩松腰活	Shoulders Relaxed and Waist Being Flexible
52	Jié Zòu Xiān Míng	节奏鲜明	Distinctive Rhythmic Presentation
53	Kāi Hé Shū Zhǎn	开合舒展	Graceful Extending and Contracting
54	Kāi Jiān Yáng Bì	开肩扬臂	Extension of the Shoulders and Swinging of the Arms
55	Kǎn Zhǎng	砍掌	Chop Palm
56	Kòu Tuǐ Shuāng Bǎi Zhǎng	扣腿双摆掌	Rear Cross-Legged Balance Double Swinging Palm
57	Kuài Mǎn Xiāng Jiàn	快慢相间	Regulate the Fast and Slow Pace
58	Kuài Sù Yǒu Lì	快速有力	Speed and Power
59	Lì Chōng Quán	立冲拳	Vertical Punch
60	Lì Diǎn Zhǔn Què	力点准确	Force of Impact Should be Precise
61	Lì Zhǎng	立掌	Vertical Palm
62	Lián Jiē Shùn Chàng	连接顺畅	Smoothly Transitioned with Ups and Downs
63	Liàng Zhǎng	亮掌	Flash Palm

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
64	Liāo Zhǎng	撩掌	Uppercut Palm
65	Líng Huó Duō Biàn	灵活多变	Flexibility and Variability
66	Lūn Bì Pāi Dì	抡臂拍地	Arm Circling and Slap on Ground
67	Lūn Bì Zá Quán	抡臂砸拳	Arm Circling Smashing Fist
68	Lūn Pī Zhǎng	抡劈掌	Wheeling Chop Palm
69	Mǎ Bù	马步	Horse Stance
70	Mǎ Bù Jià Dǎ	马步架打	Horse Stance Upper Block and Strike
71	Mǎ Bù Tuō Dǎ	马步托打	Horse Stance Palm Lift and Punch
72	Pāi Jiǎo	拍脚	Slap Kick
73	Pào Quán	炮拳	Pao Quan
74	Pī Quán	劈拳	Hammer Fist
75	Pū Bù Liàng Zhǎng	仆步亮掌	Crouching Stance Flashing Palm
76	Qǐ Fú Zhuǎn Zhé	起伏转折	Twists and Turns
77	Qīē Zhǎng	切掌	Chop Palm
78	Shàng Bù Duì Quán	上步对拳	Advance Step Inner Facing Fist
79	Shí Zì Zhǎng	十字掌	Crossed Palm
80	Shǒu Fǎ Mǐn Jié	手法敏捷	Hand Technique Has to be Swift
81	Shōu Kuān	收髋	Retract the Hip Section
82	Shōu Kuān Lì Shēn	收髋立身	Retract the Hip and Keep the Body Upright
83	Shōu Shì	收势	Ending Position
84	Shù Chā	竖叉	Vertical Split
85	Shū Zhǎn Dà Fāng	舒展大方	Expansive and Graceful Movements
86	Shuāng Fēn Zhǎng	双分掌	Separating Palm
87	Tán Tuǐ Jī Zhǎng	弹腿击掌	Spring Kick Palm Strike
88	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°	Jumping Lotus Kick 360°
89	Téng Kōng Fēi Jiǎo	腾空飞脚	Jumping Front Slap Kick
90	Téng Kōng Jiàn Tán	腾空箭弹	Jumping Spring Kick
91	Téng Kōng Tán Tuǐ	腾空弹腿	Spring Kick in the Mid-Air
92	Téng Kōng Zhǎn Tǐ	腾空展体	Extending the Body When Jumping
93	Tī Tuǐ Liāo Zhǎng	踢腿撩掌	Front Kick and Uppercut
94	Tí Xī Chōng Quán	提膝冲拳	Knee Raise and Punch
95	Tí Xī Jià Zhǎng	提膝架掌	Knee Raise Upper Palm Block
96	Tí Xī Tiào Chōng Quán	提膝跳冲拳	Knee Raise and Punch with a Hop
97	Tí Xī Tiǎo Zhǎng	提膝挑掌	Knee Raise Palm Lift
98	Tiào Tí Xī Gōu Shǒu Tuī Zhǎng	跳提膝钩手推掌	Hop, Knee Raise with a Hook and Palm Push
99	Tiǎo Zhǎng	挑掌	Flick Palm
100	Tiào Zhuǎn Shēn Pū Bù Qīē Zhǎng	跳转身仆步切掌	Jump and Turn Over, Landing in Crouching Stance with Chopping Palm
101	Tǐng Xī	挺膝	Extend the Knee Joint

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
102	Tuō Zhǎng	托掌	Lifting Palm
103	Wài Bǎi Tuǐ Jī Xiǎng	外摆腿击响	Outward Crescent Slap Kick
104	Wǎn Huā	腕花	Horizontal Circle
105	Xiē Bù Tiǎo Zhǎng	歇步挑掌	Crossed-legged Crouching Stance Palm Flick
106	Xíng Shén Jiān Bèi	形神兼备	Balanced Presentation of the Form and Spirit
107	Xū Bù	虚步	Empty Stance
108	Xū Bù Liàng Zhǎng	虚步亮掌	Flashing Palm in Empty Stance
109	Xū Bù Tiǎo Zhǎng	虚步挑掌	Empty Stance Palm Lift
110	Xuàn Fēng Jiǎo 360°	旋风脚 360°	Tornado Kick 360°
111	Xuàn Zǐ	旋子	Butterfly Kick
112	Yàn Shì Píng Héng	燕式平衡	Swallow Balance
113	Yǎn Suí Shǒu Dòng	眼随手动	Vision Follows the Movements of the Hands
114	Yòng Lì Shùn Dá	用力顺达	Forces are Executed Smoothly
115	Yù Bèi Shì	预备式	Ready Position
116	Zá Quán	砸拳	Smashing Fist
117	Zhèn Jiǎo Àn Zhǎng	震脚按掌	Stamp Feet and Downward Palm Press
118	Zhèng Tī Tuǐ	正踢腿	Front Stretch Kick
119	Zhuǎn Shēn Yún Shǒu	转身云手	Turn Body Horizontal Palm Circling
120	Zhuǎn Shēn Zhèn Jiǎo	转身震脚	Body Turn with Stamping Foot
121	Zuǒ Gōng Bù	左弓步	Left Bow Stance
122	Zuǒ Héng Dāng Bù	左横裆步	Left Side Bow Stance
123	Zuò Pán	坐盘	Cross Legged Sitting
124	Zuǒ Pū Bù	左仆步	Left Crouching Stance
125	Zuǒ Xiē Bù	左歇步	Left Resting Stance
126	Zuǒ Xū Bù	左虚步	Left Empty Stance

2. Terminology on the 3rd International Wushu Competition Routine -- Gunshu

二、第三套国际武术竞赛套路——棍术相关术语

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
127	Bǎi Tuǐ	摆腿	Swing the Legs
128	Bào Gùn	抱棍	Carry Cudgel
129	Bēi Gùn	背棍	Back-Carry the Cudgel
130	Bēi Gùn Xié Pāi Jiǎo	背棍斜拍脚	Back-Carry Cudgel Diagonal Slap Kick

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
131	Bēi Gùn Xū Bù Tuī Zhǎng	背棍虚步推掌	Back-Carry Cudgel and Empty Stance Palm Push
132	Bìng Bù	并步	Close Step
133	Bìng Bù Bēng Gùn	并步崩棍	Closed Step Cudgel Tilt
134	Bìng Bù Chí Gùn	并步持棍	Closed Step Holding Cudgel
135	Bìng Bù Tuī Gùn	并步推棍	Closed Step Vertical Cudgel Push
136	Bìng Bù Zhèn Tà	并步震踏	Both Feet Stamp on the Ground
137	Bō Bǎ	拨把	Parry the Handle
138	Bō Gùn	拨棍	Parry the Cudgel
139	Cè Kōng Fān	侧空翻	Aerial Cartwheel
140	Chè Bù	撤步	Retreat Step
141	Chè Bù Jiǎo Gùn	撤步绞棍	Retreat Step Cudgel Enveloping
142	Chè Bù Pī Gùn	撤步劈棍	Retreat Step Cudgel Chop
143	Dān Shǒu Lūn Gùn	单手抡棍	Single Hand Horizontal Cudgel Windmill Wave
144	Dān Shǒu Píng Lūn Gùn	单手平抡棍	Single Hand Horizontal Cudgel Windmill Wave
145	Diǎn Gùn	点棍	Dotting Cudgel
146	Diǎn Gùn Gài Bǎ	点棍盖把	Dotting Cudgel Downward Handle Press
147	Diē Shù Chà	跌竖叉	Falling Front Split
148	Fān Shēn Pū Bù Shuāi Gùn	翻身仆步摔棍	Turn Over Crouching Stance Cudgel Slam
149	Gài Bù Chuō Bǎ	盖步戳把	Front Cover Step Handle Jab
150	Gōng Bù Bēi Gùn Pán Zhǒu	弓步背棍盘肘	Bow Stance Back-Carry Cudgel and Horizontal Elbow Strike
151	Gōng Bù Bō Bǎ	弓步拨把	Bow Stance Handle Parry
152	Gōng Bù Bō Gùn	弓步拨棍	Bow Stance Cudgel Parry
153	Gùn Bǎ	棍把	Cudgel Handle End
154	Gùn Dǎ Yí Piàn	棍打一片	Covering a Wide Range
155	Gùn Fǎ Mì Jí	棍法密集	Full of Technique Varieties
156	Gùn Shāo	棍梢	Tip of the Cudgel
157	Gùn Shēn	棍身	Body of the Cudgel
158	Huá Bǎ	滑把	Slide the Cudgel
159	Jī Pāi	击拍	Slap
160	Jiā Tuǐ	夹腿	Hold the Legs Together
161	Jiǎo Gùn	绞棍	Cudgel Enveloping
162	Kòu Bù	扣步	Inward Step
163	Lì Yuán Wǔ Huā	立圆舞花	Vertical Circling Cudgel
164	Lūn Gùn	抡棍	Horizontal Cudgel Windmill Wave
165	Lūn Gùn Gōng Bù Tuī Zhǎng	抡棍弓步推掌	Horizontal Cudgel Windmill Wave

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
			Bow Stance Palm Push
166	Lūn Gùn Píng Sǎo	抡棍平扫	Horizontal Cudgel Windmill Wave and Horizontal Cudgel Sweep
167	Lūn Gùn Pū Bù Bào Gùn	抡棍仆步抱棍	Horizontal Cudgel Windmill Wave and Carry Cudgel in Crouching Stance
168	Pán Zhǒu	盘肘	Bend the Elbow
169	Pī Chà	劈叉	Split
170	Pū Bù	仆步	Crouching Stance
171	Pū Bù Shuāi Gùn	仆步摔棍	Crouching Stance Cudgel Slam
172	Sǎo Gùn	扫棍	Cudgel Sweep
173	Shàng Bù Zhuǎn Shēn Lūn Gùn	上步转身抡棍	Advance Step Body Turn Horizontal Cudgel Windmill Wave
174	Shāo Bǎ Jiān Yòng	梢把兼用	Usage of Both Ends of Cudgel
175	Shēn Tǐ Zhōng Zhèng	身体中正	Keep the Body Upright
176	Shì Hé Lì Shùn	势合力顺	Compact Moves, Smooth Strength Exertion
177	Shōu Fù Chén Qì	收腹沉气	Tuck in the Abdomen and Sink the Breath
178	Shōu Shì	收势	Ending Position
179	Shuāi Gùn	摔棍	Cudgel Slam
180	Shuàn Yāo	涮腰	Rotate the Torso
181	Shuàn Yāo Lūn Gùn	涮腰抡棍	Horizontal Waist Rotation Cudgel Windmill Wave
182	Tā Yāo	塌腰	Sink the Lower Back
183	Téng Kōng Bēi Gùn	腾空背棍	Jumping Back-Carry Cudgel
184	Téng Kōng Bēi Gùn Tí Xī Chōng Quán	腾空背棍提膝冲拳	Jumping Knee Raise, Back-Carry Cudgel Forward Punch
185	Téng Kōng Fēi Jiǎo	腾空飞脚	Jumping Front Slap Kick
186	Téng Kōng Luò Dì	腾空落地	Landing from the Jump
187	Téng Kōng Wài Bǎi Lián 360°	腾空外摆莲 360°	Jumping Lotus Kick 360°
188	Tí Kuān Zhuǎn Kuà	提髋转胯	Brace the Hip Section and Turn Hip Joints
189	Tí Liāo Huā	提撩花	Uplifting Circling Cudgel
190	Tí Xī Tiào Bēi Gùn	提膝跳背棍	Knee Raise Jump and Back-Carry Cudgel
191	Tǐng Xiōng	挺胸	Brace the Chest
192	Tóu Zhèng Jǐng Zhí	头正颈直	Head Upright and Neck Straight
193	Tuī Gùn	推棍	Push the Cudgel
194	Tuō Gùn	托棍	Supporting the Cudgel
195	Wǔ Huā Bēi Gùn	舞花背棍	Vertical Figure 8 with Cudgel and Back-Carry Cudgel

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
196	Wǔ Huā Pū Bù Shuāi Gùn	舞花仆步摔棍	Vertical Figure 8 with Cudgel, Crouching Stance Cudgel Slam
197	Wǔ Huā Tí Liǎo Gùn	舞花提撩棍	Vertical Figure 8 with Cudgel and Two-Handed Vertical Cudgel Uppercut
198	Xià Hé Wēi Shōu	下颌微收	Chin Slightly Tuck In
199	Xuàn Fēng Jiǎo 360°	旋风脚 360°	Jumping Tornado Kick 360°
200	Xuàn Zi	旋子	Butterfly Kick
201	Xuàn Zi Sǎo Gùn	旋子扫棍	Butterfly Kick Cudgel Sweep
202	Yǒng Měng Kuài Sù	勇猛快速	Fierce and Speedy Execution
203	Yòu Gōng Bù	右弓步	Right Bow Stance
204	Yù Bèi Shì	预备势	Ready Position
205	Yún Gùn	云棍	Cudgel Cloud Waving
206	Zhǎn Xiōng	展胸	Extend the Chest
207	Zhuǎn Shēn Lūn Gùn	转身抡棍	Body Turn Horizontal Cudgel Windmill Wave
208	Zhuǎn Shēn Lūn Gùn	转身抡棍	Body Turn Horizontal Cudgel Windmill Wave
209	Zhuǎn Shēn Shuāi Gùn	转身摔棍	Body Turn Cudgel Slam
210	Zhuǎn Shēn Tí Liǎo Gùn	转身提撩棍	Body Turn Two-Handed Vertical Cudgel Uppercut
211	Zhuǎn Tǐ	转体	Body Turn
212	Zuǒ Gōng Bù	左弓步	Left Bow Stance
213	Zuò Pán Lūn Gùn	坐盘抡棍	Cross-Legged Sitting Horizontal Cudgel Windmill Wave
214	Zuǒ Pū Bù	左仆步	Left Crouching Stance
215	Zuǒ Xū Bù	左虚步	Left Empty Stance
216	Zuǒ Yòu Diǎn Gùn	左右点棍	Left and Right Dotting Cudgel

3. Terminology on the 3rd International Wushu Competition Routine -- Taijiquan

三、第三套国际武术竞赛套路——太极拳相关术语

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
217	Àn	按	Push
218	Bái Hè Liàng Chì	白鹤亮翅	White Crane Spreading Wings
219	Bǎi Lián Jiǎo	摆莲脚	Lotus Kick
220	Bǎi Lián Zhuǎn Tǐ 180°	摆莲转体 180°	Lotus Kick Body Twist 180°

