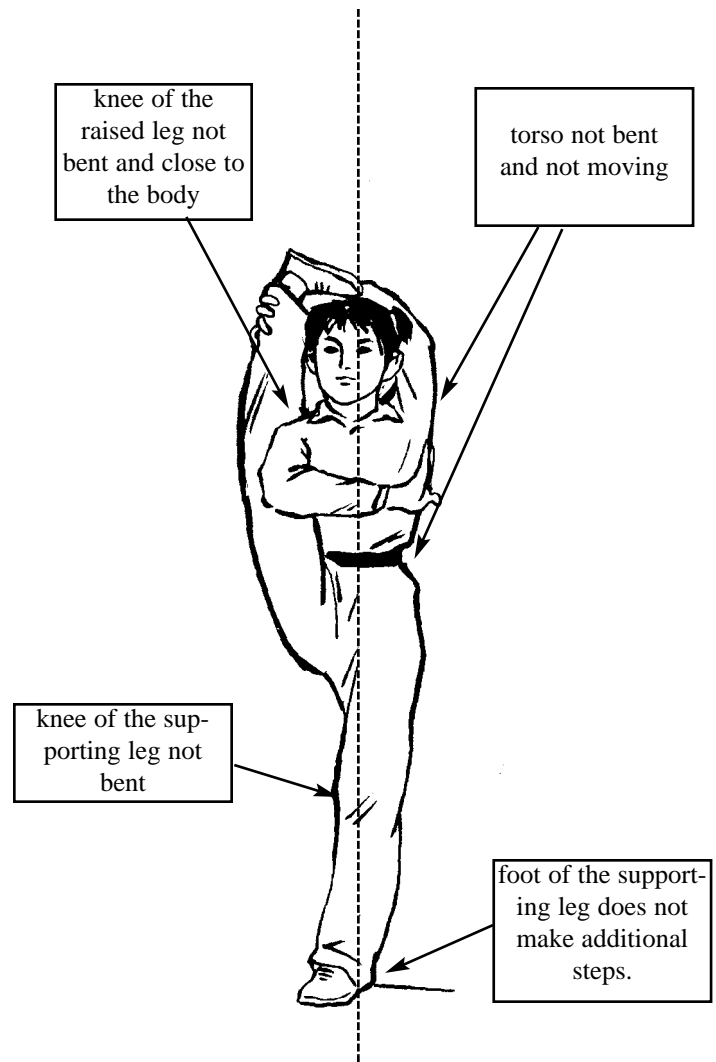
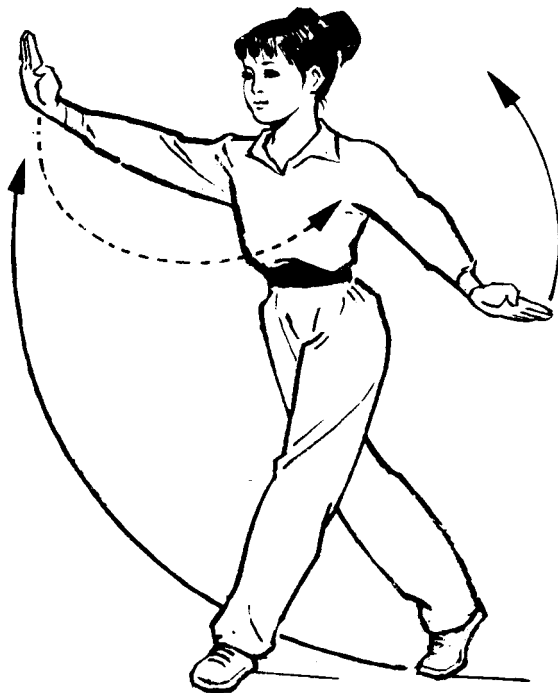


Straight sidekick and vertical-leg balance

(cetibaojiaozhili)

侧踢抱脚直立



To be hold for no less than 3 seconds

为持久性平衡 - 3秒

Degree of difficulty «B» - points awarded - 0.2 Code 1FB

CH; J; N; D

Requirements:

While kicking and standing the supporting and raised legs not bent at the knee joint. Torso kept straight. Supporting foot does not move or make additional steps. The knee of the raised leg not bent and kept close to the body. The tip-toes above the head. The right arm bent at the elbow and kept close to the chest with fingers of the hand pointing upward (in quan-shu). Look forward and hold for at least 3 seconds.

Deductions:

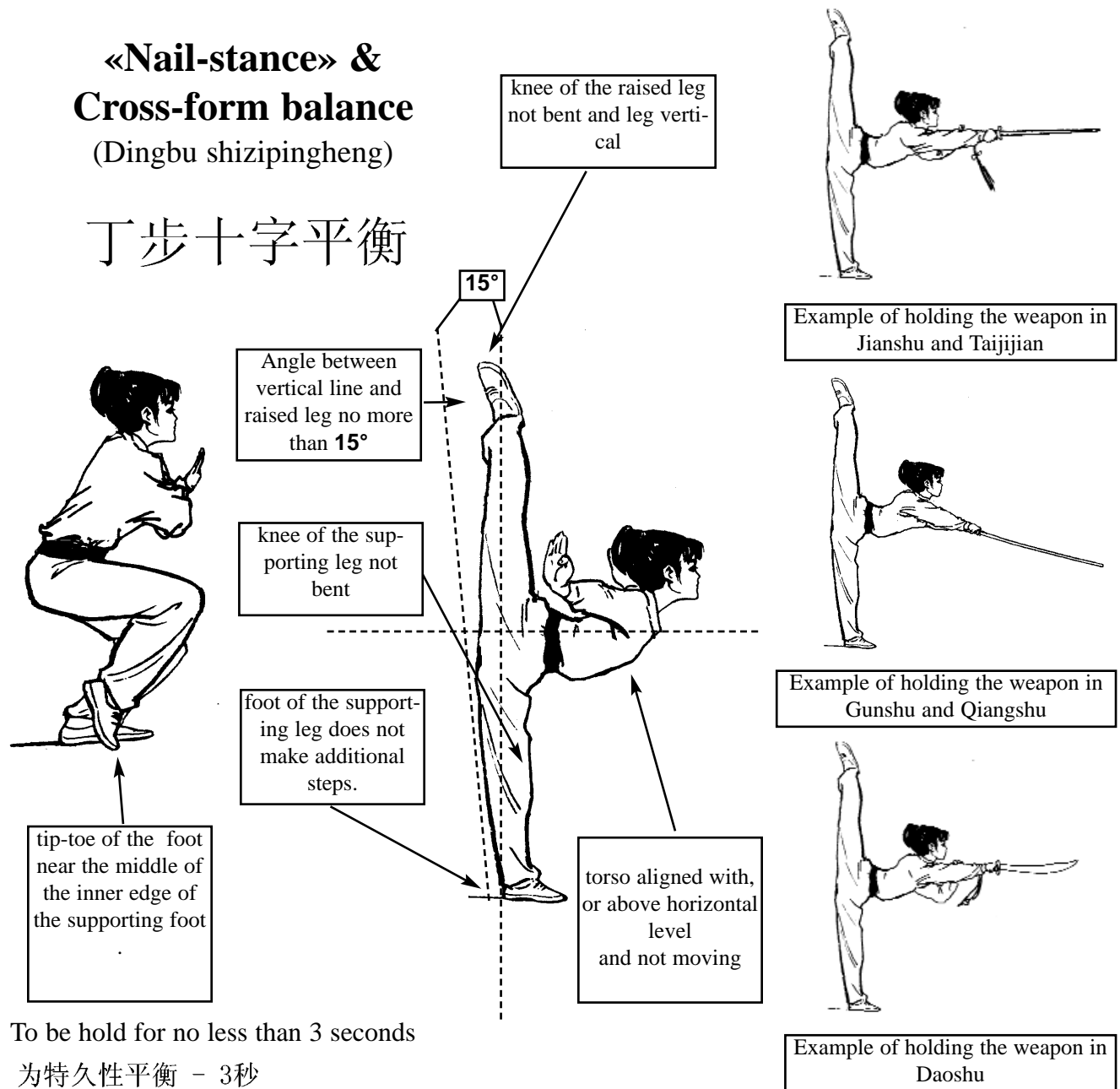
- Raised leg bent at the knee joint - 0,03
- Supporting leg bent at the knee joint - 0,03
- Additional steps - 0,03 each
- Instable position with torso moving - 0,05
- Fail to catch the leg after kick with resulting kick repetition - 0,05.



