

| Code | Difficulty Movement - English | Difficulty Movement - Pinyin | Requirements | Grade | Value |
|----------|--|---|--|-------|-------|
| 111A | Grasp the foot and bring it to head level with the leg held vertically while remaining standing | Bǎn Tuǐ Chǎo Tiān Zhí Lì | Raised leg not completely vertical | A | 0.2 |
| 112A | Side kick up to catch the foot at head level with the leg held vertically while remaining standing | Cè Tī Bào Jiǎo Zhí Lì | Raised leg not completely vertical | A | 0.2 |
| 112C | Back kick and hold leg vertical in standing position | Hòu Tī Bào Jiǎo Zhí Lì | Raised leg not completely vertical The hands are not grabbing the foot directly behind the shoulder | C | 0.4 |
| 123A | Backward balance | Yǎng Shēn Píng Héng | Torso held at 45° degrees or more above horizontal level | A | 0.2 |
| 133B | Balance with arms outspread | Shí Zì Píng Héng | Raised leg not completely vertical | B | 0.3 |
| 153A | Exploring the Ocean Balance | Tàn Hǎi Píng Héng | Angle formed between the two legs is smaller than 135° degrees | A | 0.2 |
| 163A | Gazing at the Moon Balance | Wàng Yuè Píng Héng | The rear (raised) leg's thigh is held at 45° degrees or less above horizontal level | A | 0.2 |
| 244A | Front sweep 540 | Qián Sǎo Tuǐ 540 | Incomplete rotation | A | 0.2 |
| 244B | Front sweep 900 | Qián Sǎo Tuǐ 900 | Incomplete rotation | B | 0.3 |
| 312A | Jumping Front Slap Kick Jumping Slant Kick Jumping Double Front Slap Kick | Téng Kōng Fēi Jiǎo Téng Kōng Xié Fēi Jiǎo Téng Kōng Shuāng Fēi Jiǎo | More than 4 steps before jumping Not executed in flight Foot slapped lower than horizontal level | A | 0.2 |
| 312B | Jumping front stretch kick | Téng Kōng Zhèng Tī Tuǐ | More than 4 steps before jumping Not executed in flight Toes of kicking leg do not touch the forehead | B | 0.3 |
| 323A | Tornado kick 360 | Xuàn Fēng Jiǎo 360 | More than 4 steps before jumping Not executed in the air Insufficient degree of rotation Foot slapped lower than horizontal level | A | 0.2 |
| 323B | Tornado kick 540 | Xuàn Fēng Jiǎo 540 | More than 4 steps before jumping Not executed in the air Insufficient degree of rotation Foot slapped lower than horizontal level | B | 0.3 |
| 323C | Tornado kick 720 | Xuàn Fēng Jiǎo 720 | More than 4 steps before jumping Not executed in the air Insufficient degree of rotation Foot slapped lower than horizontal level | C | 0.4 |
| 324A | Lotus kick 360 | Téng Kōng Bǎi Lián 360 | More than 4 steps before jumping Not executed in the air Insufficient degree of rotation Foot slapped lower than horizontal level | A | 0.2 |
| 324B | Lotus kick 540 | Téng Kōng Bǎi Lián 540 | More than 4 steps before jumping Not executed in the air Insufficient degree of rotation Foot slapped lower than horizontal level | B | 0.3 |
| 324C | Lotus kick 720 | Téng Kōng Bǎi Lián 720 | More than 4 steps before jumping Not executed in the air Insufficient degree of rotation Foot slapped lower than horizontal level | C | 0.4 |
| 333A | Butterfly | Xuànzi | More than 4 steps before jumping Not executed in flight | A | 0.2 |
| 335A | Aerial cartwheel | Cè Kōng Fān | More than 4 steps before jumping Not executed in flight | A | 0.2 |
| 353B | Butterfly twist 360 | Xuàn Zì Zhuǎn Tī 360 | More than 4 steps before jumping Incomplete rotation Not executed in flight | B | 0.3 |
| 353C | Butterfly 720 | Xuàn Zì Zhuǎn Tī 720 | More than 4 steps before jumping Incomplete rotation Not executed in flight | C | 0.4 |
