

TAIJI REGULATIONS



"Taiji (太极) is the typical exercise of the Chinese internal styles, in particular TaiJi Quan. It is based on the yin and yang principles and on the Taoist philosophy, devoted to the physical training and internal energy".

The main objective of Taiji or Tai-chi (TC) competition is to demonstrate control over one's own body, which is the 'external' expression and vehicle of the 'internal' aspect of the same.

The aim is to demonstrate the basic principles of this discipline by following the following rules for determining the final score.

JURY:

It consists of one groups of judges who will be responsible for the evaluation of each athlete.

Judging will focus on the evaluation of the technical performance (*quality movements*) and will evaluate the overall performance (*quality of performance*).

Chief Judge:

1. Checks the athletes in their clothing, any weapons proposed according to the announced category.
2. Deducts, according to the assigned category, any excess in the time limit of the performance, deduction of 0.10 points for every 10 seconds of excess in the time limit, which for traditional TC categories are from 3 minutes to max 4 minutes.
3. Contributes to the final score of each athlete thus being able to vary any erroneous scores of the other judges and changing the final score.
4. Allows the athlete to repeat the performance by deducting 0.50 of score in the following cases: forgetfulness of form, loss or dropping of part of uniform, dropping, breaking or deformation of weapon, accidental fall of athlete and interruption of performance.
5. Allows the athlete to repeat the performance if there are problems with the competition carpet without deducting any points.



6. Understands and moves an athlete if not appropriate for the given category; traditional tai-chi form in modern wushu category and vice versa

Type of Competition:

TC competitions are divided into individual barehand and weapon competition, team competition (at least 3 athletes).

CATEGORIES

Age

13-15 anni - CADETS
16-17 anni - JUNIORES
18-25 anni - SENIORES
26-30 anni - SENIORES
31-40 anni - SENIORES
41-50 anni - OVER
51-60 anni - OVER
+61 anni – OVER

Level

Traditional TC 13-17 years 3 levels

LEVEL A: ADVANCED >5 years experience
LEVEL B: INTERMEDIATE >3 years experience <5 years experience
LEVEL C: BEGINNER <3 years experience

Traditional TC from 18 to +61 years 3 levels

LEVEL A: ADVANCED >5 years experience
LEVEL B: INTERMEDIATE >3 years experience <5 years experience
LEVEL C: BEGINNER <3 years experience

STYLES PERMITTED

Taijiquan chen, yang, sun, wu(Hao), li Pai, wudang, and other styles.

Entry Requirements

Medical certificate of Good Health for all athletes competing in tai-chi.



Permitted Clothing

It is permitted to take part in the traditional Chinese school uniform (YiFu); specific shoes for the practice of Wushu/Kung fu either with laces or without. No casual clothing or clothing with commercial sponsors.

Strictly forbidden - under penalty of disqualification - to perform with earrings, bracelets and/or necklaces of any kind except those specific to the style.

Weapons

Weapons permitted in the categories are short weapons, long weapons, other weapons, each equipped with its respective traditional ornament where provided.

Weapons with a flexible blade are permitted in the traditional categories but it is much better to use semi-flexible and/or rigid weapons.

Weapons with rigid and/or semi-flexible blades are not permitted in the modern categories; only flexible weapons are permitted.

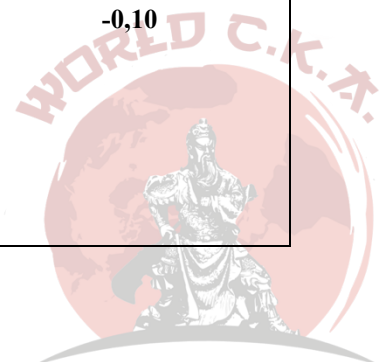
Types of Competition

Whoever competes for the traditional TC cannot also compete for the modern TC and vice versa

Times

TIME LIMIT for Tai Chi (bare hands and weapons) from 3 to 4 minutes

TECHNIQUE	EXECUTION	ERRORS	PENALTY
GENERAL CRITERIA	O.s.s. alignment: the pelvis always moves on the same axis (no up and down).	Pelvis swinging anterior and posterior	-0,10
	Smooth and homogeneous movements related to breathing, from which martial techniques and intentions can be clearly perceived.	Contracted movements, detached from breathing and not referable to a martial matrix	-0,10
	Energetic aspect and use of the internal with respect to the style practised (Yang style - slow and harmonious rhythm, mostly constant and homogeneous. Chen style - slow and harmonious rhythm alternating with fast and explosive techniques).		-0,10



<p>ShangBu step forward by lifting the leg; TuiBu step backward;; JimBu step forward; GenBu heel step; CexingBu side step.</p> <p>TECHNIQUES</p> <p><i>Walk; repel the monkey; brush the knee; stroke the horse's mane; hands like clouds.</i></p>	<p>Basin O.S.S. always moves at the same height; knees, ankles, toes aligned; arms shoulder/face height.</p>	<p>Dragging feet (except for special movements); centre of gravity swinging up and down in techniques; foot lifted too high; arms higher than the face.</p>	<p>-0,10</p>
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ERRORS ARE DEDUCTED FOR NO MORE THAN 1 TIME IF REPEATED ON THE SAME LINE OR DIRECTION IN THE EXECUTION OF THE FORM, BUT MARKED AGAIN IF THERE IS A CHANGE IN DIRECTION

AWARDS:

Individual Categories:

- First classified receive the Gold Medal
- Second classified receive the Silver Medal
- Third classified receive the Bronze Medal

Group categories:

- First classified receive the Cup
- Second classified receive the Cup
- Third classified receive the Cup



***The picture is for example purposes**

Revised on 08/07/204

WORLD CHINESE KUNG FU (WUSHU) ASSOCIATION ®



OFFICIAL WORLD C.K.A. RULES