Example of holding the weapon

«Nail-stance» &
Cross-form balance
(Dingbu shizipingheng)

丁步十字平衡



To be hold for no less than 3 seconds

为持久性平衡 - 3秒

Degree of difficulty «D» - points awarded - 0.4 Code 1FD

CH; J; D; Q; G

Requirements:

Before performing, the dingbu (nail-step) stance is adopted. The tip-toe of the right foot is near the middle of the inner edge of the supporting foot. The supporting and raised legs not bent at the knee joint. Torso aligned with, or above horizontal level and not moving. Supporting foot does not move or make additional steps. The knee of the raised leg not bent and leg vertical. Angle between vertical line and raised leg no more than 15°. Angle between vertical line and raised leg between 15° and 30° deduction - 0,1 (More than 30° - no points are given for this balance). Both arms outspread with fingers of both hands pointing upward (in quanshu). Look forward and hold for at least 3 seconds.

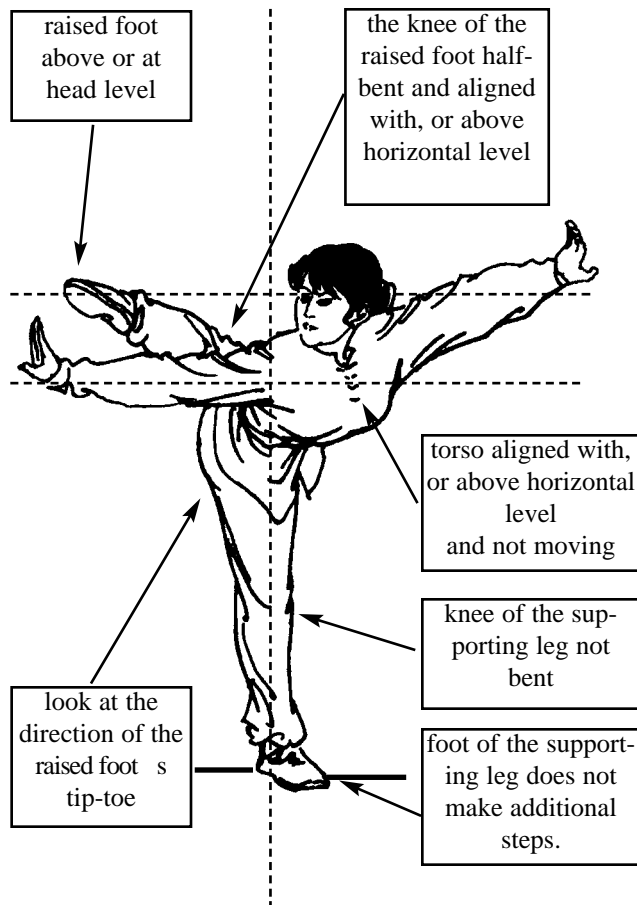
Deductions:

Tip-toe of one foot in dingbu apart from the middle of the inner edge of the supporting foot	- 0,03
Raised leg bent at the knee joint	- 0,03
Supporting leg bent at the knee joint	- 0,03
Additional steps	- 0,03 each
Unstable position with torso moving	- 0,05
Torso below horizontal level	- 0,05
Angle between vertical line and raised leg between 15° and 30°	- 0,1 (More than 30° - no points are given for this balance)

«Looking to the moon» balance

(Wangyuepingheng)

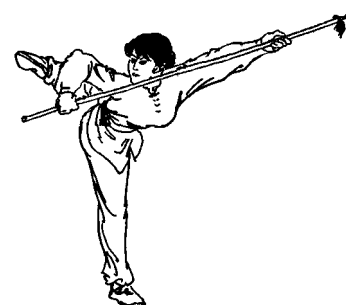
望月平衡



Example of holding the weapon in Jianshu and Taijijian



Example of holding the weapon in Gunshu



Example of holding the weapon in Qiangshu

To be hold for no less than 3 seconds

为特久性平衡 - 3秒

Degree of difficulty «A» - points awarded - **0.2 Code 1FA**

CH; J; Q; G; TJ

Requirements:

The supporting leg not bent at the knee joint. Torso aligned with, or above horizontal level and not moving. Supporting foot does not move or make additional steps. The knee of the raised leg half-bent and aligned with, or above horizontal level. Both arms outspread with fingers of both hands pointing upward (in quanshu). Look at the direction of the raised foot's tip-toe and hold for at least 3 seconds. Angle between horizontal line and the knee of the raised leg between 15° and 30° deduction - 0,1 (More than 30° - no points are given for this balance)