| 355B | Aerial cartwheel twist 360 | Cè Kōng Fān Zhuǎn Tī 360 | More than 4 steps before jumping Incomplete rotation Not executed in flight | B | 0.3 |
| 355C | Aerial twist 720 | Cè Kōng Fān Zhuǎn Tī 720 | More than 4 steps before jumping Incomplete rotation | C | 0.4 |
| Code | Difficulty Connection - English | Difficulty Connection - Pinyin | Requirements | Grade | Value |
| 244A + 6 | Front sweep 540 + sitting stance | Qián Sǎo Tuǐ 540 + Zuò Pán | Obvious pause before forming Zuò Pán (Cross-Legged Sitting) The thighs are not crossed clearly Use of additional support Fall | A | 0.1 |

| | | | | | |
|-------------|--|---|--|---|------|
| 312A + 335A | Jumping front slap kick + aerial cartwheel | Téng Kōng Fēi Jiǎo + Cè Kōng Fān | Exceeding 1 run-up step between the 2 jumping techniques Degree of difficulty not completed | B | 0.15 |
| 312A + 6 | Jumping front slap kick + sitting stance | Téng Kōng Fēi Jiǎo + Zuò Pán | Obvious pause before forming Zuò Pán (Cross-Legged Sitting) The thighs are not crossed clearly Use of additional support Fall | A | 0.1 |
| 312A + 9 | Throw weapon + jumping front slap kick + catch | Pǎo + Tengkong Feijiao + Jiē | Jump kick not executed in flight The catch is unsuccessful, or the weapon is caught by the broadsword ribbon/straight sword tassel | A | 0.1 |
| 323A + 1 | Tornado kick 360 + horse stance | Xuàn Fēng Jiǎo 360 + Mǎ Bù | The feet land alternately (not simultaneously) Foot shuffles or skips Use of additional support Fall | A | 0.1 |
| 323A + 353C | Tornado kick 360 + butterfly twist 720 | Xuàn Fēng Jiǎo 360 + Xuàn Zǐ Zhuǎn Tí 720 | Exceeding 4 run-up step between the 2 jumping techniques Degree of difficulty not completed | B | 0.15 |
| 323A + 3 | Tornado kick 360 + one knee raised | Xuàn Fēng Jiǎo 360 + Tí Xī Dú Lì | The kicking and slapped foot is not the single leg which is landed on When landing the foot shuffles or skips The foot of the raised knee touches the ground | B | 0.15 |
| 323A + 4 | Tornado kick 360 + front split | Xuàn Fēng Jiǎo 360 + Diē Shù Chā | The feet land alternately (not simultaneously) Sliding into the splits Use of additional support Fall | A | 0.1 |
| 323A + 6 | Tornado kick 360 + sitting stance | Xuàn Fēng Jiǎo 360 + Zuò Pán | Legs not crossed | A | 0.1 |
| 323A + 9 | Throw weapon + tornado kick 360 + catch | Pǎo + Xuàn Fēng Jiǎo 360 + Jiē | Weapon drops to the floor Weapon is caught by only the flag or tassel | B | 0.15 |
| 323B + 1 | Tornado kick 540 + horse stance | Xuàn Fēng Jiǎo 540 + Mǎ Bù | The feet land alternately (not simultaneously) Foot shuffles or skips Use of additional support Fall | B | 0.15 |
| 323B + 3 | Tornado kick 540 + one knee raised | Xuàn Fēng Jiǎo 540 + Tí Xī Dú Lì | The kicking and slapped foot is not the single leg which is landed on When landing the foot shuffles or skips The foot of the raised knee touches the ground | C | 0.2 |
| 323B + 4 | Tornado kick 540 + front split | Xuàn Fēng Jiǎo 540 + Diē Shù Chā | The feet land alternately (not simultaneously) Sliding into the splits Use of additional support Fall | B | 0.15 |
| 323C + 1 | Tornado kick 720 + horse stance | Xuàn Fēng Jiǎo 720 + Mǎ Bù | The feet land alternately (not simultaneously) Foot shuffles or skips Use of additional support Fall | C | 0.2 |
| 323C + 4 | Tornado kick 720 + front split | Xuàn Fēng Jiǎo 720 + Diē Shù Chā | The feet land alternately (not simultaneously) Sliding into the splits Use of additional support Fall | D | 0.25 |
| 324A + 1 | Lotus kick 360 + horse stance | Téng Kōng Bǎi Lián 360 + Mǎ Bù | The feet land alternately (not simultaneously) Foot shuffles or skips Use of additional support Fall | A | 0.1 |