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
221	Bān Lán Chuí	搬拦捶	Deflect, Parry and Punch
222	Bào	抱	Hold
223	Bǐ Sàì Tào Lù	比赛套路	Competition Routines
224	Bù Piān Bù Yǐ	不偏不倚	Exact and Balanced
225	Cǎi	采	Grab
226	Chā Bù	插步	Crossed-Step
227	Chén Jiān Zhuì Zhǒu	沉肩坠肘	Relax the Shoulders and Drop the Elbows
228	Chén Wěn Hún Hòu	沉稳浑厚	Sturdy and Firm
229	Chuān Shēn Tiǎo Zhǎng	穿伸挑掌	Thread Forward and Flick Upwards
230	Chuán Tǒng Tài Jí Quán	传统太极拳	Traditional Taijiquan Styles
231	Dān Biān	单鞭	Single Whip
232	Dǎo Juǎn Gōng	倒卷肱	Retreating Steps with Arms Curling
233	Dēng Jiǎo	蹬脚	Heel Kick
234	Dēng Jiǎo Jià Tuī	蹬脚架推	Heel Kick Upper Block Push
235	Diāo	刁	Grasping
236	Dǐng Zhǒu	顶肘	Elbow Jab
237	Dòng Jìng Yǒu Xù	动静有序	Dynamic Movements and Still Poses Should be Sequential
238	Dú Lì Bào Zhǎng	独立抱掌	Single-Leg Stance Ball-Hugging Palm
239	Dú Lì Bù	独立步	Single-Leg Stance
240	Dú Lì Tuō Zhǎng	独立托掌	Single-Leg Stance Palm Lift
241	Duān Zhèng Yán Mì	端正严密	Upright and Tight
242	Duì Kàng Gé Dòu	对抗格斗	Combative Sparring Techniques
243	Fáng Shēn Zì Wèi	防身自卫	Self-Defense
244	Fēn Jiǎo	分脚	Parting Kick
245	Fēn Kào	分靠	Leaning Parting Palms
246	Fēn Zhǎng	分掌	Parting of the Palms
247	Gài Bù Bǎi Zhǎng	盖步摆掌	Cover Step Swing Palms
248	Gāng Róu Xiāng Jì	刚柔相济	Balancing Strength and Gentleness
249	Gēn Bù	跟步	Follow Step
250	Gōng Bù	弓步	Bow Stance
251	Gōu	勾	Hook Hand
252	Guǒ	裹	Wrap
253	Guó Jì Wǔ Shù Jìng Sàì Guī Zé	国际武术竞赛规则	International Wushu Competition Rules
254	Guǒ Shǒu	裹手	Wrapping Hand
255	Hǎi Dǐ Zhēn	海底针	Needle in the Sea Bottom
256	Hán Xiōng Bá Bèi	含胸拔背	Sink the Chest and Keep the Back Upright
257	Héng Jī Zhǒu	横击肘	Horizontal Elbow Jab

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
258	Héng Tuī	横推	Push Horizontally
259	Hòu Chā Tuī Dī Shì Píng Héng	后插腿低势平衡	Low Balance with Leg Crossed Behind
260	Jǐ	挤	Press
261	Jī Pāi	击拍	Slap
262	Jī Xiǎng Tuǐ	击响腿	Slapped Leg
263	Jià Tuī Zhǎng	架推掌	Push and Block Palm
264	Jǐn Còu Líng Huó	紧凑灵活	Entire Movement Should be Compact and Flexible
265	Jīn Jī Dú Lì	金鸡独立	Golden Rooster Single-Leg Stand
266	Jìn Lì Shùn Dá	劲力顺达	Force Exerted Should be Smooth
267	Jìng Jì Yùn Dòng	竞技运动	Competitive Sports
268	Kǎn Zhǎng	砍掌	Chop Palm
269	Kuài Mǎn Xiāng Jiàn	快慢相间	Regulating Swiftness and Slowness
270	Lǎn Què Wěi	揽雀尾	Grasp the Peacock's Tail
271	Lì Zhǎng	立掌	Vertical Palm
272	Lōu Àn Zhǎng	搂按掌	Grasp and Press Palm
273	Lōu Xī Ào Bù	搂膝拗步	Brush Knee with Bent Step
274	Lōu Zhǎng	搂掌	Brush Palm
275	Lǚ	捋	Roll Back
276	Luò Bù	落步	Landing Step
277	Mǎ Bù	马步	Horse Stance
278	Mián Lǐ Cáng Zhēn	绵里藏针	Strength Being Hidden in the Gentleness
279	Mǐn Jié Zì Rán	敏捷自然	Entire Movement Being Agile, Natural
280	Mǒ Zhǎng	抹掌	Wiping Palm
281	Nèi Kòu	内扣	Turning Inwards
282	Péng	棚	Ward Off
283	Péng Bì	棚臂	Arm in Ward Off
284	Píng Hé Zì Rán	平和自然	Calm and Naturally Manner
285	Píng Pū Tuǐ	平铺腿	Extended Leg
286	Píng Xíng Bù	平行步	Parallel Steps
287	Pū Bù	仆步	Crouching Stance
288	Pū Bù Xià Shì	仆步下势	Crouching Stance Downward Threading Palm
289	Qì Chén Dān Tián	气沉丹田	Sink the Breath to "Dantian" (the Point Two Inches Below the Navel)
290	Qǐ Shì	起势	Starting Position
291	Qián Jǐ	前挤	Forward Squeeze
292	Qīng Líng Chén Wěn	轻灵沉稳	Agile, Light and Steady

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
293	Qū Xī Sōng Kuà	屈膝松胯	Knees Should be Bend and Hip Relaxed
294	Quán	拳	Fist
295	Quán Dūn	全蹲	Full Squat
296	Quán Xiè Tào Lù	拳械套路	Bare-Hand and Weapon Routines
297	Què Dì Lóng	雀地龙	Hurdler's Split
298	Què Dì Lóng Diē Chà	雀地龙跌叉	Dragon Diving to the Ground Stance
299	Róu Huà Xì Nì	柔化细腻	Soft and Detailed
300	Róu Zhōng Yù Gāng	柔中寓刚	Strength Being Implicated in the Gentleness of the Movements
301	Shǎn Tōng Bèi	闪通背	Flashing Out Arms
302	Shàng Xià Xiāng Suí	上下相随	Upper Body and Lower Limbs Movements Should Follow Up in Correspondence and Well-Coordinated
303	Shì Zhèng Jìn Zhěng	势正劲整	Pose Should be Upright, and the Strength be Unified
304	Shì Zhèng Zhāo Yuán	势正招圆	Pose Should be Upright, and Movements Should be Circular
305	Shí Zì Shǒu	十字手	Cross Hand
306	Shōu Shì	收势	Ending Position
307	Shū Zhǎn Yuán Huó	舒展圆活	Expansive and Flexible
308	Shuāng Fēng Guàn Ěr	双峰贯耳	Double Inward Jab to Ears
309	Shuāng Zhèn Jiǎo	双震脚	Double Stamping Feet
310	Sōng Jìng Zì Rán	松静自然	Keep Calm, Still and Natural
311	Sōng Kuà Liǎn Tún	松胯敛臀	Relax the Hip Section and Tuck in the Buttocks
312	Tài Jí Quán	太极拳	Tai Ji Quan
313	Tài Jí Quán (36 Shì)	太极拳（36 式）	Taijiquan (36 Forms)
314	Tài Jí Shàn	太极扇	Tai Ji San
315	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°	Jumping Lotus Kick 360°
316	Téng Kōng Fēi Jiǎo	腾空飞脚	Jumping Front Slap Kick
317	Tí Shǒu Shàng Shì	提手上势	Hand Raise High Form
318	Tí Xī Dú Lì	提膝独立	Raised Knee Single-Leg Stance
319	Tiào Qǐ Téng Kōng	跳起腾空	Jump Up
320	Tuī Àn	推按	Push-Press
321	Tuì Bù Tà Zhèn	退步踏震	Dragging Retreated Step, Stamp Step
322	Tuì Bù Yā Zhǒu	退步压肘	Retreating Step Elbow Press
323	Tuī Zhǎng	推掌	Palm Push
324	Tuō	托	Lifting
325	Wú Guò Bù Jí	无过不及	Without Extremes or Imbalances, and

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
			with Precision and Control
326	Wǔ Shù	武术	Wushu
327	Xíng Yún Liú Shuǐ	行云流水	Moving Like Clouds and Flowing Water
328	Xiū Xīn Yǎng Xìng	修心养性	Mental Refinement and Character Cultivation
329	Xū Bù	虚步	Empty Stance
330	Xū Lǐng Dǐng Jìn	虚领顶劲	Imagine an Upward Pull at the Top of the Head
331	Xū Shí Fēn Míng	虚实分明	Clearly Distinguish the Solidity and Emptiness of Movements
332	Xuàn Fēng Jiǎo 180°	旋风脚 180°	Tornado Kick 180°
333	Yā Qiē Zhǎng	压切掌	Horizontal Chop Palm
334	Yǎn Shǒu Gōng Chuí	掩手肱捶	Strike with Concealed Fist
335	Yǎng Shēng Jiàn Shēn	养生健身	Health Nurturing, Physical Fitness
336	Yě Mǎ Fēn Zōng	野马分鬃	Part the Wild Horse's Mane
337	Yòu Dēng Jiǎo	右蹬脚	Right Heel Kick
338	Yòu Gōng Bù	右弓步	Right Bow Stance
339	Yù Bèi Shì	预备势	Ready Position
340	Yù Nǚ Chuān Suō	玉女穿梭	Jade Maiden Weaving the Shuttle
341	Yuán Dāng Kāi Kuà	圆裆开胯	Rounded Groin and Extended Hip Joints
342	Yún Shǒu	云手	Cloud Waving Hand
343	Zhǎng	掌	Palm
344	Zhī Chēng Tuǐ	支撑腿	Supporting Leg
345	Zhǐ Dāng Chuí	指裆捶	Groin Pointing Strike
346	Zhōng Zhèng Ān Shū	中正安舒	Posture Being Centered and Relaxed
347	Zhōng Zhèng Yuán Huó	中正圆活	Centered and Upright, Circular and Flexible
348	Zhǒu Dǐ Chuí	肘底捶	Under Elbow Fist
349	Zhuǎn Huàn Líng Huó	转换灵活	Transition Being Flexible
350	Zhuǎn Jiē Róu Shùn	转接柔顺	Transition of the Movements Should be Smooth and Gentle
351	Zhuǎn Tǐ	转体	Body Turn
352	Zhuǎn Yāo Dēng Tuǐ	转腰蹬腿	Turn the Waist and Pushes the Ground with the Foot
353	Zuǒ Dú Lì Bù	左独立步	Left Single-Leg Stance
354	Zuǒ Fēn Jiǎo	左分脚	Left Parting Kick
355	Zuǒ Pū Bù	左仆步	Left Crouching Stance
356	Zuǒ Xū Bù	左虚步	Left Empty Stance

4. Terminology on the 3rd International Wushu Competition Routine -- Taijishan

四、第三套国际武术竞赛套路——太极扇相关术语

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
357	Àn Zhǎng	按掌	Palm Press
358	Bàn Mǎ Bù	半马步	Half-Horse Stance
359	Cè Gōng Bù Chí Shàn	侧弓步持扇	Side Bow Stance Holding Fan
360	Cè Xíng Bù	侧行步	Side Stepping Footwork
361	Chā Bù Kāi Shàn	插步开扇	Back Crossed Step Fan Opening
362	Chā Chū Tuǐ	插出腿	Crossed leg
363	Chén Jiān Zhuì Zhǒu	沉肩坠肘	Shoulders Sunk, Elbows Dropped
364	Chí Shàn	持扇	Holding Fan
365	Chuān Shàn	穿扇	Threading Fan
366	Dēng Jiǎo	蹬脚	Heel Kick
367	Dēng Jiǎo Jià Shàn	蹬脚架扇	Heel Kick With Fan Upper Block
368	Diǎn Shàn	点扇	Dotting Fan
369	Diē Chà	跌叉	Hurdler's Split
370	Diē Chà Kāi Shàn	跌叉开扇	Hurdler's Split With Fan Opening
371	Dòng Jìng Yǒu Xù	动静有序	Exhibiting Sequential Dynamic Movements and Still Poses
372	Fā Jìn Huí Chōu	发劲回抽	Force Exertion and Withdrawal
373	Fān Shēn Tiào Pī Shàn	翻身跳劈扇	Turn Over Jumping Fan Chop
374	Gāng Róu Xiāng Jì	刚柔相济	Balancing Strength and Gentleness
375	Gēn Bù	跟步	Follow-Up Step
376	Gēn Bù Chā Shàn	跟步插扇	Follow-Up Step Downward Reversed Fan Thrust
377	Gēn Bù Héng Jī Shàn	跟步横击扇	Follow-Up Step Horizontal Fan Strike
378	Gēn Bù Kāi Shàn	跟步开扇	Follow-Up Step Fan Opening
379	Gēn Bù Pāo Jiē Shàn	跟步抛接扇	Follow-Up Step Toss & Catch Fan
380	Gōng Bù	弓步	Bow Stance
381	Gōng Bù Cì Shàn	弓步刺扇	Bow Stance Fan Thrust
382	Gōng Bù Pī Shàn	弓步劈扇	Bow Stance Fan Chop
383	Gōng Bù Tuī Shàn	弓步推扇	Bow Stance Fan Push
384	Gōu Shǒu	勾手	Hook Hand
385	Hé Kuà Xià Chén	合胯下沉	Hip Settling
386	Hé Shàn	合扇	Fan Closed
387	Héng Jī Shàn	横击扇	Horizontal Fan Strike
388	Hòu Chā Tuǐ Dī Shì Píng Héng Kāi Shàn	后插腿低势平衡开扇	Fan Opening and Low Balance With Leg Crossed Behind
389	Hū Xī Zì Rán	呼吸自然	Natural Beathing
390	Jī Pāi	击拍	Slap

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
391	Jià Shàn	架扇	Upward Block Fan
392	Jiǎo Shàn	绞扇	Fan Enveloping
393	Jiē Shàn	接扇	Catches Fan
394	Jìn Bù Jiǎo Shàn	进步绞扇	Forward Step Straight Fan Enveloping
395	Kāi Shàn	开扇	Fan Opened
396	Kāi Shàn Píng Sǎo	开扇平扫	Fan-Sweeping
397	Kào Dǎ	靠打	Shoulder Knock
398	Kuài Mǎn Xiāng Jiàn	快慢相间	Regulating Swiftness and Slowness
399	Lì Shàn	立扇	Fan Vertically
400	Lì Yuán	立圆	Vertical Circle
401	Lì Yuán Guà Shàn	立圆挂扇	Vertical Circular Hooking Parry
402	Liāo	撩	Uppercut
403	Liāo Shàn	撩扇	Uppercut Fan
404	Mǎ Bù	马步	Horse Stance
405	Mǎ Bù Cì Shàn	马步刺扇	Horse Stance Fan Thrust
406	Mǎ Bù Jiān Kào	马步肩靠	Horse Stance Shoulder Knock
407	Péng	棚	Ward Off
408	Pěng Shàn	捧扇	Upholding Fan
409	Pī Shàn	劈扇	Fan Chop
410	Píng Cì	平刺	Thrusts Forward Horizontally
411	Píng Mǒ	平抹	Wipes Horizontally
412	Pū Bù	仆步	Crouching Stance
413	Pū Bù Pěng Shàn	仆步捧扇	Crouching Stance Upholding Fan
414	Qì Chén Dān Tián	气沉丹田	Sink Vital Energy to Dantian (Two Inches Below Navel)
415	Qǐ Shì	起势	Starting Position
416	Qīng Líng Chén Wěn	轻灵沉稳	Agile Yet Grounded
417	Shàng Bù Sǎo Shàn	上步扫扇	Advancing Step Sweeping Fan
418	Shōu Shì	收势	Ending Position
419	Sōng Jìng Zì Rán	松静自然	Staying Relaxed and Composed
420	Sōng Wǎn	松腕	Wrists Relaxed
421	Tà Dì Zhèn Jiǎo	踏地震脚	Stamp Firmly on the Ground
422	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°	Jumping Lotus Kick 360°
423	Téng Kōng Fēi Jiǎo	腾空飞脚	Jumping Front Slap Kick
424	Tí Xī	提膝	Knee Raise
425	Tí Xī Bào Shàn	提膝抱扇	Single Knee Raised Fan Ward-off With Arms Embraced
426	Tí Xī Chí Shàn	提膝持扇	Holding Fan With Single Knee Raised
427	Tí Xī Chuān Shàn	提膝穿扇	Single Knee Raised Threading Fan
428	Tí Xī Kāi Shàn	提膝开扇	Single Knee Raised Fan Opening
429	Tí Xī Shàng Cì Shàn	提膝上刺扇	Single Knee Raised Upward Fan