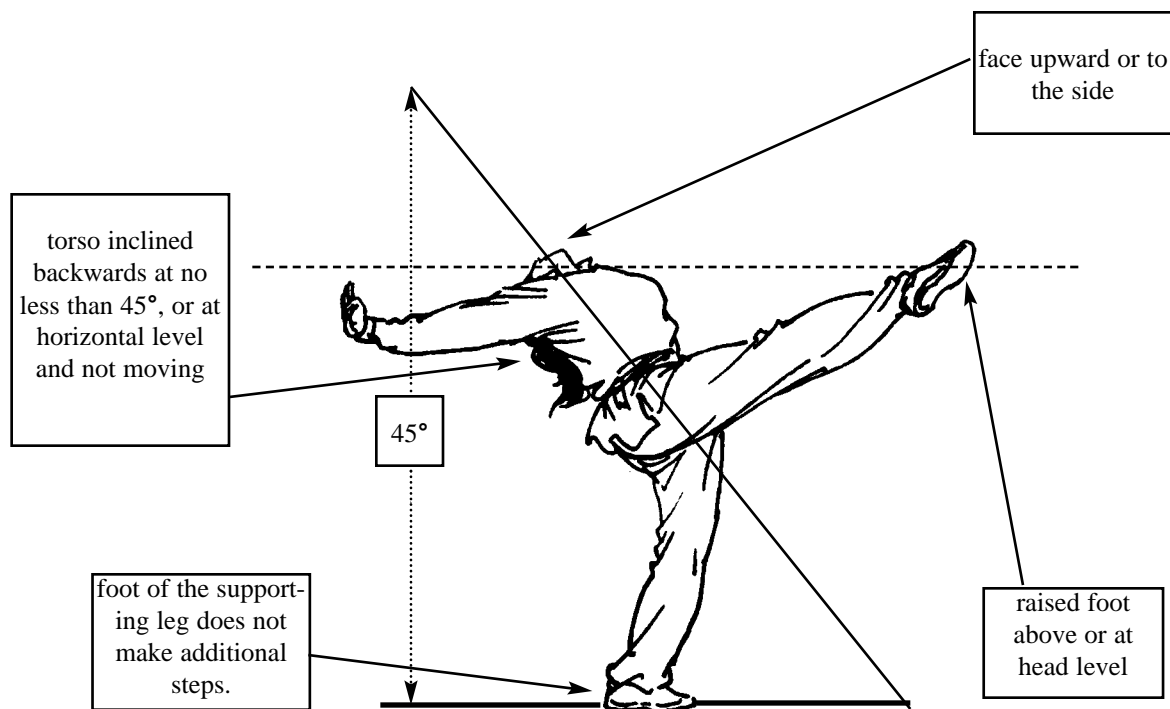
Deductions:

Supporting leg bent at the knee joint - 0,03
 Additional steps - 0,03 each
 Instable position with torso moving - 0,03
 Angle between horizontal line and the knee of the raised leg between 15° and 30° deduction - 0,1 (More than 30° - no points are given for this balance)

«Face upward» balance

(Yangshenpingheng)

仰身平衡



To be hold for no less than 3 seconds

为持久性平衡 - 3秒

CH; J; D; Q; TJ

Degree of difficulty «C» - points awarded - **0.3 Code 1FC (women)**

Degree of difficulty «C» - points awarded - **0.4 Code 1MC (men)**

Requirements:

The supporting leg not bent at the knee joint. Torso inclined backwards at no less than 45°, or at horizontal level and not moving. Supporting foot does not move or make additional steps. The raised foot above or at head level. Both arms outspread with fingers of both hands pointing upward (in quanshu). Face upward or to the side and hold for at least 3 seconds. Angle between horizontal line and the foot of the raised leg between 15° and 30° deduction - 0,1 (More than 30° - no points are given for this balance)

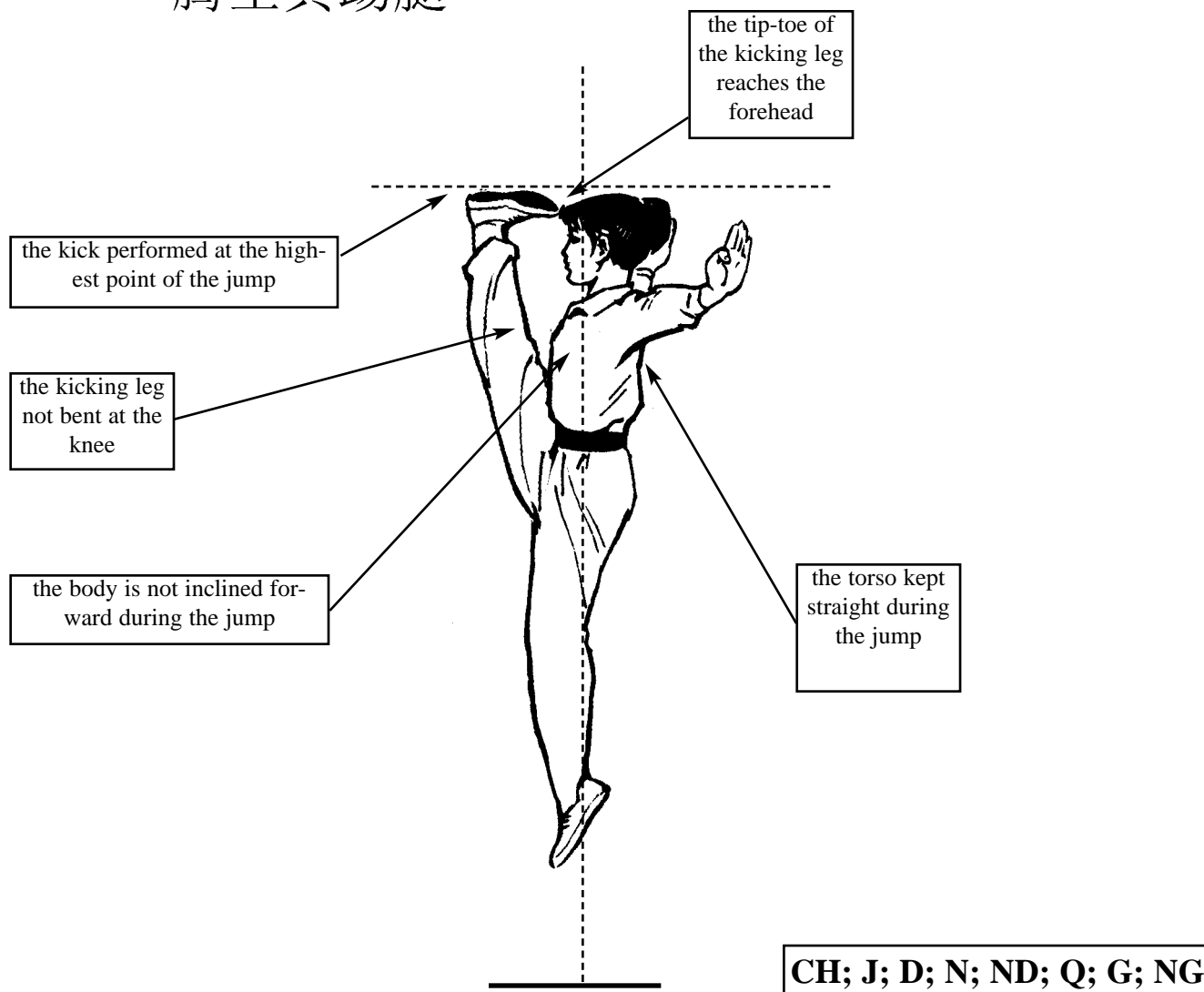
Deductions:

Additional steps	- 0,03 each
Instable position with torso moving	- 0,05
Torso above the 45° angle	- 0,05
Angle between horizontal line and the foot of the raised leg between 15° and 30° deduction	- 0,1 (More than 30° - no points are given for this balance)
Face looking forward	- 0,03

Jumping high kick

(Tenkong zhentitui)

腾空真踢腿



Degree of difficulty «A» - points awarded - **0.2 Code 2FA; Code 2MA**

Requirements:

The kick is performed at the highest point of the jump. The tip-toe of the kicking leg reaches the forehead while kicking. The kicking leg is not bent at the knee joint. The torso should be kept straight during the jump. The body is not inclined forward during the jump. The landing is on both feet or on the kicking foot. The number of steps before jumping no more than 4.

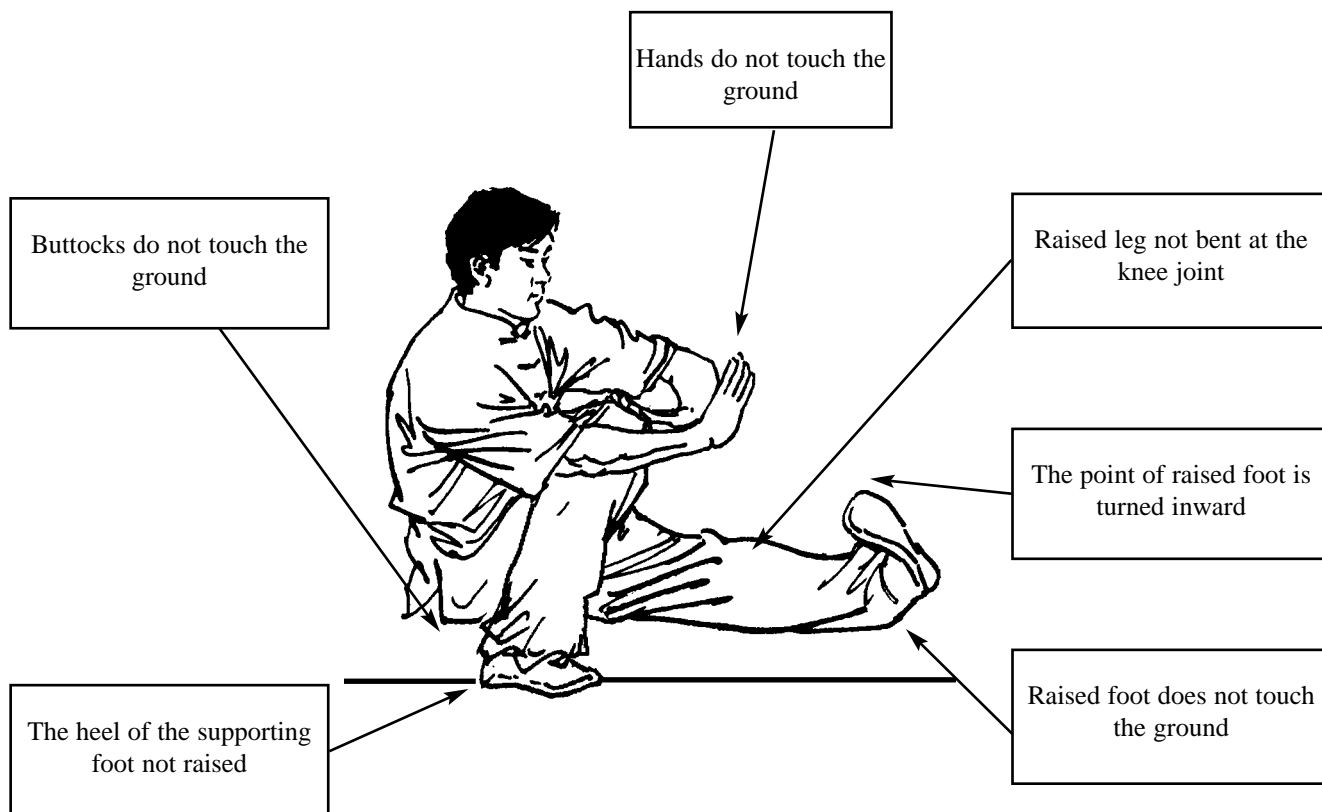
Deductions:

The kicking leg bent at the knee	- 0,03
The body is inclined forward during the jump	- 0,03
Landing on left foot.	- 0,05
The tip-toe of the kicking leg does not reach the forehead	- 0,03
The kick performed while or after landing	- 0,05
Additional steps before jumping	- 0,05 each

Cross-leg low balance

(Houchatuidishipingheng)

后插腿低势平衡



To be hold for no less than 3 seconds

为持久性平衡 - 3秒

Degree of difficulty «C» - points awarded - **0.4 Code 1FC; Code 1MC**

T; TJ

Requirements:

The supporting leg fully bent at the knee joint. Torso straight and not moving. Supporting foot does not move or make additional steps. The heel of the supporting foot is not raised. The raised foot does not touch the ground. Raised leg not bent at the knee joint. Hands do not touch the ground. Buttocks do not touch the ground. Look forward and hold for at least 3 seconds.

