

Code	Difficulty Movement - English	Difficulty Movement - Pinyin	Requirements	Grade	Value
113C	Heel-up side kick in standing position	Cè Cháo Tiān Dēng Zhí Lì	Raised leg is not vertical Upper body leans sideways over 45°	G	0.4
132A	Balance with sideward sole kick	Cè Chuài Píng Héng	Raised leg is not vertical Upper body leans sideways over 45°	A	0.2
142A	Forward Sole Kick with Low Step Balance	Dīshì Qián Dēng Cǎi Jiǎo Píng Héng	Thigh of the supporting leg is above horizontal level Foot of the extended leg touches the floor	A	0.2
143A	Low balance with leg stretched forward	Qián Jǔ Tuǐ Dī Shì Píng Héng	Thigh of the supporting leg is above horizontal level Hand on supporting leg	A	0.2
143B	Low balance with leg inserted behind	Hòu Chā Tuǐ Dī Shì Píng Héng	Thigh of the supporting leg is above horizontal level Hand on supporting leg	B	0.3
212A	Parting kick, Heel kick	Fēn Jiǎo, Dēng Jiǎo	Heel of the kicking leg is below shoulder level	A	0.2
312A	Jumping front slap kick	Téng Kōng Fēi Jiǎo	Exceeding 1 run-up step Not executed in the air Slapped foot lower than horizontal level	A	0.2
312B	Jumping front stretch kick	Téng Kōng Zhèng Tī Tuǐ	Exceeding 1 run-up step Not executed in the air Toes of kicking leg do not touch the forehead	B	0.3
322B	Jumping front slap kick with 180 turn	Téng Kōng Fēi Jiǎo Xiàng Nèi Zhuǎn-180	More than 1 step before jumping Incomplete rotation	B	0.3
323A	Tornado Kick 180	Xuàn Fēng Jiǎo 180	Exceeding 1 run-up step Not Executed in the air Insufficient degree of rotation Slapped foot lower than horizontal level	A	0.2
323B	Tornado kick 360	Xuàn Fēng Jiǎo 360	Exceeding 1 run-up step Not executed in the air Insufficient degree of rotation Slapped foot lower than horizontal level	B	0.3
323C	Tornado kick 540	Xuàn Fēng Jiǎo 540	Exceeding 1 run-up step Not executed in the air Insufficient degree of rotation Slapped foot lower than horizontal level	C	0.4
324B	Lotus kick 360	Téng Kōng Bǎi Lián 360	Exceeding 1 run-up step Not executed in the air Insufficient degree of rotation Slapped foot lower than horizontal level	B	0.3
324C	Lotus kick 540	Téng Kōng Bǎi Lián 540	Exceeding 1 run-up step Not executed in the air Insufficient degree of rotation Slapped foot lower than horizontal level	C	0.4

324C	Jumping Lotus Kick 450 - Female Athletes Only	Téng Kōng Bǎi Lián 450	Exceeding 1 run-up step Not executed in the air Insufficient degree of rotation Slapped foot lower than horizontal level	C	0.4
Code	Difficulty Connection - English	Difficulty Connection - Pinyin	Requirements	Grade	Value
142A + 3	Low stepping on kick forward + 180 turn + Single Raised-Knee Stance	Dī Shì Qián Dēng Cǎi Jiǎo + Zhuǎn 180 + Tí Xī Dú Lì	During the transition, the torso sways Insufficient degree of rotation The knee dips below horizontal level during the connection transition The foot of the raised knee touches the ground Foot shuffles or skips during the single knee raised	A	0.1
143A + 3	Low balance with leg stretched forward + 180 turn + Single Raised-Knee Stance	Qián Jǔ Tuǐ Dī Shì Píng Héng + Zhuǎn 180 + Tí Xī Dú Lì	During the transition, the torso sways Insufficient degree of rotation The knee dips below horizontal level during the connection transition The foot of the raised knee touches the ground Foot shuffles or skips during the single knee raised	A	0.1
143A + 212A	Low Balance with Leg Stretched Forward + Heel Kick/Parting Kick	Qián Jǔ Tuǐ Dī Shì Píng Héng + Dēng Jiǎo / Fēn Jiǎo	During the transition the torso sways Supporting foot shuffles or skips Foot of the raised leg makes contact with the floor	A	0.1
143B + 3	Low balance with leg inserted behind + 180 turn + Single Raised-Knee Stance	Hòu Chā Tuǐ Dī Shì Píng Héng + Zhuǎn 180 + Tí Xī Dú Lì	During the transition, the torso sways Insufficient degree of rotation The knee dips below horizontal level during the connection transition The foot of the raised knee touches the ground Foot shuffles or skips during the single knee raised	B	0.15
143B + 212A	Low Balance with Leg Crossed Behind + Heel Kick/Parting Kick	Hòu Chā Tuǐ Dī Shì Píng Héng + Dēng Jiǎo / Fēn Jiǎo	During the transition the torso sways Supporting foot shuffles or skips Foot of the raised leg makes contact with the floor	B	0.15
312A + 324B	Jumping front slap kick + lotus kick 360	Téng Kōng Fēi Jiǎo + Téng Kōng Bǎi Lián 360°	Run-up step executed prior to takeoff Degree of difficulty not completed	A	0.1
312A + 324C	Jumping front slap kick + lotus kick 540 (450 Female Athletes Only)	Téng Kōng Fēi Jiǎo + Téng Kōng Bǎi Lián 540°	Run-up step executed prior to takeoff Degree of difficulty not completed	B	0.15
312A + 3	Jumping front slap kick + Single Raised-Knee Stance	Téng Kōng Fēi Jiǎo + Tí Xī Dú Lì	The kicking and slapped foot is not the single leg which is landed on Foot shuffles or skips The foot of the raised knee touches the ground	B	0.15