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
			Thrust
430	Tí Xī Tuǐ	提膝腿	Raised Knee
431	Tí Xī Xià Cì Shàn	提膝下刺扇	Single Knee Raised Downward Fan Thrust
432	Tí Xī Zhuǎn Tǐ 180° Hé Shàn	提膝转体 180°合扇	Single Knee Raised Body Turn 180° Close Fan
433	Tiào Chā Bù	跳插步	Jumping Cross-Step
434	Tuì Bù Chōu Shàn	退步抽扇	Retreating Step Withdraw Fan
435	Tuī Shàn	推扇	Push the Fan
436	Tuī Zhǎng Kāi Shàn	推掌开扇	Palm-Push and Fan Opening
437	Wàn Huā	腕花	Outward Reversed Figure 8
438	Xiē Bù	歇步	Resting Stance
439	Xiē Bù Yā Shàn	歇步压扇	Cross-legged Crouching Stance Fan Press
440	Xíng Bù Mǒ Shàn	行步抹扇	Arc-advancing Step Fan Wipe
441	Xū Bù	虚步	Empty Stance
442	Xū Bù Diǎn Shàn	虚步点扇	Empty Stance Fan Pointing
443	Xū Bù Liǎo Shàn	虚步撩扇	Empty Stance Fan Uppercut
444	Xuàn Fēng Jiǎo 180° Kāi Shàn	旋风脚 180°开扇	Tornado Kick 180° Fan Opening
445	Yòu Gōng Bù	右弓步	Right Bow Stance
446	Yù Bèi Shì	预备势	Ready Position
447	Yún Shàn	云扇	Vertical Fan Circling/Waving
448	Zá Jī	砸击	Strike
449	Zhèn Jiǎo Pěng Shàn	震脚捧扇	Stamp Feet Upholding Fan
450	Zhèn Jiǎo Pī Shàn	震脚劈扇	Stamp Feet Fan Chop
451	Zhī Chēng Tuǐ	支撑腿	Supporting Leg
452	Zhōng Zhèng Yuán Huó	中正圆活	Maintain upright posture
453	Zhuǎn Shēn Fǎn Chí Shàn	转身反持扇	Body Turn Reverse Fan Grip
454	Zhuǎn Yāo	转腰	Waist Turning
455	Zuǒ Yòu Guà Shàn	左右挂扇	Left & Right Fan Hooking Parry

5. Wushu Terminology in *The Wushu Taolu Competition Rules & Judging Methods (2024)*

五、《武术套路竞赛规则与裁判法(2024)》中的武术术语

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
456	24 Shì Tài Jí Quán	24 式太极拳	24 Movements Taijiquan
457	32 Shì Tài Jí Jiàn	32 式太极剑	32 Movements Taijijian

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
458	42 Shì Tài Jí Jiàn	42 式太极剑	42 Movements Taijijian
459	42 Shì Tài Jí Quán	42 式太极拳	42 Movements Taijiquan
460	Pèi Yuè	配乐	Accompaniment Music
461	Yīng Dé Fēn Shù	应得分数	Actual Score
462	Fù Jiā Zhī Chēng	附加支撑	Additional Support
463	Chéng Nián Zǔ	成年组	Adult Age Group
464	Chéng Nián Sàì	成年赛	Adult Events
465	Shàng Bù	上步	Advancing Step
466	Cè Kōng Fān	侧空翻	Aerial Cartwheel
467	Cè Kōng Fān Zhuǎn Tǐ	侧空翻转体	Aerial Cartwheel Twist
468	Cè Kōng Fān Zhuǎn Tǐ 360°	侧空翻转体 360°	Aerial Cartwheel Twist 360°
469	Nián Líng Fēn Zǔ	年龄分组	Age Categories
470	Xuān Gào Yuán	宣告员	Announcer
471	Shēn Sù	申诉	Appeals
472	Zhí Bì	直臂	Arm straightened
473	Jiā Yè	夹腋	Armpit Closed
474	Fù Zǒng Cǎi Pàn Zhǎng	副总统判长	Assistant Chief Referee
475	Fù Cǎi Pàn Zhǎng	副裁判长	Assistant Head Judge
476	Yùn Dòng Yuán	运动员	Athletes
477	Hòu Sǎo Tuǐ	后扫腿	Back Sweep
478	Yǎng Shēn	仰身	Backward
479	Yǎng Shēn Píng Héng	仰身平衡	Backward Leaning Balance
480	Tú Shǒu Yǔ Qì Xiè Duì Liàn	徒手与器械对练	Bare Hand vs. Weapon Duilian
481	Tú Shǒu Duì Liàn	徒手对练	Bare-Hand Duilian
482	Quán Shù Xiàng Mù	拳术项目	Bare-Hand Routine Events
483	Qū Shǒu Tuǐ	屈收腿	Bending Leg
484	Jiā Fēn	加分	Bonus Points
485	Gōng Bù	弓步	Bow Stance
486	Qiáo Fǎ	桥法	Bridge Techniques
487	Pī Dāo	劈刀	Broadsword Chop
488	Yún Dāo	云刀	Broadsword Cloud Waving
489	Zhǎn Dāo	斩刀	Broadsword Hack
490	Guà Dāo	挂刀	Broadsword Hooking Parry
491	Bào Dāo Lǐ	抱刀礼	Broadsword Salute
492	Dāo Fǎ	刀法	Broadsword Techniques
493	Zhā Dāo	扎刀	Broadsword Thrust
494	Chán Tóu Dāo	缠头刀	Broadsword Twining
495	Chán Tóu Guǒ Nǎo Dāo	缠头裹脑刀	Broadsword Twining and Wrapping
496	Bèi Huā Dāo	背花刀	Broadsword Wrist Figure 8 Behind the Back
497	Xuàn Zi	旋子	Butterfly Kick

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
498	Dié Bù	蝶步	Butterfly Stance
499	Xuàn Zì Zhuǎn Tǐ	旋子转体	Butterfly Twist
500	Xuàn Zì Zhuǎn Tǐ 360°	旋子转体 360°	Butterfly Twist 360°
501	Xuàn Zì Zhuǎn Tǐ 720°	旋子转体 720°	Butterfly Twist 720°
502	Lǐ Yú Dǎ Tǐng	鲤鱼打挺	Carp Kip-Up
503	Jiē	接	Catch
504	Zhòng Cái Zhǔ Rèn	仲裁主任	Chairman of the Jury of Appeals
505	Cháng Quán	长拳	Changquan
506	Chén Shì	陈式	Chen Style
507	Zǒng Cái Pàn Zhǎng	总裁判长	Chief Referee
508	Jiǎn Lù Zhǎng	检录长	Chief Registrar
509	Biān Pái Jì Lù Zhǎng	编排记录长	Chief Scheduler-Recorder
510	Ér Tóng Zǔ	儿童组	Children Age Group
511	Ér Tóng Sàì	儿童赛	Children Events
512	Pī Quán	劈拳	Chopping Fist
513	Pī Zhǎng	劈掌	Chopping Palm
514	Biān Pái	编排	Choreography
515	Bǐ Sàì Chǎng Dì	比赛场地	Competition Area
516	Bǐ Sàì Fú Zhuāng	比赛服装	Competition Attire
517	Bǐ Sàì Lǐ Yí	比赛礼仪	Competition Etiquette
518	Bǐ Sàì Xiàng Mù	比赛项目	Competition Events
519	Bǐ Sàì Dì Tǎn	比赛地毯	Competition Mats
520	Bǐ Sàì Yīn Yuè	比赛音乐	Competition Music
521	Míng Cì Píng Dìng	名次评定	Competition Ranking
522	Jìng Sàì Rén Yuán	竞赛人员	Competition Staff
523	Bǐ Sàì Lèi Xíng	比赛类型	Competition Types
524	Fù Zhuǎn	复转	Complex Rotation
525	Guī Dìng Xiàng Mù	规定项目	Compulsory Routine Events
526	Kòng	控	Control
527	Xié Tiáo	协调	Coordination
528	Gài Quán	盖拳	Covering Fist
529	Hè Zuǐ (Dǐng) Shǒu	鹤嘴（顶）手	Crane's Beak
530	Zuò Pán	坐盘	Cross Legged Sitting
531	Xiē Bù	歇步	Cross-Legged Crouching Stance
532	Pū Bù	仆步	Crouching Stance
533	Bēng Quán	崩拳	Crushing Punch
534	Pī Gùn	劈棍	Cudgel Chop
535	Yún Gùn	云棍	Cudgel Cloud Waving
536	Jiǎo Gùn	绞棍	Cudgel Enveloping
537	Dǐng Gùn	顶棍	Cudgel Handle Planting
538	Gé Gùn	格棍	Cudgel Parry

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
539	Chuō Gùn	戳棍	Cudgel Poke
540	Gǔn Yā Gùn	滚压棍	Cudgel Rolling Press
541	Gùn Fǎ	棍法	Cudgel Techniques
542	Bēng Gùn	崩棍	Cudgel Tilt
543	Dāo Shù	刀术	Daoshu
544	Kòu Fēn	扣分	Deduction
545	Nán Dù	难度	Degree of Difficulty
546	Nán Dù Biān Mǎ	难度编码	Degree of Difficulty Coding
547	Nán Dù Nèi Róng	难度内容	Degree of Difficulty Content
548	Lián Jiē Nán Dù	连接难度	Degree of Difficulty of Connection
549	Dòng Zuò Nán Dù	动作难度	Degree of Difficulty of Technique
550	Suǒ Shì Fēn Shù	所示分数	Displayed Score
551	Shì Fēn	示分	Displaying of Scores
552	Xīng Fèn Jì Jiǎn Cè	兴奋剂检测	Doping Control
553	Chí Shuāng Qì Xiè Lǐ	持双器械礼	Double Apparatus Salute
554	Shuāng Dié Bù	双蝶步	Double Butterfly Stance
555	Qí Lóng Bù	骑龙步	Dragon Riding Stance
556	Duì Liàn Xiàng Mù	对练项目	Duilian (Choreographed Sparring) Events
557	Tái Zhǒu	抬肘	Elbow lifted
558	Zhǒu Fǎ	肘法	Elbow Techniques/Methods
559	Diàn Zǐ Píng Fēn	电子评分	Electronic Scoring
560	Xū Bù	虚步	Empty Stance
561	Lǐ Jié/Lǐ Yí	礼节/礼仪	Etiquette and Protocol
562	Píng Fēn Fāng Fǎ Yǔ Biāo Zhǔn	评分方法与标准	Evaluation Method and Standard
563	Bǐ Sài Shùn Xù	比赛顺序	Event Start Order
564	Yǒu Nán Dù Xiàng Mù	有难度项目	Events with Degree of Difficulty
565	Wú Nán Dù Xiàng Mù	无难度项目	Events Without Degree of Difficulty
566	Tàn Hǎi Píng Héng	探海平衡	Exploring the Ocean Balance
567	Dǎo Dì	倒地	Fall
568	Diē Shù Chà	跌竖叉	Falling Front Split
569	Pī Shàn	劈扇	Fan Chop
570	Hé Shàn	合扇	Fan Closing
571	Diǎn Shàn	点扇	Fan Dotting
572	Guà Shàn	挂扇	Fan Hooking Parry
573	Kāi Shàn	开扇	Fan Opening
574	Chí Shàn Lǐ	持扇礼	Fan Salute
575	Shàn Fǎ	扇法	Fan Techniques
576	Cì Shàn	刺扇	Fan Thrust
577	Pāo Jiē Shàn	抛接扇	Fan Toss/Throw & Catch

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
578	Liāo Shàn	撩扇	Fan Uppercut
579	Bǐ Sàì Chǎng Dì Bù Jú	比赛场地布局	Field of Play Layout
580	Zuì Hòu Dé Fēn	最后得分	Final Score
581	Jué Sàì	决赛	Finals
582	Quán	拳	Fist
583	Quán Fǎ	拳法	Fist Techniques
584	Qū Shēn Xīng Tuǐ Fǎ	屈伸性腿法	Flexion & Extension Leg Techniques
585	Téng Kōng Pán Tuǐ 360° Cè Pū	腾空盘腿 360°侧扑	Flying Cross Legged Kick 360° to Landing on Side
586	Gēn Bù	跟步	Follow-Up Step
587	Qì Quán	弃权	Forfeit
588	Yí Wàng	遗忘	Forgetting (Movement Forgotten)
589	Xíng Shì	形式	Format
590	Fǔ Shēn	俯身	Forward
591	Shí Zì Píng Héng	十字平衡	Forward Leaning Balance with Arms Outspread
592	Dī Shì Qián Dēng Cǎi Jiǎo Píng Héng	低势前蹬踩脚平衡	Forward Sole Kick with Low Step Balance
593	Jìn Bù	进步	Forward Step
594	Pán Tuǐ Píng Héng	盘腿平衡	Front Cross Legged Balance
595	Dān Pāi Jiǎo	单拍脚	Front Slap Kick
596	Zhèng Tī Tuǐ	正踢腿	Front Stretch Kick
597	Qián Sǎo Tuǐ	前扫腿	Front Sweep
598	Qián Sǎo Tuǐ 540°	前扫腿 540°	Front Sweep 540°
599	Qián Sǎo Tuǐ 900°	前扫腿 900°	Front Sweep 900°
600	É Zhuǎn	额转	Frontal Rotation
601	Wàng Yuè Píng Héng	望月平衡	Gazing at the Moon Balance
602	Děng Jí	等级	Grade
603	Bān Jiǎo Cháo Tiān Zhí Lì	搬脚朝天直立	Grasp the Foot and Bring It to Head Level with the Leg Held Vertically While Remaining Standing
604	Wò Jiàn	握剑	Gripping the Straight Sword
605	Gùn Shù	棍术	Gunshu
606	Guà Gài Quán	挂盖拳	Hanging & Covering Fist/Reverse Back Fist & Capping Fist
607	Guà Quán	挂拳	Hanging Fist
608	Cái Pàn Zhǎng	裁判长	Head Judge
609	Dēng Jiǎo	蹬脚	Heel Kick
610	Dēng Tuǐ	蹬腿	Heel Push Kick
611	Gāo Dēng Jí Nán Dù	高等级难度	Higher-Grade Degree of Difficulty
612	Bào Dāo	抱刀	Holding the Broadsword