Deductions:

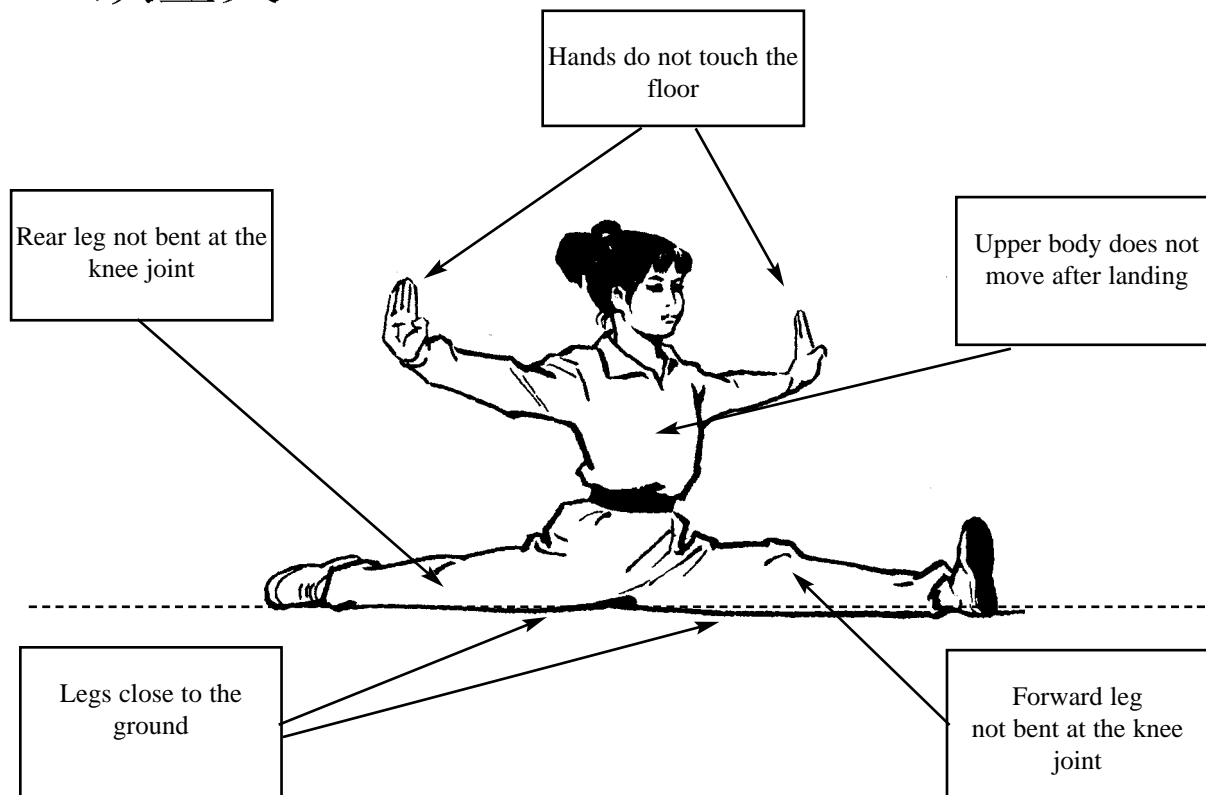
Additional steps	- 0,03 each
Raised leg bent at the knee joint	- 0.03
Instable position with torso moving	- 0,03
Buttocks touching the ground	- 0,05
Raised foot touching the ground	- 0,05 each
Heel of the supporting foot of the ground	- 0,05
Hands touching the ground	- 0,05 each

Forward split

(in complex jumps)

(Die shucha)

跌竖叉



Points awarded:

Code 4FB; Code 4MB

CH; J; D; G; Q

In complex jumps with «A» group-0.1; «B» group-0.15; «C»-group-0.2; «D» group-0.25

Requirements:

After landing the upper body does not move. Both legs not bent at the knee joint and close to the ground. Hands do not touch the floor. Both feet touch the floor simultaneously when landing.

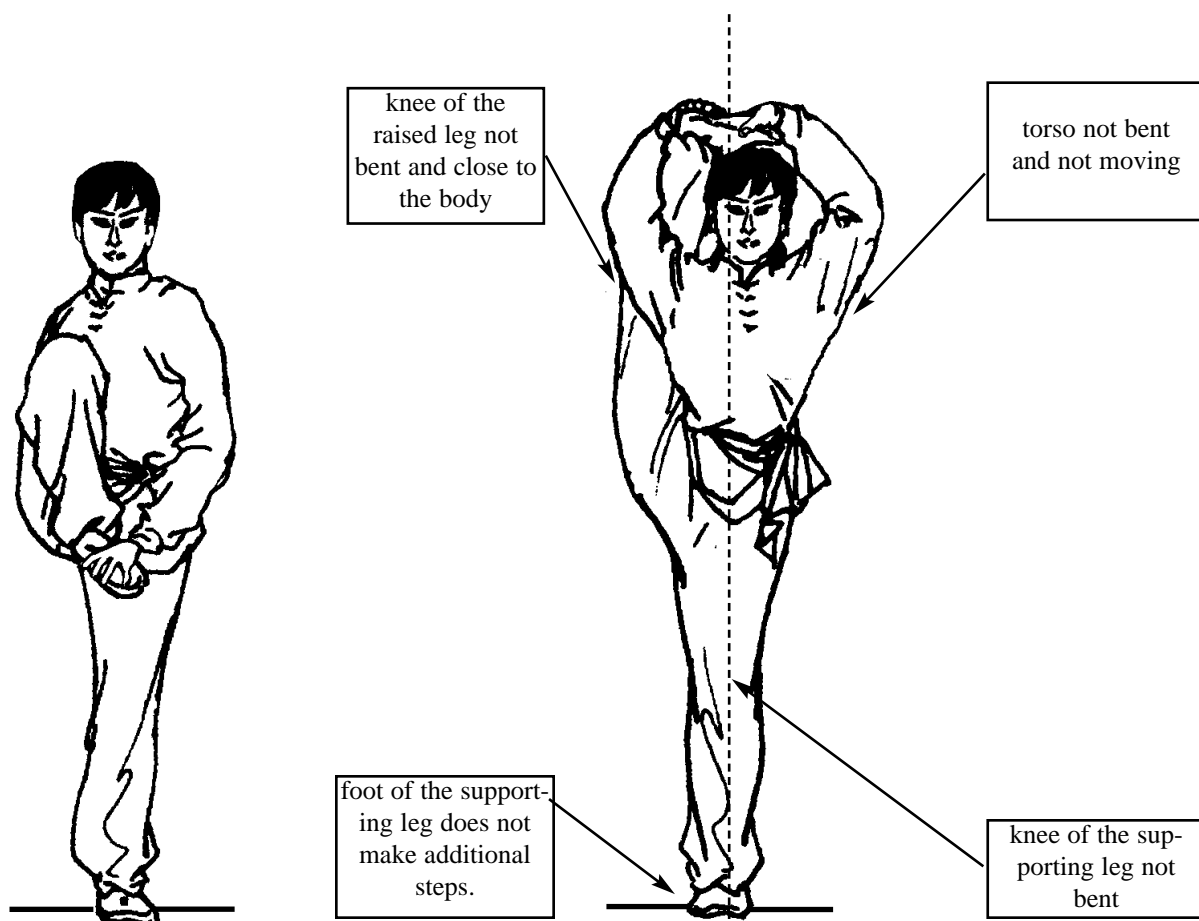
Deductions:

Hand touching the floor	- 0,05 each
Instable position with torso moving	- 0,03
Legs bent at the knee	- 0,03 each
Feet touch the floor consecutively when landing	- 0,05

Vertical-leg balance

(chaotiangeng)

朝天蹬



To be hold for no less than 3 seconds

为特久性平衡 - 3秒

Degree of difficulty «B» - points awarded - 0.3 Code 1MB

CH; T

Requirements:

While standing the supporting and raised legs not bent at the knee joint. Torso kept straight. Supporting foot does not move or make additional steps. The knee of the raised leg not bent and kept close to the body. The tip-toes above the head. Look forward and hold for at least 3 seconds.

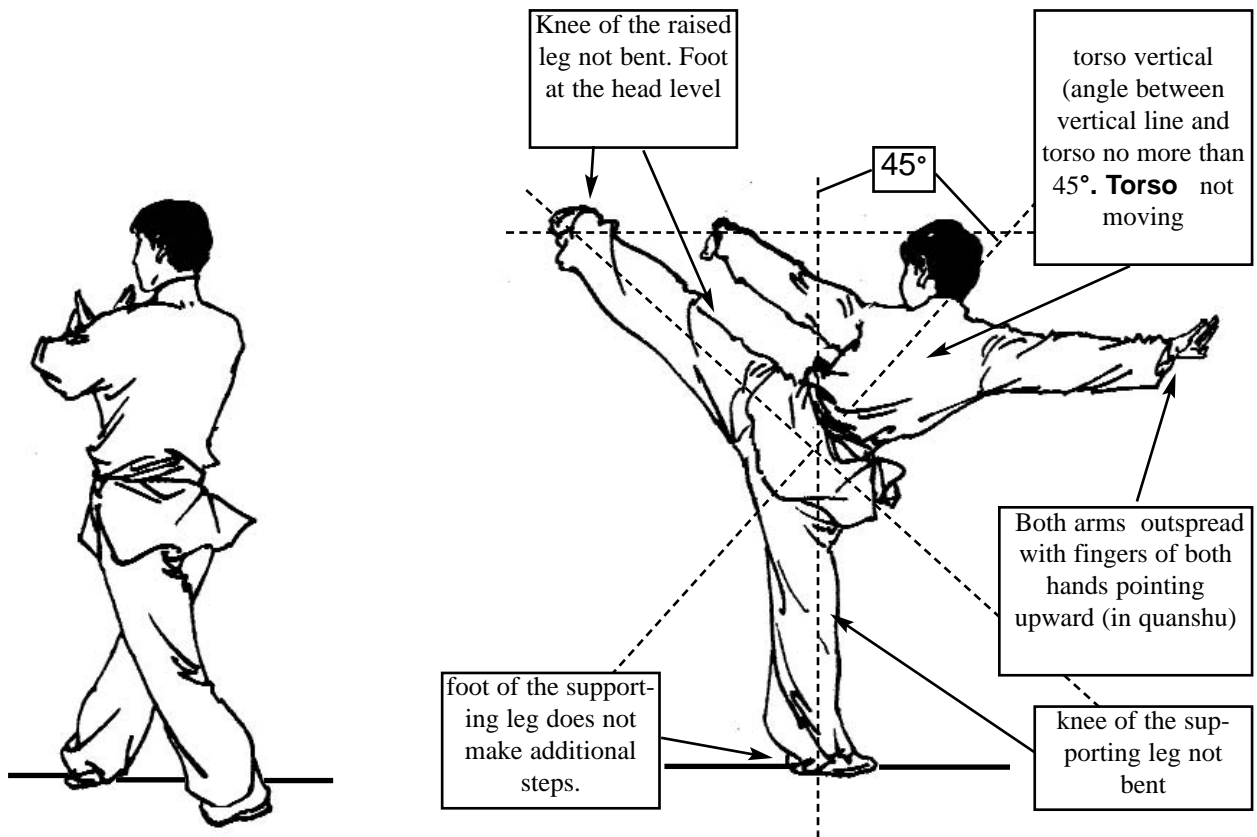
Deductions:

Raised leg bent at the knee joint - 0,05
Supporting leg bent at the knee joint - 0,03
Additional steps - 0,03 each
Instable position with torso moving - 0,05

Sidekick-balance

(cechuaituipingheng)

侧揣腿平衡



To be hold for no less than 3 seconds

为持久性平衡 - 3秒

Degree of difficulty «A» - points awarded - **0.2 Code 1MA**

Requirements:

CH; J; D; G; NG; ND

Before performing, the gaoxiebu shizishou (cross-step cross-arms) stance is adopted. The forceful kick is made at the head level, followed by balance without lowering the leg. The supporting and raised legs not bent at the knee joint. Torso vertical or angle between vertical line and torso no more than 45°. Torso not moving. Supporting foot does not move or make additional steps. Both arms outspread with fingers of both hands pointing upward (in quanshu). Look forward and hold for at least 3 seconds. Angle between horizontal line and the foot of the raised leg between 15° and 30° deduction - 0,1 (More than 30° - no points are given for this balance)

