

Code	Movement - English	Movement - Pinyin	Errors for Deduction	Points
01	Fist	Quán	Face of fist uneven The thumb is not pressing on the second segment of the middle finger	-0.1
02	Palm	Zhǎng	Four fingers not straight and held together Thumb is not bent and held in tightly	-0.1
03	Hook	Gōu Shǒu	The five fingers are not pinched together Wrist not hooked completely	-0.1
04	Sword Fingers	Jiàn Zhǐ	Index finger and middle finger not kept straight and together Thumb not pressing on the ring finger and little finger	-0.1
10	Grasp the foot and bring it to head level with the leg held vertically while remaining standing Side kick up to catch the foot at head level with the leg held vertically while remaining standing	Bǎn Jiǎo Cháo Tiān Zhí Lì Cè Tī Bào Jiǎo Zhí Lì	Supporting leg bent Raised leg bent	-0.1
11	Back kick and hold the leg vertically while remaining standing	Hòu Tī Bào Jiǎo Zhí Lì	Supporting leg bent Torso leaning forward more than 45 degrees	-0.1
12	Backward balance	Yǎng Shēn Píng Héng	The raised leg is held below horizontal level	-0.1
13	Balance with arms spread sideways	Shí Zì Píng Héng	The torso is below horizontal level Supporting leg bent	-0.1
14	Rear Cross-legged Balance Front Cross Legged Balance	Kòu Tuǐ Píng Héng Pán Tuǐ Píng Héng	Thigh of supporting leg is not at horizontal level	-0.1
15	Sideways Leaning Balance Exploring the Ocean Balance	Cè Shēn Píng Héng Tàn Hǎi Píng Héng	Supporting leg bent Raised leg bent	-0.1
16	Gazing at the Moon Balance	Wàng Yuè Píng Héng	Torso held higher than 45 degrees above horizontal level Waist not twisted toward the rear in the direction of the supporting leg Surface of the foot of the raised bent leg not extended flat	-0.1
20	Front sweep	Qián Sǎo Tuǐ	The thigh of supporting leg is above horizontal level The sole of sweeping foot leaves the ground after making contact for the sweeping action Sweeping leg obviously bent 45° or more	-0.1
21	Back sweep	Hòu Sǎo Tuǐ	The sole of sweeping foot leaves the ground after making contact for the sweeping action Sweeping leg obviously bent 45° or more	-0.1
22	Falling Front split	Diē Shù Chā	The sole of the front foot turns inward and touches the ground Rear leg obviously bent 45° or more (legs not aligned)	-0.1
23	Snap/Spring kick Heel Push Kick Sidekick with sole	Tàn Tuǐ Dēng Tuǐ Chuài Tuǐ	The kicking leg does not transition from obviously bent (45° or more) to completely straight	-0.1
24	Front Stretch Kick Side Stretch Kick	Zhèng Tī Tuǐ Cè Tī Tuǐ	Knee/s bent at the apex of the kick Heel of supporting leg off the floor	-0.1
25	Inward Slap Kick Lotus Slap Kick Front Slap Kick	Lǐ Hé Pāi Jiǎo Bǎi Lián Pāi Jiǎo Dǎn Pāi Jiǎo	Toes of slapped foot below shoulder height Slap missed and/or inaudible	-0.1
26	Single Knee Raised Position	Tí Xī Dú Lì	Raised knee below waist level Raised foots toes not pointed and hooking inwards	-0.1
30	Jumping front slap kick Jumping Slant Kick Jumping Double Front Slap Kick Tornado kick Lotus kick	Téng Kōng Fēi Jiǎo Téng Kōng Xié Fēi Jiǎo Téng Kōng Shuāng Fēi Jiǎo Xuàn Fēng Jiǎo Téng Kōng Bǎi Lián	Toes of slapped foot below shoulder height Slap missed and/or inaudible	-0.1
31	Jumping front stretch kick	Téng Kōng Zhèng Tī Tuǐ	Hanging leg bent at the apex of the kick	-0.1
32	Aerial cartwheel Aerial Cartwheel Twist 360	Cè Kōng Fān Cè Kōng Fān Zhuǎn Tī	Leg(s) obviously bent 45° or more while in the air	-0.1
33	Butterfly Butterfly twist	Xuànzi XZ Xuàn Zì Zhuǎn Tī	Angle of the torso is 45° or above during the twist Leg/s obviously bent 45° or more while in the air	-0.1
34	Jumping Snap/Spring Kick Jumping Heel Push Kick	Téng Kōng Jiàn Tàn Téng Kōng Dēng Tuǐ	Snap/Spring (pushing) leg does not transition from obviously bent (45° or more) to completely straight Snap/Spring (pushing) leg below horizontal level	-0.1

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50	Bow stance	Gōng Bù	The knee of the front leg is not above the instep The thigh of the bending (front) leg is not parallel to the ground Any portion of the sole of the rear leg obviously off the floor The rear foot is not hooked inwards with the toes pointing obliquely forwards.	-0.1
51	Horse stance	Mǎ Bù	Thighs not horizontal The distance between the inner portions of the two feet is narrower than performers shoulder width Knee/s buckling inwards The heel/s raised off the ground Toes of foot/feet pointing outward 45° degrees or more Upper body bent obviously forward	-0.1
52	Empty stance	Xū Bù	Thigh of squatting leg is not parallel to the ground The heel of supporting foot is raised off the ground	-0.1
53	Drop stance	Pū Bù	The back of the thigh of the squatting leg is not in contact with the calf The extended leg is not completely straight Extended legs foot is not turned inwards with the sole completely flat on the ground	-0.1
54	Cross-Legged Crouching Stance	Xié Bù	The two legs are not crossed The buttocks are not in contact with the calf of the sitting leg	-0.1
58	Cross-Legged Sitting	Zuò Pán	Neither one of the buttocks are in contact with the floor Neither one of the feet is in contact with the floor	-0.1