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
613	Chí Jiàn	持剑	Holding the Sword
614	Gōu	勾	Hook
615	Guàn Quán	贯拳	Hook Punch
616	Jī Gùn	击棍	Horizontal Cudgel Strike
617	Píng Lūn Gùn	平抡棍	Horizontal Cudgel Windmill Wave
618	Héng Dīng Tuǐ	横钉腿	Horizontal Nail Kick
619	Kǎn Zhǎng	砍掌	Horizontal Palm Chop
620	Mǎ Bù	马步	Horse Stance
621	Diē Chà	跌叉	Hurdler's Split Position
622	Gè Rén Quán Néng	个人全能	Individual All-Around
623	Gè Rén Jí Tuán Tǐ Sàì	个人及团体赛	Individual and Team Events
624	Gè Rén Sàì	个人赛	Individual Events
625	Chuàng Xīn Nán Dù	创新难度	Innovative Degree of Difficulty
626	Chā Zhǎng	插掌	Inserting Palm
627	Guó Jì Ào Lín Pǐ Kè Wěi Yuán Huì	国际奥林匹克委员会	International Olympic Committee
628	Guó Jì Xīng Fèn Jì Jiǎn Cè Jī Gòu	国际兴奋剂检测机构	International Testing Agency
629	Guó Jì Wǔ Shù Lián Hé Huì	国际武术联合会	International Wushu Federation
630	Ná Qiāng	拿枪	Inward Blocking with the Spear
631	Lǐ Hé Tuǐ	里合腿	Inward Crescent Kick
632	Lǐ Hé Pāi Jiǎo	里合拍脚	Inward Slap Kick
633	Jiàn Shù	剑术	Jianshu
634	Jí Tǐ Xiàng Mù	集体项目	Jiti (Group) Events
635	Cái Pàn Yuán	裁判员	Judges
636	Cái Pàn Yuán Zuò Wèi	裁判员座位	Judges Seats
637	Cái Pàn Tái	裁判台	Judges Stage/Platform
638	Téng Kōng Shuāng Fēi Jiǎo	腾空双飞脚	Jumping Double Front Slap Kick
639	Téng Kōng Shuāng Cè Chuài	腾空双侧踹	Jumping Double Side Kick
640	Téng Kōng Fēi Jiǎo	腾空飞脚	Jumping Front Slap Kick
641	Téng Kōng Zhèng Tī Tuǐ	腾空正踢腿	Jumping Front Straight Kick
642	Téng Kōng Dēng Tuǐ	腾空蹬腿	Jumping Heel Push Kick
643	Téng Kōng Bǎi Lián	腾空摆莲	Jumping Lotus Kick
644	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°	Jumping Lotus Kick 360°
645	Téng Kōng Bǎi Lián 540°	腾空摆莲 540°	Jumping Lotus Kick 540°
646	Téng Kōng Bǎi Lián 630° (Nǚ) /720°	腾空摆莲 630°（女）/720°	Jumping Lotus Kick 630° (F)/720°
647	Téng Kōng Wài Bǎi Tuǐ	腾空外摆腿	Jumping Outer Crescent Kick
648	Téng Kōng Xié Fēi Jiǎo	腾空斜飞脚	Jumping Slant Kick
649	Téng Kōng Jiàn Tán	腾空箭弹	Jumping Snap/Spring Kick
650	Shào Nián Zǔ	少年组	Junior Age Group

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
651	Qīng Shào Nián Sàì	青少年赛	Junior Events
652	Zhòng Cǎi Wěi Yuán Huì	仲裁委员会	Jury of Appeals
653	Zhòng Cǎi Lù Xiàng	仲裁录像	Jury of Appeals Camera Operators
654	Tī	踢	Kick
655	Qí Lín Bù	麒麟步	Kirin Steps
656	Zhí Bǎi Xíng Tuǐ Fǎ	直摆性腿法	Leg Swinging Techniques/Methods with the Leg Straight
657	Cháng Qì Xiè Xiàng Mù	长器械项目	Long Weapon Routine Events
658	Bǎi Lián Pāi Jiǎo	摆莲拍脚	Lotus Slap Kick
659	Hòu Chā Tuǐ Dī Shì Píng Héng	后插腿低势平衡	Low Balance with Leg Crossed Behind
660	Qián Jǔ Tuǐ Dī Shì Píng Héng	前举腿低势平衡	Low Balance with Leg Stretched Forward
661	Wò Yú Píng Héng	卧鱼平衡	Lying Fish Balance
662	Zhòng Cǎi Wěi Yuán	仲裁委员	Members of the Jury of Appeals
663	Nán Dāo	南刀	Nandao
664	Nán Gùn	南棍	Nangun
665	Nán Quán	南拳	Nanquan
666	Yuán Dì Hòu Kōng Fān	原地后空翻	No-Step Back Flip
667	Xié Tī Tuǐ	斜踢腿	Oblique Stretch Kick
668	Jìn Gōng Xíng Zhōu Fǎ	进攻性肘法	Offensive Elbow Technique
669	Zì Xuǎn Xiàng Mù	自选项目	Optional Routine Events
670	Wài Bǎi Tuǐ	外摆腿	Outer Crescent Kick
671	Chū Jiè	出界	Out-of-Bounds
672	Lán Qiāng	拦枪	Outward Blocking with the Spear
673	Yǎn Liàn Shuǐ Píng	演练水平	Overall Performance
674	Zhǎng	掌	Palm
675	Bào Quán Lǐ	抱拳礼	Palm and Fist Salute
676	Zhǎng Fǎ	掌法	Palm Techniques
677	Fēn Jiǎo	分脚	Parting Kick
678	Zá Quán	砸拳	Pounding Fist
679	Jìn Lì	劲力	Power
680	Yù Sàì	预赛	Preliminaries
681	Jǐ	挤	Press
682	Àn Zhǎng	按掌	Pressing Palm
683	Àn	按	Push
684	Tuī Zhǎng	推掌	Pushing Palm
685	Qiāng Shù	枪术	Qiangshu
686	Dòng Zuò Zhì Liàng	动作质量	Quality of Movements
687	Shàng Jǔ Tuǐ	上举腿	Raised Leg
688	Hòu Liāo Tuǐ	后撩腿	Rear Arc Kick

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
689	Kòu Tuǐ Píng Héng	扣腿平衡	Rear Cross-Legged Balance
690	Chéng Jì Lèi Xì Tǒng	成绩类系统	Result System
691	Tuì Bù	退步	Retreating Step
692	Jié Zòu	节奏	Rhythm
693	Lǚ	捋	Roll Back
694	Jiǎn Lù	检录	Roll-Call
695	Jiǎn Lù Yuán	检录员	Roll-Call Officials
696	Gǔn Qiáo	滚桥	Rolling Bridge
697	Tào Lù Chóng Zuò	套路重做	Routine Restart
698	Tào Lù Wán Chéng Shí Jiān	套路完成时间	Routine Time Limits
699	Shǐ Zhuǎn	矢转	Sagittal Rotation
700	Jìng Lǐ	敬礼	Salute
701	Biān Pái Yuán	编排员	Schedulers
702	Jiǎn Shì	剪势	Scissor Position
703	Jì Lù Yuán	记录员	Score-Recorders
704	Píng Fēn Cāo Zuò	评分操作	Scoring Operation
705	Jì Shí Jì Fēn Xì Tǒng Rén Yuán	计时刻分系统人员	Scoring System Operators
706	Xiē Shì	蝎势	Scorpion Stance
707	Bān	搬	Shift
708	Duǎn Qì Xiè Xiàng Mù	短器械项目	Short Weapon Routine Events
709	Yí Dòng	移动	Shuffle
710	Chuài Tuǐ	踹腿	Side Kick
711	Cè Tī Bào Jiǎo Zhí Lì	侧踢抱脚直立	Side Kick Up to Catch the Foot at Head Level with the Leg Held Vertically While Remaining Standing
712	Cè Tī Tuǐ	侧踢腿	Side Stretch Kick
713	Cè Shēn	侧身	Sideways
714	Cè Shēn Píng Héng	侧身平衡	Sideways Leaning Balance
715	Cè Xíng Bù	侧行步	Sideways Step
716	Dān Dié Bù	单蝶步	Single Butterfly Stance
717	Dān Zhǐ Zhǎng (Shǒu)	单指掌（手）	Single Finger Palm
718	Dān Jiǎo Luò Dì	单脚落地	Single Foot-Landing
719	Tí Xī (Dú Lì)	提膝（独立）	Single Knee Raised Position
720	Tí Xī Píng Héng	提膝平衡	Single Knee Raised Position
721	Guì Bù	跪步	Single Kneeling Stance
722	Dān Tiào Hòu Kōng Fān	单跳后空翻	Single Step Back Flip
723	Tiào Dòng	跳动	Skip
724	Tán Tuǐ	弹腿	Snap Spring Kick
725	Fàng Yīn Yuán	放音员	Sound Technicians
726	Chí Qiāng (Gùn) Lǐ	持枪（棍）礼	Spear (Cudgel) Salute

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
727	Chuān Qiāng	穿枪	Spear Pierce
728	Diǎn Qiāng	点枪	Spear Pointing
729	Qiāng Fǎ	枪法	Spear Techniques
730	Zhā Qiāng	扎枪	Spear Thrust
731	Bēng Qiāng	崩枪	Spear Tilt
732	Qū Dūn	屈蹲	Squat
733	Jìng Zhǐ	静止	Static
734	Pī Jiàn	劈剑	Straight Sword Chop
735	Jiǎo Jiàn	绞剑	Straight Sword Enveloping
736	Jiǎn Wǎn Huā	剪腕花	Straight Sword Figure 8
737	Guà Jiàn	挂剑	Straight Sword Hooking Parry
738	Chuān Guà Jiàn	穿挂剑	Straight Sword Hooking Parry with Pierce
739	Jié Jiàn	截剑	Straight Sword Intercept
740	Diǎn Jiàn	点剑	Straight Sword Pointing
741	Chí Jiàn Lǐ	持剑礼	Straight Sword Salute
742	Mǒ Jiàn	抹剑	Straight Sword Slicing
743	Cì Jiàn	刺剑	Straight Sword Thrust
744	Liāo Jiàn	撩剑	Straight Sword Uppercut
745	Fēng Gé	风格	Style
746	Sūn Shì	孙式	Sun Style
747	Zhī Chēng Tuǐ	支撑腿	Supporting Leg
748	Yàn Shì Píng Héng	燕式平衡	Swallow Balance
749	Huàng Dòng	晃动	Sway
750	Sǎo	扫	Sweep
751	Sǎo Zhuǎn Xìng Tuǐ Fǎ	扫转性腿法	Sweep Type Leg Techniques
752	Jiàn Fǎ	剑法	Sword Techniques
753	Tài Jí Quán	太极拳	Taijiquan
754	Tuán Tǐ	团体	Team
755	Tuán Tǐ Sàì	团体赛	Team Events
756	Jì Shù Wěi Yuán Huì	技术委员会	Technical Committee
757	Dòng Zuò Guī Gé	动作规格	Technique Specifications
758	Chuān Zhǎng	穿掌	Threading Palm
759	Pāo	抛	Throw
760	Chōng Quán	冲拳	Thrust Punch
761	Hǔ Wěi Tuǐ	虎尾腿	Tiger Tail Kick
762	Hǔ Zhǎo	虎爪	Tiger's Claw
763	Jì Shí	计时	Time keeping
764	Jì Shí Jì Fēn	计时计分	Timing-Scoring
765	Xuàn Fēng Jiǎo	旋风脚	Tornado Kick
766	Xuàn Fēng Jiǎo 360°	旋风脚 360°	Tornado Kick 360°

No. 序号	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）	Term in English 英文术语（译语）
767	Xuàn Fēng Jiǎo 540°	旋风脚 540°	Tornado Kick 540°
768	Xuàn Fēng Jiǎo 630° (Nǚ) /720°	旋风脚 630°(女)/720°	Tornado Kick 630° (F)/720°
769	Pāo Quán	抛拳	Tossing Punch
770	Diē Pū	跌扑	Tumbling Techniques
771	Zhuǎn Shēn Hòu Bǎi Tuǐ	转身后摆腿	Turning Back Crescent Kick
772	Nǐng Shēn	拧身	Twisted
773	Shuāng Shǒu Tí Liāo Huā Gùn	双手提撩花棍	Two-Handed Vertical Cudgel Uppercut
774	Zhí Lì	直立	Upright
775	Liāo Quán	撩拳	Upward Arc Punch
776	Liāo Zhǎng	撩掌	Upward Arcing Palm
777	Pāo Gùn	抛棍	Upward Cudgel Strike
778	Tiǎo Zhǎng	挑掌	Upward Snapping Palm
779	Bēng Jiàn	崩剑	Upward Sword Tilt
780	Tiǎo Bǎ	挑把	Upwards Handle Strike
781	Lì (Píng) Yuán	立（平）圆	Vertical (Horizontal) Circle
782	Wǔ Huā Gùn	舞花棍	Vertical Figure 8 with the Cudgel
783	Wǔ Huā Qiāng	舞花枪	Vertical Figure 8 with the Spear
784	Chuí Zhuǎn	垂转	Vertical Rotation
785	Péng	棚	Ward Off
786	Qì Xiè Biàn Xíng	器械变形	Weapon Deformed
787	Qì Xiè Duì Liàn	器械对练	Weapon Duilian
788	Qì Xiè Pèng Shēn	器械碰身	Weapon-Touching-Body
789	Rén Gōng Píng Fēn	人工评分	Without Electronic Scoring
790	Shì Jiè Fǎn Xīng Fèn Jì Jī Gòu	世界反兴奋剂机构	World Anti-Doping Agency
791	Guǒ Nǎo Dāo	裹脑刀	Wrapping with the Broadsword
792	Wǔ (Hǎo) Shì	武（郝）式	Wu (Hao) Style
793	Wú Shì	吴式	Wu Style
794	Wǔ Shù Tào Lù Jìng Sàì Cái Pàn Fǎ	武术套路竞赛裁判法	Wushu Taolu Competition Judging Methods
795	Wǔ Shù Tào Lù Jìng Sàì Guī Zé	武术套路竞赛规则	Wushu Taolu Competition Rules
796	Wǔ Shù Tào Lù Chuàng Xīn Jì Shù Jiàn Dìng Wěi Yuán Huì	武术套路创新技术鉴定委员会	Wushu Taolu Innovative Techniques Evaluating Committee
797	Yáng Shì	杨式	Yang Style
798	Qīng Nián Zǔ	青年组	Youth Age Group

Part Three: Wushu Terminology for Youth Olympic Games

(Alphabetical Order by First Letter)

第三部分：青奥会武术术语英文版（按英文首字母顺序排列）

1. Terminology on the 3rd International Wushu Competition Routine -- Changquan

一、第三套国际武术竞赛套路——长拳相关术语

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
1	Advance Step Inner Facing Fist	Shàng Bù Duì Quán	上步对拳
2	Aerial Cartwheel	Cè Kōng Fān	侧空翻
3	Arm Circling and Slap on Ground	Lūn Bì Pāi Dì	抡臂拍地
4	Arm Circling Smashing Fist	Lūn Bì Zá Quán	抡臂砸拳
5	Back Cross Stance	Hòu Chā Bù	后插步
6	Back Cross Step Double Palm Swing	Chā Bù Shuāng Bǎi Zhǎng	插步双摆掌
7	Back Cross Step Shoulder Grab	Chā Bù Zhuā Jiān	插步抓肩
8	Back Sweep	Hòu Sǎo Tuǐ	后扫腿
9	Balanced Presentation of the Form and Spirit	Xíng Shén Jiān Bèi	形神兼备
10	Body Shifts as the Steps Move	Bù Xíng Shēn Suí	步行身随
11	Body Turn with Stamping Foot	Zhuǎn Shēn Zhèn Jiǎo	转身震脚
12	Bow Stance Double Hook	Gōng Bù Shuāng Gōu Shǒu	弓步双钩手
13	Bow Stance Elbow Jab	Gōng Bù Dǐng Zhǒu	弓步顶肘
14	Bow Stance Forward Punch	Gōng Bù Chōng Quán	弓步冲拳
15	Bow Stance Hammer Punch	Gōng Bù Pī Quán	弓步劈拳
16	Bow Stance Hook and Palm Push	Gōng Bù Gōu Shǒu Tuī Zhǎng	弓步钩手推掌
17	Bow Stance Horizontal Swinging Punch	Gōng Bù Guàn Quán	弓步贯拳
18	Bow Stance Leaning Palm	Gōng Bù Kào Zhǎng	弓步靠掌
19	Bow Stance Left Forward Punch	Gōng Bù Zuǒ Chōng Quán	弓步左冲拳
20	Bow Stance Left Forward Punch and Right Backward Punch	Gōng Bù Shí Zì Quán	弓步十字拳
21	Bow Stance Upper Block and Forward Punch	Gōng Bù Jià Chōng Quán	弓步架冲拳
22	Butterfly Kick	Xuàn Zi	旋子
23	Cha Quan	Chá Quán	查拳
24	Changquan	Cháng Quán	长拳