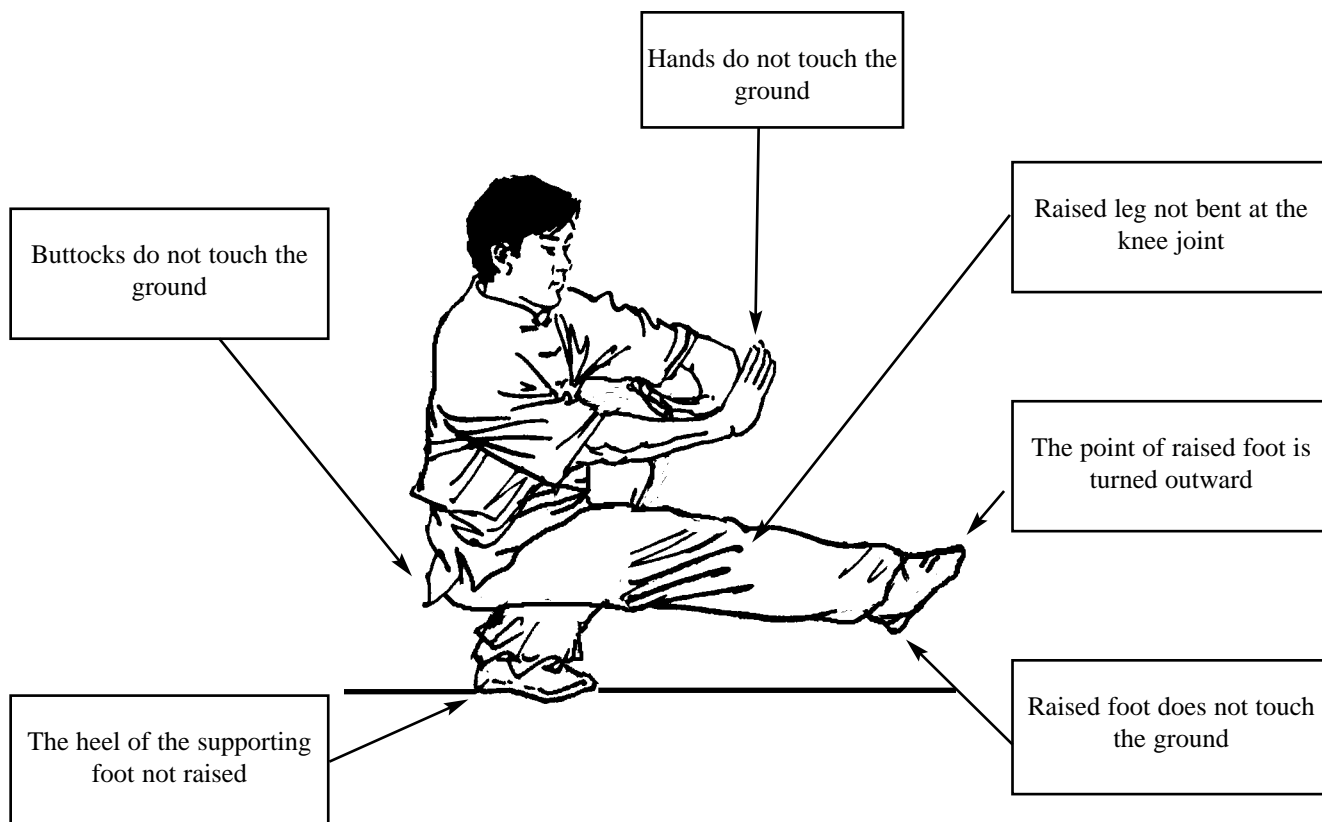
Deductions:

Kick without force	- 0,03
Raised leg bent at the knee joint	- 0,03
Supporting leg bent at the knee joint	- 0,03
Additional steps	- 0,03 each
Instable position with torso moving	- 0,03
Kick and balance below head level	- 0,03
Angle between horizontal line and the foot of the raised leg between 15° and 30° deduction	- 0,1 (More than 30° - no points are given for this balance)

Stretched-leg low balance

(qiangjutuidishipingheng)

前举腿低势平衡



To be hold for no less than 3 seconds

为持久性平衡 - 3秒

Degree of difficulty «B» - points awarded - **0.3 Code 1FB; Code 1MB**

T; TJ

Requirements:

The supporting leg fully bent at the knee joint. Torso straight and not moving. Supporting foot does not move or make additional steps. The heel of the supporting foot is not raised. The raised foot does not touch the ground. Hands do not touch the ground. Buttocks do not touch the ground. Look forward and hold for at least 3 seconds.

Deductions:

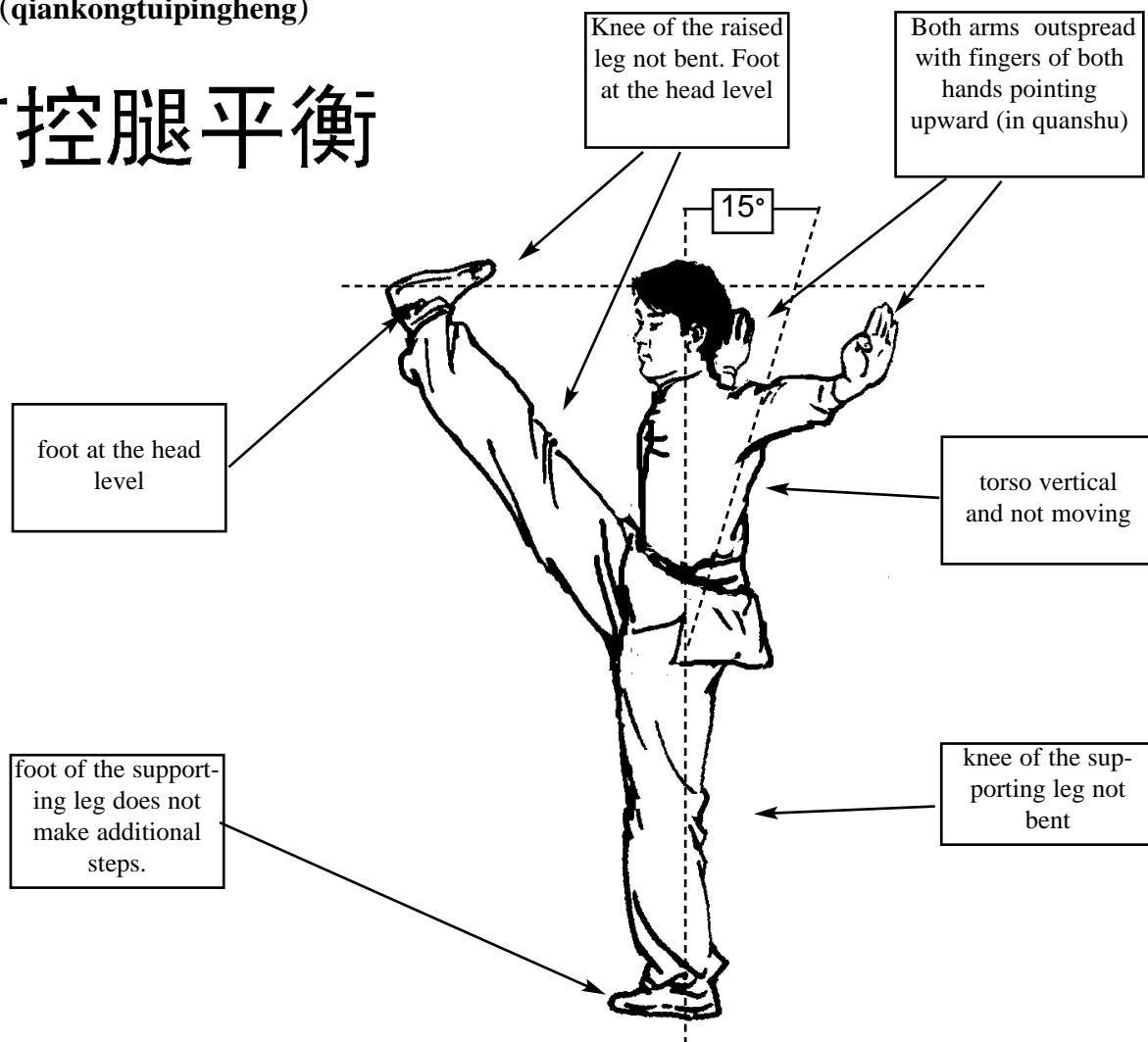
Additional steps	- 0,03 each
Raised leg bent at the knee joint	- 0.03
Instable position with torso moving	- 0,03
Buttocks touching the ground	- 0,05
Raised foot touching the ground	- 0,05 each
Heel of the supporting foot of the ground	- 0,05
Hands touching the ground	- 0,05 each