| 324A + 3 | Lotus kick 360 + one knee raised | Téng Kōng Bǎi Lián 360 + Tí Xī Dú Lì | The kicking and slapped foot is not the single leg which is landed on When landing the foot shuffles or skips The foot of the raised knee touches the ground | B | 0.15 |
| 324A + 4 | Lotus kick 360 + front split | Téng Kōng Bǎi Lián 360 + Diē Shù Chā | The feet land alternately (not simultaneously) Sliding into the splits Use of additional support Fall | A | 0.1 |
| 324A + 6 | Lotus kick 360 + sitting stance | Téng Kōng Bǎi Lián 360 + Zuò Pán ZP | Obvious pause before forming Zuò Pán (Cross-Legged Sitting) The thighs are not crossed clearly Use of additional support Fall | A | 0.1 |
| 324A + 7 | Lotus kick 360 + bow stance | Téng Kōng Bǎi Lián 360 + Gōng Bù GB | Both feet do not land at the same time Foot shuffles or skips Additional support or fall on the floor | A | 0.1 |
| 324A + 9 | Throw weapon + lotus kick 360 + catch | Pǎo + Téng Kōng Bǎi Lián 360 + Jiē | The catch is unsuccessful, or the weapon is caught by the broadsword ribbon/straight sword tassel | B | 0.15 |
| 324B + 0 | Jumping Lotus Kick 540 + Crouching Stance | Téng Kōng Bǎi Lián 540 + Pū Bù | The feet land alternately (not simultaneously) Foot shuffles or skips Use of additional support Fall | C | 0.2 |

| | | | | | |
|-------------|---|--|---|---|------|
| 324B + 1 | Lotus kick 540 + horse stance | Téng Kōng Bǎi Lián 540 + Mǎ Bù | The feet land alternately (not simultaneously) Foot shuffles or skips Use of additional support Fall | B | 0.15 |
| 324B + 3 | Lotus kick 540 + one knee raised | Téng Kōng Bǎi Lián 540 + Tí Xī Dú Lǐ | The kicking and slapped foot is not the single leg which is landed on When landing the foot shuffles or skips The foot of the raised knee touches the ground | C | 0.2 |
| 324C + 1 | Lotus kick 720 + horse stance | Téng Kōng Bǎi Lián 720 + Mǎ Bù | The feet land alternately (not simultaneously) Foot shuffles or skips Use of additional support Fall | D | 0.25 |
| 333A + 6 | Butterfly + sitting stance | Xuàn Zǐ + Zuò Pán | Obvious pause before forming Zuò Pán (Cross-Legged Sitting) The thighs are not crossed clearly Use of additional support Fall | A | 0.1 |
| 333A + 244A | Butterfly Kick + Front Sweep 540 | Xuàn zǐ + Qián Sǎo Tuǐ 540 | Obvious pause between the 2 techniques | B | 0.2 |
| 335A + 4 | Aerial cartwheel + front split | Cè Kōng Fān CKF + Diē Shù Chā | The feet land alternately (not simultaneously) Sliding into the splits Use of additional support Fall | A | 0.1 |
| 353B + 323C | Butterfly twist 360 + tornado kick 720 | Xuàn Zǐ Zhuǎn Tī XZZT 360 + Xuàn Fēng Jiǎo 720 | Exceeding 4 run-up step between the 2 jumping techniques Degree of difficulty not completed | C | 0.2 |
| 353B + 4 | Butterfly twist + front split | Xuàn Zǐ Zhuǎn Tī XZZT + Diē Shù Chā | The feet land alternately (not simultaneously) Sliding into the splits Use of additional support Fall | A | 0.1 |
| 353C + 4 | Butterfly 720 + front split | Xuàn Zǐ Zhuǎn Tī XZZT 720 + Diē Shù Chā | The feet land alternately (not simultaneously) Sliding into the splits Use of additional support Fall | D | 0.25 |
| 445A + 9 | Throw weapon + dive shoulder roll + catch | Pǎo + Qiǎng Bèi + Jiē | When performing Qiǎng Bèi (Forward Dive Roll), the hip/buttock, knee or single hand is not off the ground when catching the weapon The catch is unsuccessful, or the weapon is caught by the broadsword ribbon/straight sword tassel | A | 0.1 |