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
25	Chop Palm	Kǎn Zhǎng	砍掌
26	Chop Palm	Qiē Zhǎng	切掌
27	Clear Contrast of Motion and Stillness	Dòng Jìng Fēn Míng	动静分明
28	Cleverly Arranged	Bù Jú Qiǎo Miào	布局巧妙
29	Closed Step Forward Punch	Bìng Bù Chōng Quán	并步冲拳
30	Closed Step Horizontal Swinging Fist	Bìng Bù Bǎi Quán	并步摆拳
31	Closed Step Slapping the Ground	Bìng Bù Pāi Dì	并步拍地
32	Cross Legged Sitting	Zuò Pán	坐盘
33	Crossed Palm	Shí Zì Zhǎng	十字掌
34	Crossed-legged Crouching Stance Palm Flick	Xiē Bù Tiǎo Zhǎng	歇步挑掌
35	Crouching Stance Flashing Palm	Pū Bù Liàng Zhǎng	仆步亮掌
36	Curved Gliding Steps	Hú Xíng Bù	弧形步
37	Distinctive Rhythmic Presentation	Jié Zòu Xiān Míng	节奏鲜明
38	Empty Stance	Xū Bù	虚步
39	Empty Stance Palm Lift	Xū Bù Tiǎo Zhǎng	虚步挑掌
40	Ending Position	Shōu Shì	收势
41	Expansive and Graceful Movements	Shū Zhǎn Dà Fāng	舒展大方
42	Extend the Knee Joint	Tǐng Xī	挺膝
43	Extending the Body When Jumping	Téng Kōng Zhǎn Tǐ	腾空展体
44	Extension of the Shoulders and Swinging of the Arms	Kāi Jiān Yáng Bì	开肩扬臂
45	Falling Front Split	Diē Shù Chà	跌竖叉
46	Flash Palm	Liàng Zhǎng	亮掌
47	Flashing Palm in Empty Stance	Xū Bù Liàng Zhǎng	虚步亮掌
48	Flexibility and Variability	Líng Huó Duō Biàn	灵活多变
49	Flick Palm	Tiǎo Zhǎng	挑掌
50	Footwork Has to be Agile	Bù Fǎ Líng Mǐn	步法灵敏
51	Footwork Should be Agile	Bù Huó	步活
52	Force of Impact Should be Precise	Lì Diǎn Zhǔn Què	力点准确
53	Forces are Executed Smoothly	Yòng Lì Shùn Dá	用力顺达
54	Front Cross Step Punch	Gài Bù Chōng Quán	盖步冲拳
55	Front Crossed Step	Gài Bù	盖步
56	Front Kick and Uppercut	Tī Tuǐ Liāo Zhǎng	踢腿撩掌
57	Front Slap Kick	Dān Pāi Jiǎo	单拍脚
58	Front Stretch Kick	Zhèng Tī Tuǐ	正踢腿
59	Graceful Extending and Contracting	Kāi Hé Shū Zhǎn	开合舒展

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
60	Grasp Hand	Diào Shǒu	刁手
61	Hammer Fist	Pī Quán	劈拳
62	Hand Technique Has to be Swift	Shǒu Fǎ Mǐn Jié	手法敏捷
63	Holding Fist	Bào Quán	抱拳
64	Hook Hand	Gōu Shǒu	钩手
65	Hop, Knee Raise with a Hook and Palm Push	Tiào Tí Xī Gōu Shǒu Tuī Zhǎng	跳提膝钩手推掌
66	Horizontal Circle	Wǎn Huā	腕花
67	Horizontal Palm	Héng Zhǎng	横掌
68	Horse Stance	Mǎ Bù	马步
69	Horse Stance Palm Lift and Punch	Mǎ Bù Tuō Dǎ	马步托打
70	Horse Stance Upper Block and Strike	Mǎ Bù Jià Dǎ	马步架打
71	Hua (Cha) Quan	Huá (Chá) Quán	滑（查）拳
72	Hua Quan	Huá Quán	华拳
73	Jump and Turn Over, Landing in Crouching Stance with Chopping Palm	Tiào Zhuǎn Shēn Pū Bù Qiē Zhǎng	跳转身仆步切掌
74	Jumping Front Slap Kick	Téng Kōng Fēi Jiǎo	腾空飞脚
75	Jumping Lotus Kick 360°	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°
76	Jumping Spring Kick	Téng Kōng Jiàn Tán	腾空箭弹
77	Knee Raise and Punch	Tí Xī Chōng Quán	提膝冲拳
78	Knee Raise and Punch with a Hop	Tí Xī Tiào Chōng Quán	提膝跳冲拳
79	Knee Raise Palm Lift	Tí Xī Tiǎo Zhǎng	提膝挑掌
80	Knee Raise Upper Palm Block	Tí Xī Jià Zhǎng	提膝架掌
81	Leaps and Jumps	Cuàn Bèng Tiào Yuè	窜蹦蹦跃
82	Left Bow Stance	Zuǒ Gōng Bù	左弓步
83	Left Crouching Stance	Zuǒ Pū Bù	左仆步
84	Left Empty Stance	Zuǒ Xū Bù	左虚步
85	Left Resting Stance	Zuǒ Xiē Bù	左歇步
86	Left Side Bow Stance	Zuǒ Héng Dāng Bù	左横裆步
87	Lifting Palm	Tuō Zhǎng	托掌
88	Outward Crescent Slap Kick	Wài Bǎi Tuǐ Jī Xiǎng	外摆腿击响
89	Pao Quan	Pào Quán	炮拳
90	Pressing Palm	Àn Zhǎng	按掌
91	Ready Position	Yù Bèi Shì	预备式
92	Rear Cross-Legged Balance Double Swinging Palm	Kòu Tuǐ Shuāng Bǎi Zhǎng	扣腿双摆掌
93	Rear Pointing Step Forward Punch	Hòu Diǎn Bù Chōng Quán	后点步冲拳
94	Regulate the Fast and Slow Pace	Kuài Mǎn Xiāng Jiàn	快慢相间

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
95	Retract the Hip and Keep the Body Upright	Shōu Kuān Lì Shēn	收髋立身
96	Retract the Hip Section	Shōu Kuān	收髋
97	Separating Palm	Shuāng Fēn Zhǎng	双分掌
98	Shoulders Relaxed	Jiān Sōng	肩松
99	Shoulders Relaxed and Waist Being Flexible	Jiān Sōng Yāo Huó	肩松腰活
100	Side Bow Stance Flashing Palm	Héng Dǎng Bù Liàng Zhǎng	横裆步亮掌
101	Side Kick	Cè Chuài Tuǐ	侧踹腿
102	Skipping Step Heel Kick	Diàn Bù Dēng Tuǐ	垫步蹬腿
103	Slap Kick	Pāi Jiǎo	拍脚
104	Slapping Step and Hammer Strike	Jī Bù Pī Dǎ	击步劈打
105	Smashing Fist	Zá Quán	砸拳
106	Smoothly Transitioned with Ups and Downs	Lián Jiē Shùn Chàng	连接顺畅
107	Speed and Power	Kuài Sù Yǒu Lì	快速有力
108	Speedy Moves and Still Pauses	Dòng Xùn Jìng Dìng	动迅静定
109	Spring Kick in the Mid-Air	Téng Kōng Tán Tuǐ	腾空弹腿
110	Spring Kick Palm Strike	Tán Tuǐ Jī Zhǎng	弹腿击掌
111	Stamp Feet and Downward Palm Press	Zhèn Jiǎo Àn Zhǎng	震脚按掌
112	Steady but Not Loose	Huǎn Ér Bù Sōng	缓而不松
113	Swallow Balance	Yàn Shì Píng Héng	燕式平衡
114	Swing Fist	Bǎi Quán	摆拳
115	Swing Palm	Bǎi Zhǎng	摆掌
116	Taming Tiger Form	Dǎ Hǔ Shì	打虎势
117	Tornado Kick 360°	Xuàn Fēng Jiǎo 360°	旋风脚 360°
118	Turn Body Horizontal Palm Circling	Zhuǎn Shēn Yún Shǒu	转身云手
119	Twists and Turns	Qǐ Fú Zhuǎn Zhé	起伏转折
120	Uppercut Forward Palm Push with Bow Stance	Gōng Bù Liǎo Tuī Zhǎng	弓步撩推掌
121	Uppercut Palm	Liǎo Zhǎng	撩掌
122	Vertical Palm	Lì Zhǎng	立掌
123	Vertical Punch	Lì Chōng Quán	立冲拳
124	Vertical Split	Shù Chā	竖叉
125	Vision Follows the Movements of the Hands	Yǎn Suí Shǒu Dòng	眼随手动
126	Wheeling Chop Palm	Lūn Pī Zhǎng	抡劈掌

2. Terminology on the 3rd International Wushu Competition Routine -- Gunshu

二、第三套国际武术竞赛套路——棍术相关术语

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
127	Advance Step Body Turn Horizontal Cudgel Windmill Wave	Shàng Bù Zhuǎn Shēn Lūn Gùn	上步转身抡棍
128	Aerial Cartwheel	Cè Kōng Fān	侧空翻
129	Back-Carry Cudgel and Empty Stance Palm Push	Bēi Gùn Xū Bù Tuī Zhǎng	背棍虚步推掌
130	Back-Carry Cudgel Diagonal Slap Kick	Bēi Gùn Xié Pāi Jiǎo	背棍斜拍脚
131	Back-Carry the Cudgel	Bēi Gùn	背棍
132	Bend the Elbow	Pán Zhǒu	盘肘
133	Body of the Cudgel	Gùn Shēn	棍身
134	Body Turn	Zhuǎn Tǐ	转体
135	Body Turn Cudgel Slam	Zhuǎn Shēn Shuāi Gùn	转身摔棍
136	Body Turn Horizontal Cudgel Windmill Wave	Zhuǎn Shēn Lūn Gùn	转身抡棍
137	Body Turn Horizontal Cudgel Windmill Wave	Zhuǎn Shēn Lūn Gùn	转身抡棍
138	Body Turn Two-Handed Vertical Cudgel Uppercut	Zhuǎn Shēn Tí Liǎo Gùn	转身提撩棍
139	Both Feet Stamp on the Ground	Bìng Bù Zhèn Tà	并步震踏
140	Bow Stance Back-Carry Cudgel and Horizontal Elbow Strike	Gōng Bù Bēi Gùn Pán Zhǒu	弓步背棍盘肘
141	Bow Stance Cudgel Parry	Gōng Bù Bō Gùn	弓步拨棍
142	Bow Stance Handle Parry	Gōng Bù Bō Bǎ	弓步拨把
143	Brace the Chest	Tǐng Xiōng	挺胸
144	Brace the Hip Section and Turn Hip Joints	Tí Kuān Zhuǎn Kuà	提髋转胯
145	Butterfly Kick	Xuàn Zǐ	旋子
146	Butterfly Kick Cudgel Sweep	Xuàn Zǐ Sǎo Gùn	旋子扫棍
147	Carry Cudgel	Bào Gùn	抱棍
148	Chin Slightly Tuck In	Xià Hé Wēi Shōu	下颌微收
149	Close Step	Bìng Bù	并步
150	Closed Step Cudgel Tilt	Bìng Bù Bēng Gùn	并步崩棍
151	Closed Step Holding Cudgel	Bìng Bù Chí Gùn	并步持棍
152	Closed Step Vertical Cudgel Push	Bìng Bù Tuī Gùn	并步推棍
153	Compact Moves, Smooth Strength Exertion	Shì Hé Lì Shùn	势合力顺
154	Covering a Wide Range	Gùn Dǎ Yí Piàn	棍打一片

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
155	Cross-Legged Sitting Horizontal Cudgel Windmill Wave	Zuò Pán Lūn Gùn	坐盘抡棍
156	Crouching Stance	Pū Bù	仆步
157	Crouching Stance Cudgel Slam	Pū Bù Shuāi Gùn	仆步摔棍
158	Cudgel Cloud Waving	Yún Gùn	云棍
159	Cudgel Enveloping	Jiǎo Gùn	绞棍
160	Cudgel Handle End	Gùn Bǎ	棍把
161	Cudgel Slam	Shuāi Gùn	摔棍
162	Cudgel Sweep	Sǎo Gùn	扫棍
163	Dotting Cudgel	Diǎn Gùn	点棍
164	Dotting Cudgel Downward Handle Press	Diǎn Gùn Gài Bǎ	点棍盖把
165	Ending Position	Shōu Shì	收势
166	Extend the Chest	Zhǎn Xiōng	展胸
167	Falling Front Split	Diē Shù Chà	跌竖叉
168	Fierce and Speedy Execution	Yǒng Měng Kuài Sù	勇猛快速
169	Front Cover Step Handle Jab	Gài Bù Chuō Bǎ	盖步戳把
170	Full of Technique Varieties	Gùn Fǎ Mì Jí	棍法密集
171	Head Upright and Neck Straight	Tóu Zhèng Jǐng Zhí	头正颈直
172	Hold the Legs Together	Jiā Tuǐ	夹腿
173	Horizontal Cudgel Windmill Wave	Lūn Gùn	抡棍
174	Horizontal Cudgel Windmill Wave and Carry Cudgel in Crouching Stance	Lūn Gùn Pū Bù Bào Gùn	抡棍仆步抱棍
175	Horizontal Cudgel Windmill Wave and Horizontal Cudgel Sweep	Lūn Gùn Píng Sǎo	抡棍平扫
176	Horizontal Cudgel Windmill Wave Bow Stance Palm Push	Lūn Gùn Gōng Bù Tuī Zhǎng	抡棍弓步推掌
177	Horizontal Waist Rotation Cudgel Windmill Wave	Shuàn Yāo Lūn Gùn	涮腰抡棍
178	Inward Step	Kòu Bù	扣步
179	Jumping Back-Carry Cudgel	Téng Kōng Bēi Gùn	腾空背棍
180	Jumping Front Slap Kick	Téng Kōng Fēi Jiǎo	腾空飞脚
181	Jumping Knee Raise, Back-Carry Cudgel Forward Punch	Téng Kōng Bēi Gùn Tí Xī Chōng Quán	腾空背棍提膝冲拳
182	Jumping Lotus Kick 360°	Téng Kōng Wài Bǎi Lián 360°	腾空外摆莲 360°
183	Jumping Tornado Kick 360°	Xuàn Fēng Jiǎo 360°	旋风脚 360°
184	Keep the Body Upright	Shēn Tǐ Zhōng Zhèng	身体中正
185	Knee Raise Jump and Back-Carry Cudgel	Tí Xī Tiào Bēi Gùn	提膝跳背棍
186	Landing from the Jump	Téng Kōng Luò Dì	腾空落地