312B + 8	Jumping front slap kick + Landing on takeoff foot	Téng Kōng Fēi Jiǎo + Qì Tiào Jiǎo Luò Dì	The kicking/slapped foot is not the single leg which is landed on Foot shuffles or skips Additional support or fall on the floor	B	0.15
312B + 8	Jumping front stretch kick + Landing on takeoff foot	Téng Kōng Zhèng Tī Tuǐ + Qì Tiào Jiǎo Luò Dì	The kicking/slapped foot is not the single leg which is landed on Foot shuffles or skips Additional support or fall on the floor	B	0.15
322B + 3B	Jumping front slap kick with 180 turn + one knee raised	Téng Kōng Fēi Jiǎo Xiàng Nèi Zhuǎn 80 + Tí Xī Dú Lì	Not landing on the foot of the kicking leg Foot shuffles or skips Additional support or fall on the floor	B	0.15
323A + 3	Tornado Kick 180 + Single Raised-Knee Stance	Xuàn Fēng Jiǎo 180 + Tí Xī Dú Lì	The kicking and slapped foot is not the single leg which is landed on Foot shuffles or skips The foot of the raised knee touches the ground	A	0.1
323B + 3	Tornado kick 360 + Single Raised-Knee Stance	Xuàn Fēng Jiǎo 360 + Tí Xī Dú Lì	The kicking and slapped foot is not the single leg which is landed on Foot shuffles or skips The foot of the raised knee touches the ground	C	0.2
323B + 8	Tornado kick 360 + Landing on takeoff foot	Xuàn Fēng Jiǎo 360 + Qì Tiào Jiǎo Luò Dì	The kicking/slapped foot is not the single leg which is landed on Foot shuffles or skips Additional support or fall on the floor	A	0.1
323C + 3	Tornado kick 540 + Single Raised-Knee Stance	Xuàn Fēng Jiǎo 540 + Tí Xī Dú Lì	The kicking and slapped foot is not the single leg which is landed on Foot shuffles or skips The foot of the raised knee touches the ground	D	0.25
324B + 3	Lotus kick 360 + Single Raised-Knee Stance	Téng Kōng Bǎi Lián 360 + Tí Xī Dú Lì	The kicking and slapped foot is not the single leg which is landed on Foot shuffles or skips The foot of the raised knee touches the ground	C	0.2
324B + 5	Lotus kick 360 + Hurdler's Split Position	Téng Kōng Bǎi Lián 360 + Diē Chā	Foot shuffles The feet land alternately (not simultaneously) Use of additional support Fall	B	0.15
324B + 8	Lotus kick 360 + Landing on takeoff foot	Téng Kōng Bǎi Lián 360 + Qì Tiào Jiǎo Luò Dì	The kicking/slapped foot is not the single leg which is landed on Foot shuffles or skips Additional support or fall on the floor	A	0.1
324C + 3	Lotus kick 540 + Single Raised-Knee Stance	Téng Kōng Bǎi Lián 540 + Tí Xī Dú Lì	The kicking and slapped foot is not the single leg which is landed on Foot shuffles or skips The foot of the raised knee touches the ground	D	0.25

324C + 5	Lotus kick 540 (450 Female Athletes Only) + Hurdler's Split Position	Téng Kōng Bǎi Lián 540° + Diē Chā	Foot shuffles The feet land alternately (not simultaneously) Use of additional support Fall	C	0.2
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