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
187	Left and Right Dotting Cudgel	Zuǒ Yòu Diǎn Gùn	左右点棍
188	Left Bow Stance	Zuǒ Gōng Bù	左弓步
189	Left Crouching Stance	Zuǒ Pū Bù	左仆步
190	Left Empty Stance	Zuǒ Xū Bù	左虚步
191	Parry the Cudgel	Bō Gùn	拨棍
192	Parry the Handle	Bō Bǎ	拨把
193	Push the Cudgel	Tuī Gùn	推棍
194	Ready Position	Yù Bèi Shì	预备势
195	Retreat Step	Chè Bù	撤步
196	Retreat Step Cudgel Chop	Chè Bù Pī Gùn	撤步劈棍
197	Retreat Step Cudgel Enveloping	Chè Bù Jiǎo Gùn	撤步绞棍
198	Right Bow Stance	Yòu Gōng Bù	右弓步
199	Rotate the Torso	Shuàn Yāo	涮腰
200	Single Hand Horizontal Cudgel Windmill Wave	Dān Shǒu Lūn Gùn	单手抡棍
201	Single Hand Horizontal Cudgel Windmill Wave	Dān Shǒu Píng Lūn Gùn	单手平抡棍
202	Sink the Lower Back	Tā Yāo	塌腰
203	Slap	Jī Pāi	击拍
204	Slide the Cudgel	Huá Bǎ	滑把
205	Split	Pī Chà	劈叉
206	Supporting the Cudgel	Tuō Gùn	托棍
207	Swing the Legs	Bǎi Tuǐ	摆腿
208	Tip of the Cudgel	Gùn Shāo	棍梢
209	Tuck in the Abdomen and Sink the Breath	Shōu Fù Chén Qì	收腹沉气
210	Turn Over Crouching Stance Cudgel Slam	Fān Shēn Pū Bù Shuāi Gùn	翻身仆步摔棍
211	Uplifting Circling Cudgel	Tí Liǎo Huā	提撩花
212	Usage of Both Ends of Cudgel	Shāo Bǎ Jiān Yòng	梢把兼用
213	Vertical Circling Cudgel	Lì Yuán Wǔ Huā	立圆舞花
214	Vertical Figure 8 with Cudgel and Back-Carry Cudgel	Wǔ Huā Bēi Gùn	舞花背棍
215	Vertical Figure 8 with Cudgel and Two-Handed Vertical Cudgel Uppercut	Wǔ Huā Tí Liǎo Gùn	舞花提撩棍
216	Vertical Figure 8 with Cudgel, Crouching Stance Cudgel Slam	Wǔ Huā Pū Bù Shuāi Gùn	舞花仆步摔棍

3. Terminology on the 3rd International Wushu Competition Routine -- Taijiquan

三、第三套国际武术竞赛套路——太极拳相关术语

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
217	Agile, Light and Steady	Qīng Líng Chén Wěn	轻灵沉稳
218	Arm in Ward Off	Péng Bì	棚臂
219	Balancing Strength and Gentleness	Gāng Róu Xiāng Jì	刚柔相济
220	Bare-Hand and Weapon Routines	Quán Xiè Tào Lù	拳械套路
221	Body Turn	Zhuǎn Tǐ	转体
222	Bow Stance	Gōng Bù	弓步
223	Brush Knee with Bent Step	Lōu Xī Ào Bù	搂膝拗步
224	Brush Palm	Lōu Zhǎng	搂掌
225	Calm and Naturally Manner	Píng Hé Zì Rán	平和自然
226	Centered and Upright, Circular and Flexible	Zhōng Zhèng Yuán Huó	中正圆活
227	Chop Palm	Kǎn Zhǎng	砍掌
228	Clearly Distinguish the Solidity and Emptiness of Movements	Xū Shí Fēn Míng	虚实分明
229	Cloud Waving Hand	Yún Shǒu	云手
230	Combative Sparring Techniques	Duì Kàng Gé Dòu	对抗格斗
231	Competition Routines	Bǐ Sài Tào Lù	比赛套路
232	Competitive Sports	Jìng Jì Yùn Dòng	竞技运动
233	Cover Step Swing Palms	Gài Bù Bǎi Zhǎng	盖步摆掌
234	Cross Hand	Shí Zì Shǒu	十字手
235	Crossed-Step	Chā Bù	插步
236	Crouching Stance	Pū Bù	仆步
237	Crouching Stance Downward Threading Palm	Pū Bù Xià Shì	仆步下势
238	Deflect, Parry and Punch	Bān Lán Chuí	搬拦捶
239	Double Inward Jab to Ears	Shuāng Fēng Guàn Ěr	双峰贯耳
240	Double Stamping Feet	Shuāng Zhèn Jiǎo	双震脚
241	Dragging Retreated Step, Stamp Step	Tuì Bù Tà Zhèn	退步踏震
242	Dragon Diving to the Ground Stance	Què Dì Lóng Diē Chà	雀地龙跌叉
243	Dynamic Movements and Still Poses Should be Sequential	Dòng Jìng Yǒu Xù	动静有序
244	Elbow Jab	Dǐng Zhǒu	顶肘
245	Empty Stance	Xū Bù	虚步
246	Ending Position	Shōu Shì	收势
247	Entire Movement Being Agile,	Mǐn Jié Zì Rán	敏捷自然

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
	Natural		
248	Entire Movement Should be Compact and Flexible	Jīn Còu Líng Huó	紧凑灵活
249	Exact and Balanced	Bù Piān Bù Yǐ	不偏不倚
250	Expansive and Flexible	Shū Zhǎn Yuán Huó	舒展圆活
251	Extend (Ward Off)	Péng	棚
252	Extended Leg	Píng Pū Tuǐ	平铺腿
253	Fist	Quán	拳
254	Flashing Out Arms	Shǎn Tōng Bèi	闪通背
255	Follow Step	Gēn Bù	跟步
256	Force Exerted Should be Smooth	Jìn Lì Shùn Dá	劲力顺达
257	Forward Squeeze	Qián Jǐ	前挤
258	Full Squat	Quán Dūn	全蹲
259	Golden Rooster Single-Leg Stand	Jīn Jī Dú Lì	金鸡独立
260	Grab	Cǎi	采
261	Grasp and Press Palm	Lōu Àn Zhǎng	搂按掌
262	Grasp the Peacock's Tail	Lǎn Què Wěi	揽雀尾
263	Grasping	Diāo	刁
264	Groin Pointing Strike	Zhǐ Dāng Chuí	指裆捶
265	Hand Raise High Form	Tí Shǒu Shàng Shì	提手上势
266	Health Nurturing, Physical Fitness	Yǎng Shēng Jiàn Shēn	养生健身
267	Heel Kick	Dēng Jiǎo	蹬脚
268	Heel Kick Upper Block Push	Dēng Jiǎo Jià Tuī	蹬脚架推
269	Hold	Bào	抱
270	Hook Hand	Gōu	勾
271	Horizontal Chop Palm	Yā Qiē Zhǎng	压切掌
272	Horizontal Elbow Jab	Héng Jī Zhǒu	横击肘
273	Horse Stance	Mǎ Bù	马步
274	Hurdler's Split	Què Dì Lóng	雀地龙
275	Imagine an Upward Pull at the Top of the Head	Xū Lǐng Dǐng Jìn	虚领顶劲
276	International Wushu Competition Rules	Guó Jì Wǔ Shù Jìng Sàì Guī Zé	国际武术竞赛规则
277	Jade Maiden Weaving the Shuttle	Yù Nǚ Chuān Suō	玉女穿梭
278	Jump Up	Tiào Qǐ Téng Kōng	跳起腾空
279	Jumping Front Slap Kick	Téng Kōng Fēi Jiǎo	腾空飞脚
280	Jumping Lotus Kick 360°	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°
281	Keep Calm, Still and Natural	Sōng Jìng Zì Rán	松静自然
282	Knees Should be Bend and Hip Relaxed	Qū Xī Sōng Kuà	屈膝松胯
283	Landing Step	Luò Bù	落步

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
284	Leaning Parting Palms	Fēn Kào	分靠
285	Left Crouching Stance	Zuǒ Pū Bù	左仆步
286	Left Empty Stance	Zuǒ Xū Bù	左虚步
287	Left Parting Kick	Zuǒ Fēn Jiǎo	左分脚
288	Left Single-Leg Stance	Zuǒ Dú Lì Bù	左独立步
289	Lifting	Tuō	托
290	Lotus Kick	Bǎi Lián Jiǎo	摆莲脚
291	Lotus Kick Body Twist 180°	Bǎi Lián Zhuǎn Tǐ 180°	摆莲转体 180°
292	Low Balance with Leg Crossed Behind	Hòu Chā Tuǐ Dī Shì Píng Héng	后插腿低势平衡
293	Mental Refinement and Character Cultivation	Xiū Xīn Yǎng Xìng	修心养性
294	Moving Like Clouds and Flowing Water	Xíng Yún Liú Shuǐ	行云流水
295	Needle in the Sea Bottom	Hǎi Dǐ Zhēn	海底针
296	Palm	Zhǎng	掌
297	Palm Push	Tuī Zhǎng	推掌
298	Parallel Steps	Píng Xíng Bù	平行步
299	Part the Wild Horse's Mane	Yě Mǎ Fēn Zōng	野马分鬃
300	Parting Kick	Fēn Jiǎo	分脚
301	Parting of the Palms	Fēn Zhǎng	分掌
302	Pose Should be Upright, and Movements Should be Circular	Shì Zhèng Zhāo Yuán	势正招圆
303	Pose Should be Upright, and the Strength be Unified	Shì Zhèng Jìn Zhěng	势正劲整
304	Posture Being Centered and Relaxed	Zhōng Zhèng Ān Shū	中正安舒
305	Press	Jǐ	挤
306	Push	Àn	按
307	Push and Block Palm	Jià Tuī Zhǎng	架推掌
308	Push Horizontally	Héng Tuī	横推
309	Push-Press	Tuī Àn	推按
310	Raised Knee Single-Leg Stance	Tí Xī Dú Lì	提膝独立
311	Ready Position	Yù Bèi Shì	预备势
312	Regulating Swiftness and Slowness	Kuài Mǎn Xiāng Jiàn	快慢相间
313	Relax the Hip Section and Tuck in the Buttocks	Sōng Kuà Liǎn Tún	松胯敛臀
314	Relax the Shoulders and Drop the Elbows	Chén Jiān Zhuì Zhǒu	沉肩坠肘
315	Retreating Step Elbow Press	Tuì Bù Yā Zhǒu	退步压肘
316	Retreating Steps with Arms Curling	Dào Juǎn Gōng	倒卷肱

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
317	Right Bow Stance	Yòu Gōng Bù	右弓步
318	Right Heel Kick	Yòu Dēng Jiǎo	右蹬脚
319	Roll Back	Lǚ	捋
320	Rounded Groin and Extended Hip Joints	Yuán Dāng Kāi Kuà	圆裆开胯
321	Self-Defense	Fáng Shēn Zì Wèi	防身自卫
322	Single Whip	Dān Biān	单鞭
323	Single-Leg Stance	Dú Lì Bù	独立步
324	Single-Leg Stance Ball-Hugging Palm	Dú Lì Bào Zhǎng	独立抱掌
325	Single-Leg Stance Palm Lift	Dú Lì Tuō Zhǎng	独立托掌
326	Sink the Breath to "Dantian" (the Point Two Inches Below the Navel)	Qì Chén Dān Tián	气沉丹田
327	Sink the Chest and Keep the Back Upright	Hán Xiōng Bá Bèi	含胸拔背
328	Slap	Jī Pāi	击拍
329	Slapped Leg	Jī Xiǎng Tuǐ	击响腿
330	Soft and Detailed	Róu Huà Xì Nì	柔化细腻
331	Starting Position	Qǐ Shì	起势
332	Strength Being Hidden in the Gentleness	Mián Lǐ Cáng Zhēn	绵里藏针
333	Strength Being Implicated in the Gentleness of the Movements	Róu Zhōng Yù Gāng	柔中寓刚
334	Strike with Concealed Fist	Yǎn Shǒu Gōng Chuí	掩手肱捶
335	Sturdy and Firm	Chén Wěn Hún Hòu	沉稳浑厚
336	Supporting Leg	Zhī Chēng Tuǐ	支撑腿
337	Tai Ji Quan	Tài Jí Quán	太极拳
338	Tai Ji San	Tài Jí Shàn	太极扇
339	Taijiquan (36 Forms)	Tài Jí Quán (36 Shì)	太极拳（36 式）
340	Thread Forward and Flick Upwards	Chuān Shēn Tiǎo Zhǎng	穿伸挑掌
341	Tornado Kick 180°	Xuàn Fēng Jiǎo 180°	旋风脚 180°
342	Traditional Taijiquan Styles	Chuán Tǒng Tài Jí Quán	传统太极拳
343	Transition Being Flexible	Zhuǎn Huàn Líng Huó	转换灵活
344	Transition of the Movements Should be Smooth and Gentle	Zhuǎn Jiē Róu Shùn	转接柔顺
345	Turn the Waist and Pushes the Ground with the Foot	Zhuǎn Yāo Dēng Tuǐ	转腰蹬腿
346	Turning Inwards	Nèi Kòu	内扣
347	Under Elbow Fist	Zhǒu Dǐ Chuí	肘底捶
348	Upper Body and Lower Limbs Movements Should Follow Up in	Shàng Xià Xiāng Suí	上下相随

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
	Correspondence and Well-Coordinated		
349	Upright and Tight	Duān Zhèng Yán Mì	端正严密
350	Vertical Palm	Lì Zhǎng	立掌
351	White Crane Spreading Wings	Bái Hè Liàng Chì	白鹤亮翅
352	Wiping Palm	Mǒ Zhǎng	抹掌
353	Without Extremes or Imbalances, and with Precision and Control	Wú Guò Bù Jí	无过不及
354	Wrap	Guǒ	裹
355	Wrapping Hand	Guǒ Shǒu	裹手
356	Wushu	Wǔ Shù	武术

4. Terminology on the 3rd International Wushu Competition Routine -- Taijishan

四、第三套国际武术竞赛套路——太极扇相关术语

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
357	Advancing Step Sweeping Fan	Shàng Bù Sǎo Shàn	上步扫扇
358	Agile Yet Grounded	Qīng Líng Chén Wěn	轻灵沉稳
359	Arc-advancing Step Fan Wipe	Xíng Bù Mǒ Shàn	行步抹扇
360	Back Crossed Step Fan Opening	Chā Bù Kāi Shàn	插步开扇
361	Balancing Strength and Gentleness	Gāng Róu Xiāng Jì	刚柔相济
362	Body Turn Reverse Fan Grip	Zhuǎn Shēn Fǎn Chí Shàn	转身反持扇
363	Bow Stance	Gōng Bù	弓步
364	Bow Stance Fan Chop	Gōng Bù Pī Shàn	弓步劈扇
365	Bow Stance Fan Push	Gōng Bù Tuī Shàn	弓步推扇
366	Bow Stance Fan Thrust	Gōng Bù Cì Shàn	弓步刺扇
367	Catches Fan	Jiē Shàn	接扇
368	Crossed leg	Chā Chū Tuǐ	插出腿
369	Cross-legged Crouching Stance Fan Press	Xiē Bù Yā Shàn	歇步压扇
370	Crouching Stance	Pū Bù	仆步
371	Crouching Stance Upholding Fan	Pū Bù Pěng Shàn	仆步捧扇
372	Dotting Fan	Diǎn Shàn	点扇
373	Empty Stance	Xū Bù	虚步
374	Empty Stance Fan Pointing	Xū Bù Diǎn Shàn	虚步点扇
375	Empty Stance Fan Uppercut	Xū Bù Liāo Shàn	虚步撩扇
376	Ending Position	Shōu Shì	收势

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
377	Exhibiting Sequential Dynamic Movements and Still Poses	Dòng Jìng Yǒu Xù	动静有序
378	Fan Chop	Pī Shàn	劈扇
379	Fan Closed	Hé Shàn	合扇
380	Fan Enveloping	Jiǎo Shàn	绞扇
381	Fan Opened	Kāi Shàn	开扇
382	Fan Opening and Low Balance With Leg Crossed Behind	Hòu Chā Tuǐ Dī Shì Píng Héng Kāi Shàn	后插腿低势平衡开扇
383	Fan Vertically	Lì Shàn	立扇
384	Fan-Sweeping	Kāi Shàn Píng Sǎo	开扇平扫
385	Follow-Up Step	Gēn Bù	跟步
386	Follow-Up Step Downward Reversed Fan Thrust	Gēn Bù Chā Shàn	跟步插扇
387	Follow-Up Step Fan Opening	Gēn Bù Kāi Shàn	跟步开扇
388	Follow-Up Step Horizontal Fan Strike	Gēn Bù Héng Jī Shàn	跟步横击扇
389	Follow-Up Step Toss & Catch Fan	Gēn Bù Pāo Jiē Shàn	跟步抛接扇
390	Force Exertion and Withdrawal	Fā Jìn Huí Chōu	发劲回抽
391	Forward Step Straight Fan Enveloping	Jìn Bù Jiǎo Shàn	进步绞扇
392	Half-Horse Stance	Bàn Mǎ Bù	半马步
393	Heel Kick	Dēng Jiǎo	蹬脚
394	Heel Kick With Fan Upper Block	Dēng Jiǎo Jià Shàn	蹬脚架扇
395	Hip Settling	Hé Kuà Xià Chén	合胯下沉
396	Holding Fan	Chí Shàn	持扇
397	Holding Fan With Single Knee Raised	Tí Xī Chí Shàn	提膝持扇
398	Hook Hand	Gōu Shǒu	勾手
399	Horizontal Fan Strike	Héng Jī Shàn	横击扇
400	Horse Stance	Mǎ Bù	马步
401	Horse Stance Fan Thrust	Mǎ Bù Cì Shàn	马步刺扇
402	Horse Stance Shoulder Knock	Mǎ Bù Jiān Kào	马步肩靠
403	Hurdler's Split	Diē Chā	跌叉
404	Hurdler's Split With Fan Opening	Diē Chā Kāi Shàn	跌叉开扇
405	Jumping Cross-Step	Tiào Chā Bù	跳插步
406	Jumping Front Slap Kick	Téng Kōng Fēi Jiǎo	腾空飞脚
407	Jumping Lotus Kick 360°	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°
408	Knee Raise	Tí Xī	提膝
409	Left & Right Fan Hooking Parry	Zuǒ Yòu Guà Shàn	左右挂扇
410	Maintain upright posture	Zhōng Zhèng Yuán Huó	中正圆活
411	Natural Beathing	Hū Xī Zì Rán	呼吸自然

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
412	Outward Reversed Figure 8	Wàn Huā	腕花
413	Palm Press	Àn Zhǎng	按掌
414	Palm-Push and Fan Opening	Tuī Zhǎng Kāi Shàn	推掌开扇
415	Push the Fan	Tuī Shàn	推扇
416	Raised Knee	Tí Xī Tuī	提膝腿
417	Ready Position	Yù Bèi Shì	预备势
418	Regulating Swiftness and Slowness	Kuài Mǎn Xiāng Jiàn	快慢相间
419	Resting Stance	Xiē Bù	歇步
420	Retreating Step Withdraw Fan	Tuì Bù Chōu Shàn	退步抽扇
421	Right Bow Stance	Yòu Gōng Bù	右弓步
422	Shoulder Knock	Kào Dǎ	靠打
423	Shoulders Sunk, Elbows Dropped	Chén Jiān Zhuì Zhǒu	沉肩坠肘
424	Side Bow Stance Holding Fan	Cè Gōng Bù Chí Shàn	侧弓步持扇
425	Side Stepping Footwork	Cè Xíng Bù	侧行步
426	Single Knee Raised Body Turn 180° Close Fan	Tí Xī Zhuǎn Tǐ 180° Hé Shàn	提膝转体 180°合扇
427	Single Knee Raised Downward Fan Thrust	Tí Xī Xià Cì Shàn	提膝下刺扇
428	Single Knee Raised Fan Opening	Tí Xī Kāi Shàn	提膝开扇
429	Single Knee Raised Fan Ward-off With Arms Embraced	Tí Xī Bào Shàn	提膝抱扇
430	Single Knee Raised Threading Fan	Tí Xī Chuān Shàn	提膝穿扇
431	Single Knee Raised Upward Fan Thrust	Tí Xī Shàng Cì Shàn	提膝上刺扇
432	Sink Vital Energy to Dantian (Two Inches Below Navel)	Qì Chén Dān Tián	气沉丹田
433	Slap	Jī Pāi	击拍
434	Stamp Feet Fan Chop	Zhèn Jiǎo Pī Shàn	震脚劈扇
435	Stamp Feet Upholding Fan	Zhèn Jiǎo Pěng Shàn	震脚捧扇
436	Stamp Firmly on the Ground	Tà Dì Zhèn Jiǎo	踏地震脚
437	Starting Position	Qǐ Shì	起势
438	Staying Relaxed and Composed	Sōng Jìng Zì Rán	松静自然
439	Strike	Zá Jī	砸击
440	Supporting Leg	Zhī Chēng Tuǐ	支撑腿
441	Threading Fan	Chuān Shàn	穿扇
442	Thrusts Forward Horizontally	Píng Cì	平刺
443	Tornado Kick 180° Fan Opening	Xuàn Fēng Jiǎo 180° Kāi Shàn	旋风脚 180°开扇
444	Turn Over Jumping Fan Chop	Fān Shēn Tiào Pī Shàn	翻身跳劈扇
445	Upholding Fan	Pěng Shàn	捧扇
446	Uppercut	Liāo	撩

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
447	Uppercut Fan	Liāo Shàn	撩扇
448	Upward Block Fan	Jià Shàn	架扇
449	Vertical Circle	Lì Yuán	立圆
450	Vertical Circular Hooking Parry	Lì Yuán Guà Shàn	立圆挂扇
451	Vertical Fan Circling/Waving	Yún Shàn	云扇
452	Waist Turning	Zhuǎn Yāo	转腰
453	Ward Off	Péng	棚
454	Wipes Horizontally	Píng Mǒ	平抹
455	Wrists Relaxed	Sōng Wǎn	松腕

5. Wushu Terminology in *The Wushu Taolu Competition Rules & Judging Methods (2024)*

五、《武术套路竞赛规则与裁判法(2024)》中的武术术语

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
456	24 Movements Taijiquan	24 Shì Tài Jí Quán	24 式太极拳
457	32 Movements Taijijian	32 Shì Tài Jí Jiàn	32 式太极剑
458	42 Movements Taijijian	42 Shì Tài Jí Jiàn	42 式太极剑
459	42 Movements Taijiquan	42 Shì Tài Jí Quán	42 式太极拳
460	Accompaniment Music	Pèi Yuè	配乐
461	Actual Score	Yīng Dé Fēn Shù	应得分数
462	Additional Support	Fù Jiā Zhī Chēng	附加支撑
463	Adult Age Group	Chéng Nián Zǔ	成年组
464	Adult Events	Chéng Nián Sài	成年赛
465	Advancing Step	Shàng Bù	上步
466	Aerial Cartwheel	Cè Kōng Fān	侧空翻
467	Aerial Cartwheel Twist	Cè Kōng Fān Zhuǎn Tǐ	侧空翻转体
468	Aerial Cartwheel Twist 360°	Cè Kōng Fān Zhuǎn Tǐ 360°	侧空翻转体 360°
469	Age Categories	Nián Líng Fēn Zǔ	年龄分组
470	Announcer	Xuān Gào Yuán	宣告员
471	Appeals	Shēn Sù	申诉
472	Arm straightened	Zhí Bì	直臂
473	Armpit Closed	Jiā Yè	夹腋
474	Assistant Chief Referee	Fù Zǒng Cǎi Pàn Zhǎng	副总统判长
475	Assistant Head Judge	Fù Cǎi Pàn Zhǎng	副裁判长
476	Athletes	Yùn Dòng Yuán	运动员
477	Back Sweep	Hòu Sǎo Tuǐ	后扫腿

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
478	Backward	Yǎng Shēn	仰身
479	Backward Leaning Balance	Yǎng Shēn Píng Héng	仰身平衡
480	Bare Hand vs. Weapon Duilian	Tú Shǒu Yǔ Qì Xiè Duì Liàn	徒手与器械对练
481	Bare-Hand Duilian	Tú Shǒu Duì Liàn	徒手对练
482	Bare-Hand Routine Events	Quán Shù Xiàng Mù	拳术项目
483	Bending Leg	Qū Shōu Tuǐ	屈收腿
484	Bonus Points	Jiā Fēn	加分
485	Bow Stance	Gōng Bù	弓步
486	Bridge Techniques	Qiao Fǎ	桥法
487	Broadsword Chop	Pī Dāo	劈刀
488	Broadsword Cloud Waving	Yún Dāo	云刀
489	Broadsword Hack	Zhǎn Dāo	斩刀
490	Broadsword Hooking Parry	Guà Dāo	挂刀
491	Broadsword Salute	Bào Dāo Lǐ	抱刀礼
492	Broadsword Techniques	Dāo Fǎ	刀法
493	Broadsword Thrust	Zhā Dāo	扎刀
494	Broadsword Twining	Chán Tóu Dāo	缠头刀
495	Broadsword Twining and Wrapping	Chán Tóu Guǒ Nǎo Dāo	缠头裹脑刀
496	Broadsword Wrist Figure 8 Behind the Back	Bèi Huā Dāo	背花刀
497	Butterfly Kick	Xuàn Zì	旋子
498	Butterfly Stance	Dié Bù	蝶步
499	Butterfly Twist	Xuàn Zì Zhuǎn Tǐ	旋子转体
500	Butterfly Twist 360°	Xuàn Zì Zhuǎn Tǐ 360°	旋子转体 360°
501	Butterfly Twist 720°	Xuàn Zì Zhuǎn Tǐ 720°	旋子转体 720°
502	Carp Kip-Up	Lǐ Yú Dǎ Tǐng	鲤鱼打挺
503	Catch	Jiē	接
504	Chairman of the Jury of Appeals	Zhòng Cǎi Zhǔ Rèn	仲裁主任
505	Changquan	Cháng Quán	长拳
506	Chen Style	Chén Shì	陈式
507	Chief Referee	Zǒng Cǎi Pàn Zhǎng	总裁判长
508	Chief Registrar	Jiǎn Lù Zhǎng	检录长
509	Chief Scheduler-Recorder	Biān Pái Jì Lù Zhǎng	编排记录长
510	Children Age Group	Ér Tóng Zǔ	儿童组
511	Children Events	Ér Tóng Sǎi	儿童赛
512	Chopping Fist	Pī Quán	劈拳
513	Chopping Palm	Pī Zhǎng	劈掌
514	Choreography	Biān Pái	编排
515	Competition Area	Bǐ Sǎi Chǎng Dì	比赛场地
516	Competition Attire	Bǐ Sǎi Fú Zhuāng	比赛服装
517	Competition Etiquette	Bǐ Sǎi Lǐ Yí	比赛礼仪

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
518	Competition Events	Bǐ Sài Xiàng Mù	比赛项目
519	Competition Mats	Bǐ Sài Dì Tǎn	比赛地毯
520	Competition Music	Bǐ Sài Yīn Yuè	比赛音乐
521	Competition Ranking	Míng Cì Píng Dìng	名次评定
522	Competition Staff	Jìng Sài Rén Yuán	竞赛人员
523	Competition Types	Bǐ Sài Lèi Xíng	比赛类型
524	Complex Rotation	Fù Zhuǎn	复转
525	Compulsory Routine Events	Guī Dìng Xiàng Mù	规定项目
526	Control	Kòng	控
527	Coordination	Xié Tiáo	协调
528	Covering Fist	Gài Quán	盖拳
529	Crane's Beak	Hè Zuǐ (Dǐng) Shǒu	鹤嘴（顶）手
530	Cross Legged Sitting	Zuò Pán	坐盘
531	Cross-Legged Crouching Stance	Xiē Bù	歇步
532	Crouching Stance	Pū Bù	仆步
533	Crushing Punch	Bēng Quán	崩拳
534	Cudgel Chop	Pī Gùn	劈棍
535	Cudgel Cloud Waving	Yún Gùn	云棍
536	Cudgel Enveloping	Jiǎo Gùn	绞棍
537	Cudgel Handle Planting	Dǐng Gùn	顶棍
538	Cudgel Parry	Gé Gùn	格棍
539	Cudgel Poke	Chuō Gùn	戳棍
540	Cudgel Rolling Press	Gǔn Yā Gùn	滚压棍
541	Cudgel Techniques	Gùn Fǎ	棍法
542	Cudgel Tilt	Bēng Gùn	崩棍
543	Daoshu	Dāo Shù	刀术
544	Deduction	Kòu Fēn	扣分
545	Degree of Difficulty	Nán Dù	难度
546	Degree of Difficulty Coding	Nán Dù Biān Mǎ	难度编码
547	Degree of Difficulty Content	Nán Dù Nèi Róng	难度内容
548	Degree of Difficulty of Connection	Lián Jiē Nán Dù	连接难度
549	Degree of Difficulty of Technique	Dòng Zuò Nán Dù	动作难度
550	Displayed Score	Suǒ Shì Fēn Shù	所示分数
551	Displaying of Scores	Shì Fēn	示分
552	Doping Control	Xīng Fèn Jì Jiǎn Cè	兴奋剂检测
553	Double Apparatus Salute	Chí Shuāng Qì Xiè Lǐ	持双器械礼
554	Double Butterfly Stance	Shuāng Dié Bù	双蝶步
555	Dragon Riding Stance	Qí Lóng Bù	骑龙步
556	Duilian (Choreographed Sparring) Events	Duì Liàn Xiàng Mù	对练项目
557	Elbow lifted	Tái Zhǒu	抬肘

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
558	Elbow Techniques/Methods	Zhǒu Fǎ	肘法
559	Electronic Scoring	Diàn Zǐ Píng Fēn	电子评分
560	Empty Stance	Xū Bù	虚步
561	Etiquette and Protocol	Lǐ Jié/Lǐ Yí	礼节/礼仪
562	Evaluation Method and Standard	Píng Fēn Fāng Fǎ Yǔ Biāo Zhǔn	评分方法与标准
563	Event Start Order	Bǐ Sǎi Shùn Xù	比赛顺序
564	Events with Degree of Difficulty	Yǒu Nán Dù Xiàng Mù	有难度项目
565	Events Without Degree of Difficulty	Wú Nán Dù Xiàng Mù	无难度项目
566	Exploring the Ocean Balance	Tàn Hǎi Píng Héng	探海平衡
567	Fall	Dǎo Dì	倒地
568	Falling Front Split	Diē Shù Chā	跌竖叉
569	Fan Chop	Pī Shàn	劈扇
570	Fan Closing	Hé Shàn	合扇
571	Fan Dotting	Diǎn Shàn	点扇
572	Fan Hooking Parry	Guà Shàn	挂扇
573	Fan Opening	Kāi Shàn	开扇
574	Fan Salute	Chí Shàn Lǐ	持扇礼
575	Fan Techniques	Shàn Fǎ	扇法
576	Fan Thrust	Cì Shàn	刺扇
577	Fan Toss/Throw & Catch	Pāo Jiē Shàn	抛接扇
578	Fan Uppercut	Liǎo Shàn	撩扇
579	Field of Play Layout	Bǐ Sǎi Chǎng Dì Bù Jú	比赛场地布局
580	Final Score	Zuì Hòu Dé Fēn	最后得分
581	Finals	Jué Sǎi	决赛
582	Fist	Quán	拳
583	Fist Techniques	Quán Fǎ	拳法
584	Flexion & Extension Leg Techniques	Qū Shēn Xìng Tuǐ Fǎ	屈伸性腿法
585	Flying Cross Legged Kick 360° to Landing on Side	Téng Kōng Pán Tuǐ 360° Cè Pū	腾空盘腿 360°侧扑
586	Follow-Up Step	Gēn Bù	跟步
587	Forfeit	Qì Quán	弃权
588	Forgetting (Movement Forgotten)	Yí Wàng	遗忘
589	Format	Xíng Shì	形式
590	Forward	Fǔ Shēn	俯身
591	Forward Leaning Balance with Arms Outspread	Shí Zì Píng Héng	十字平衡
592	Forward Sole Kick with Low Step Balance	Dī Shì Qián Dēng Cǎi Jiǎo Píng Héng	低势前蹬踩脚平衡
593	Forward Step	Jìn Bù	进步

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
594	Front Cross Legged Balance	Pán Tuǐ Píng Héng	盘腿平衡
595	Front Slap Kick	Dān Pāi Jiǎo	单拍脚
596	Front Stretch Kick	Zhèng Tī Tuǐ	正踢腿
597	Front Sweep	Qián Sǎo Tuǐ	前扫腿
598	Front Sweep 540°	Qián Sǎo Tuǐ 540°	前扫腿 540°
599	Front Sweep 900°	Qián Sǎo Tuǐ 900°	前扫腿 900°
600	Frontal Rotation	É Zhuǎn	额转
601	Gazing at the Moon Balance	Wàng Yuè Píng Héng	望月平衡
602	Grade	Děng Jí	等级
603	Grasp the Foot and Bring It to Head Level with the Leg Held Vertically While Remaining Standing	Bān Jiǎo Cháo Tiān Zhí Lì	搬脚朝天直立
604	Gripping the Straight Sword	Wò Jiàn	握剑
605	Gunshu	Gùn Shù	棍术
606	Hanging & Covering Fist/Reverse Back Fist & Capping Fist	Guà Gài Quán	挂盖拳
607	Hanging Fist	Guà Quán	挂拳
608	Head Judge	Cái Pàn Zhǎng	裁判长
609	Heel Kick	Dēng Jiǎo	蹬脚
610	Heel Push Kick	Dēng Tuǐ	蹬腿
611	Higher-Grade Degree of Difficulty	Gāo Děng Jí Nán Dù	高等级难度
612	Holding the Broadsword	Bào Dāo	抱刀
613	Holding the Sword	Chí Jiàn	持剑
614	Hook	Gōu	勾
615	Hook Punch	Guàn Quán	贯拳
616	Horizontal Cudgel Strike	Jī Gùn	击棍
617	Horizontal Cudgel Windmill Wave	Píng Lūn Gùn	平抡棍
618	Horizontal Nail Kick	Héng Dīng Tuǐ	横钉腿
619	Horizontal Palm Chop	Kǎn Zhǎng	砍掌
620	Horse Stance	Mǎ Bù	马步
621	Hurdler's Split Position	Diē Chà	跌叉
622	Individual All-Around	Gè Rén Quán Néng	个人全能
623	Individual and Team Events	Gè Rén Jí Tuán Tǐ Sàì	个人及团体赛
624	Individual Events	Gè Rén Sàì	个人赛
625	Innovative Degree of Difficulty	Chuàng Xīn Nán Dù	创新难度
626	Inserting Palm	Chā Zhǎng	插掌
627	International Olympic Committee	Guó Jì Ào Lín Pǐ Kè Wěi Yuán Huì	国际奥林匹克委员会
628	International Testing Agency	Guó Jì Xīng Fèn Jì Jiǎn Cè Jī Gòu	国际兴奋剂检测机构
629	International Wushu Federation	Guó Jì Wǔ Shù Lián Hé Huì	国际武术联合会

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
630	Inward Blocking with the Spear	Ná Qiāng	拿枪
631	Inward Crescent Kick	Lǐ Hé Tuǐ	里合腿
632	Inward Slap Kick	Lǐ Hé Pāi Jiǎo	里合拍脚
633	Jianshu	Jiàn Shù	剑术
634	Jiti (Group) Events	Jí Tǐ Xiàng Mù	集体项目
635	Judges	Cái Pàn Yuán	裁判员
636	Judges Seats	Cái Pàn Yuán Zuò Wèi	裁判员座位
637	Judges Stage/Platform	Cái Pàn Tái	裁判台
638	Jumping Double Front Slap Kick	Téng Kōng Shuāng Fēi Jiǎo	腾空双飞脚
639	Jumping Double Side Kick	Téng Kōng Shuāng Cè Chuài	腾空双侧踹
640	Jumping Front Slap Kick	Téng Kōng Fēi Jiǎo	腾空飞脚
641	Jumping Front Straight Kick	Téng Kōng Zhèng Tī Tuǐ	腾空正踢腿
642	Jumping Heel Push Kick	Téng Kōng Dēng Tuǐ	腾空蹬腿
643	Jumping Lotus Kick	Téng Kōng Bǎi Lián	腾空摆莲
644	Jumping Lotus Kick 360°	Téng Kōng Bǎi Lián 360°	腾空摆莲 360°
645	Jumping Lotus Kick 540°	Téng Kōng Bǎi Lián 540°	腾空摆莲 540°
646	Jumping Lotus Kick 630° (F)/720°	Téng Kōng Bǎi Lián 630° (Nǚ) /720°	腾空摆莲 630°（女） /720°
647	Jumping Outer Crescent Kick	Téng Kōng Wài Bǎi Tuǐ	腾空外摆腿
648	Jumping Slant Kick	Téng Kōng Xié Fēi Jiǎo	腾空斜飞脚
649	Jumping Snap/Spring Kick	Téng Kōng Jiàn Tán	腾空箭弹
650	Junior Age Group	Shào Nián Zǔ	少年组
651	Junior Events	Qīng Shào Nián Sàì	青少年赛
652	Jury of Appeals	Zhòng Cái Wěi Yuán Huì	仲裁委员会
653	Jury of Appeals Camera Operators	Zhòng Cái Lù Xiàng	仲裁录像
654	Kick	Tī	踢
655	Kirin Steps	Qí Lín Bù	麒麟步
656	Leg Swinging Techniques/Methods with the Leg Straight	Zhí Bǎi Xìng Tuǐ Fǎ	直摆性腿法
657	Long Weapon Routine Events	Cháng Qì Xiè Xiàng Mù	长器械项目
658	Lotus Slap Kick	Bǎi Lián Pāi Jiǎo	摆莲拍脚
659	Low Balance with Leg Crossed Behind	Hòu Chā Tuǐ Dī Shì Píng Héng	后插腿低势平衡
660	Low Balance with Leg Stretched Forward	Qián Jǔ Tuǐ Dī Shì Píng Héng	前举腿低势平衡
661	Lying Fish Balance	Wò Yú Píng Héng	卧鱼平衡
662	Members of the Jury of Appeals	Zhòng Cái Wěi Yuán	仲裁委员
663	Nandao	Nán Dāo	南刀
664	Nangun	Nán Gùn	南棍
665	Nanquan	Nán Quán	南拳
666	No-Step Back Flip	Yuán Dì Hòu Kōng Fān	原地后空翻

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
667	Oblique Stretch Kick	Xié Tī Tuǐ	斜踢腿
668	Offensive Elbow Technique	Jìn Gōng Xíng Zhǒu Fǎ	进攻性肘法
669	Optional Routine Events	Zì Xuǎn Xiàng Mù	自选项目
670	Outer Crescent Kick	Wài Bǎi Tuǐ	外摆腿
671	Out-of-Bounds	Chū Jiè	出界
672	Outward Blocking with the Spear	Lán Qiāng	拦枪
673	Overall Performance	Yǎn Liàn Shuǐ Píng	演练水平
674	Palm	Zhǎng	掌
675	Palm and Fist Salute	Bào Quán Lǐ	抱拳礼
676	Palm Techniques	Zhǎng Fǎ	掌法
677	Parting Kick	Fēn Jiǎo	分脚
678	Pounding Fist	Zá Quán	砸拳
679	Power	Jìn Lì	劲力
680	Preliminaries	Yù Sài	预赛
681	Press	Jǐ	挤
682	Pressing Palm	Àn Zhǎng	按掌
683	Push	Àn	按
684	Pushing Palm	Tuī Zhǎng	推掌
685	Qiangshu	Qiāng Shù	枪术
686	Quality of Movements	Dòng Zuò Zhì Liàng	动作质量
687	Raised Leg	Shàng Jǔ Tuǐ	上举腿
688	Rear Arc Kick	Hòu Liǎo Tuǐ	后撩腿
689	Rear Cross-Legged Balance	Kòu Tuǐ Píng Héng	扣腿平衡
690	Result System	Chéng Jì Lèi Xì Tǒng	成绩类系统
691	Retreating Step	Tuì Bù	退步
692	Rhythm	Jié Zòu	节奏
693	Roll Back	Lǚ	捋
694	Roll-Call	Jiǎn Lù	检录
695	Roll-Call Officials	Jiǎn Lù Yuán	检录员
696	Rolling Bridge	Gǔn Qiáo	滚桥
697	Routine Restart	Tào Lù Chóng Zuò	套路重做
698	Routine Time Limits	Tào Lù Wán Chéng Shí Jiān	套路完成时间
699	Sagittal Rotation	Shǐ Zhuǎn	矢转
700	Salute	Jìng Lǐ	敬礼
701	Schedulers	Biān Pái Yuán	编排员
702	Scissor Position	Jiǎn Shì	剪势
703	Score-Recorders	Jì Lù Yuán	记录员
704	Scoring Operation	Píng Fēn Cāo Zuò	评分操作
705	Scoring System Operators	Jì Shí Jì Fēn Xì Tǒng Rén Yuán	计时记分系统人员
706	Scorpion Stance	Xiē Shì	蝎势

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
707	Shift	Bān	搬
708	Short Weapon Routine Events	Duǎn Qì Xiè Xiàng Mù	短器械项目
709	Shuffle	Yí Dòng	移动
710	Side Kick	Chuài Tuǐ	踹腿
711	Side Kick Up to Catch the Foot at Head Level with the Leg Held Vertically While Remaining Standing	Cè Tī Bào Jiǎo Zhí Lì	侧踢抱脚直立
712	Side Stretch Kick	Cè Tī Tuǐ	侧踢腿
713	Sideways	Cè Shēn	侧身
714	Sideways Leaning Balance	Cè Shēn Píng Héng	侧身平衡
715	Sideways Step	Cè Xíng Bù	侧行步
716	Single Butterfly Stance	Dān Dié Bù	单蝶步
717	Single Finger Palm	Dān Zhǐ Zhǎng (Shǒu)	单指掌（手）
718	Single Foot-Landing	Dān Jiǎo Luò Dì	单脚落地
719	Single Knee Raised Position	Tí Xī (Dú Lì)	提膝（独立）
720	Single Knee Raised Position	Tí Xī Píng Héng	提膝平衡
721	Single Kneeling Stance	Guī Bù	跪步
722	Single Step Back Flip	Dān Tiào Hòu Kōng Fān	单跳后空翻
723	Skip	Tiào Dòng	跳动
724	Snap Spring Kick	Tán Tuǐ	弹腿
725	Sound Technicians	Fàng Yīn Yuán	放音员
726	Spear (Cudgel) Salute	Chí Qiāng (Gùn) Lǐ	持枪（棍）礼
727	Spear Pierce	Chuān Qiāng	穿枪
728	Spear Pointing	Diǎn Qiāng	点枪
729	Spear Techniques	Qiāng Fǎ	枪法
730	Spear Thrust	Zhā Qiāng	扎枪
731	Spear Tilt	Bēng Qiāng	崩枪
732	Squat	Qū Dūn	屈蹲
733	Static	Jìng Zhǐ	静止
734	Straight Sword Chop	Pī Jiàn	劈剑
735	Straight Sword Enveloping	Jiǎo Jiàn	绞剑
736	Straight Sword Figure 8	Jiǎn Wǎn Huā	剪腕花
737	Straight Sword Hooking Parry	Guà Jiàn	挂剑
738	Straight Sword Hooking Parry with Pierce	Chuān Guà Jiàn	穿挂剑
739	Straight Sword Intercept	Jié Jiàn	截剑
740	Straight Sword Pointing	Diǎn Jiàn	点剑
741	Straight Sword Salute	Chí Jiàn Lǐ	持剑礼
742	Straight Sword Slicing	Mǒ Jiàn	抹剑
743	Straight Sword Thrust	Cì Jiàn	刺剑

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
744	Straight Sword Uppercut	Liāo Jiàn	撩剑
745	Style	Fēng Gé	风格
746	Sun Style	Sūn Shì	孙式
747	Supporting Leg	Zhī Chēng Tuǐ	支撑腿
748	Swallow Balance	Yàn Shì Píng Héng	燕式平衡
749	Sway	Huàng Dòng	晃动
750	Sweep	Sǎo	扫
751	Sweep Type Leg Techniques	Sǎo Zhuǎn Xìng Tuǐ Fǎ	扫转性腿法
752	Sword Techniques	Jiàn Fǎ	剑法
753	Taijiquan	Tài Jí Quán	太极拳
754	Team	Tuán Tǐ	团体
755	Team Events	Tuán Tǐ Sàì	团体赛
756	Technical Committee	Jì Shù Wěi Yuán Huì	技术委员会
757	Technique Specifications	Dòng Zuò Guī Gé	动作规格
758	Threading Palm	Chuān Zhǎng	穿掌
759	Throw	Pāo	抛
760	Thrust Punch	Chōng Quán	冲拳
761	Tiger Tail Kick	Hǔ Wěi Tuǐ	虎尾腿
762	Tiger's Claw	Hǔ Zhǎo	虎爪
763	Time keeping	Jì Shí	计时
764	Timing-Scoring	Jì Shí Jì Fēn	计时计分
765	Tornado Kick	Xuàn Fēng Jiǎo	旋风脚
766	Tornado Kick 360°	Xuàn Fēng Jiǎo 360°	旋风脚 360°
767	Tornado Kick 540°	Xuàn Fēng Jiǎo 540°	旋风脚 540°
768	Tornado Kick 630° (F)/720°	Xuàn Fēng Jiǎo 630° (Nǚ) /720°	旋风脚 630°（女） /720°
769	Tossing Punch	Pāo Quán	抛拳
770	Tumbling Techniques	Diē Pū	跌扑
771	Turning Back Crescent Kick	Zhuǎn Shēn Hòu Bǎi Tuǐ	转身后摆腿
772	Twisted	Nǐng Shēn	拧身
773	Two-Handed Vertical Cudgel Uppercut	Shuāng Shǒu Tí Liāo Huā Gùn	双手提撩花棍
774	Upright	Zhí Lì	直立
775	Upward Arc Punch	Liāo Quán	撩拳
776	Upward Arcing Palm	Liāo Zhǎng	撩掌
777	Upward Cudgel Strike	Pāo Gùn	抛棍
778	Upward Snapping Palm	Tiǎo Zhǎng	挑掌
779	Upward Sword Tilt	Bēng Jiàn	崩剑
780	Upwards Handle Strike	Tiǎo Bǎ	挑把
781	Vertical (Horizontal) Circle	Lì (Píng) Yuán	立（平）圆
782	Vertical Figure 8 with the Cudgel	Wǔ Huā Gùn	舞花棍

No. 序号	Term in English 英文术语（译语）	Term in Pinyin 术语拼音	Term in Chinese 中文术语（原语）
783	Vertical Figure 8 with the Spear	Wǔ Huā Qiāng	舞花枪
784	Vertical Rotation	Chuí Zhuǎn	垂转
785	Ward Off	Péng	棚
786	Weapon Deformed	Qì Xiè Biàn Xíng	器械变形
787	Weapon Duilian	Qì Xiè Duì Liàn	器械对练
788	Weapon-Touching-Body	Qì Xiè Pèng Shēn	器械碰身
789	Without Electronic Scoring	Rén Gōng Píng Fēn	人工评分
790	World Anti-Doping Agency	Shì Jiè Fǎn Xīng Fèn Jì Jī Gòu	世界反兴奋剂机构
791	Wrapping with the Broadsword	Guǒ Nǎo Dāo	裹脑刀
792	Wu (Hao) Style	Wǔ (Hǎo) Shì	武（郝）式
793	Wu Style	Wú Shì	吴式
794	Wushu Taolu Competition Judging Methods	Wǔ Shù Tào Lù Jìng Sài Cǎi Pàn Fǎ	武术套路竞赛裁判法
795	Wushu Taolu Competition Rules	Wǔ Shù Tào Lù Jìng Sài Guī Zé	武术套路竞赛规则
796	Wushu Taolu Innovative Techniques Evaluating Committee	Wǔ Shù Tào Lù Chuàng Xīn Jì Shù Jiàn Dìng Wěi Yuán Huì	武术套路创新技术鉴定委员会
797	Yang Style	Yáng Shì	杨式
798	Youth Age Group	Qīng Nián Zǔ	青年组



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