Heel kick-balance

(dentuipingheng)

(qiankongtuipingheng)

前控腿平衡



To be hold for no less than 3 seconds

为持久性平衡 - 3秒

Degree of difficulty «B» - points awarded - 0.2 Code 1MB

CH; J; D; G; NG; ND

Requirements:

The forceful front heel kick is made at the head level, followed by balance without lowering the leg. The supporting and raised legs not bent at the knee joint. Torso vertical and not moving. Supporting foot does not move or make additional steps. Both arms outspread with fingers of both hands pointing upward (in quanshu). Look forward and hold for at least 3 seconds. Angle between vertical line and the foot of the raised leg between 45° and 90° deduction - 0,1 (More than 90° - no points are given for this balance)

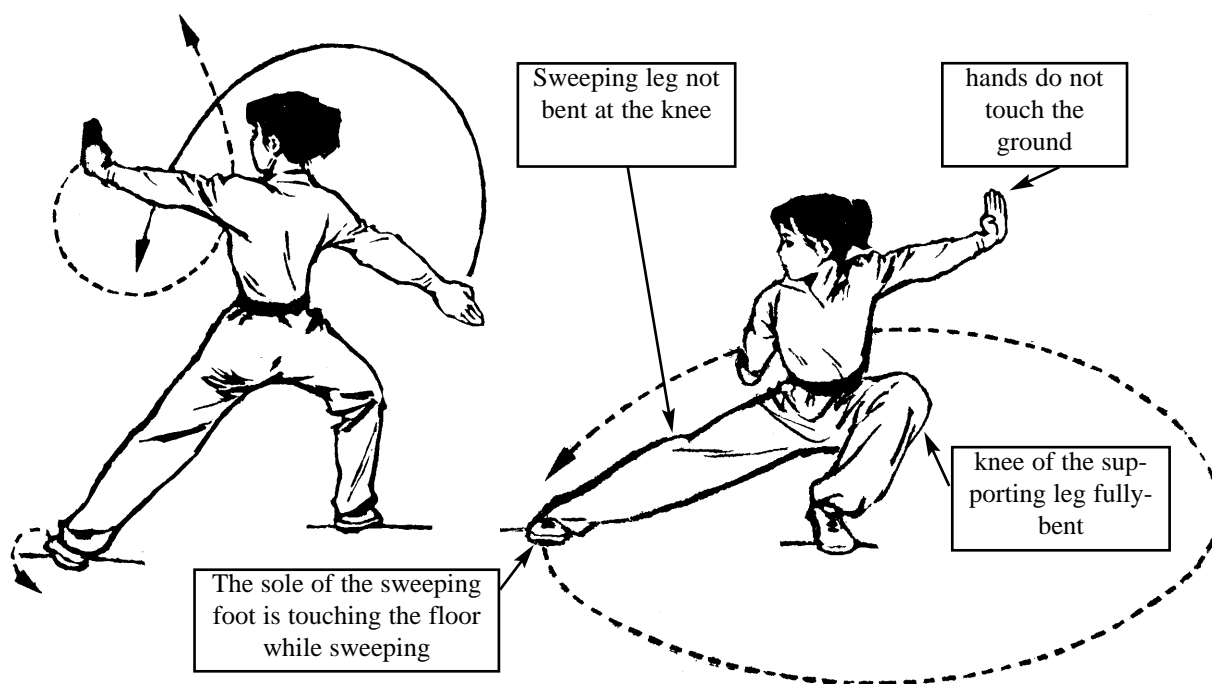
Deductions:

Kick without force	- 0,03
Raised leg bent at the knee joint	- 0,03
Supporting leg bent at the knee joint	- 0,03
Additional steps	- 0,03 each
Instable position with torso moving	- 0,03
Angle between vertical line and the foot of the raised leg between 45° and 90° deduction	- 0,1 (More than 90° - no points are given for this balance)
Torso not vertical (more than 15°)	- 0,03

Front turning sweep

(zhishenqiansaotui)

直身前扫腿



CH; N; T; D; J; TJ; ND; NG; Q; G

Degree of difficulty:

540° - «A» - points awarded - **0.1 Code 2FA; Code 2MA**

720° - «B» - points awarded - **0.2 Code 2FB; Code 2MB**

900° - «C» - points awarded - **0.3 Code 2FC; Code 2MC**

Requirements:

The sweep is performed with force and speed required by wushu characteristics (except Taijiquan and Taijijian where the sweeping action is smooth and even). The knee of the supporting leg fully bent. The sole of the sweeping foot is touching the floor while sweeping. Sweeping leg not bent at the knee. Hands do not touch the ground. The lack of required degree of twists less than 45° is not deducted. Starting from 45° to 90° - deduction 0.1. Over 90° - no points for this movement are given.

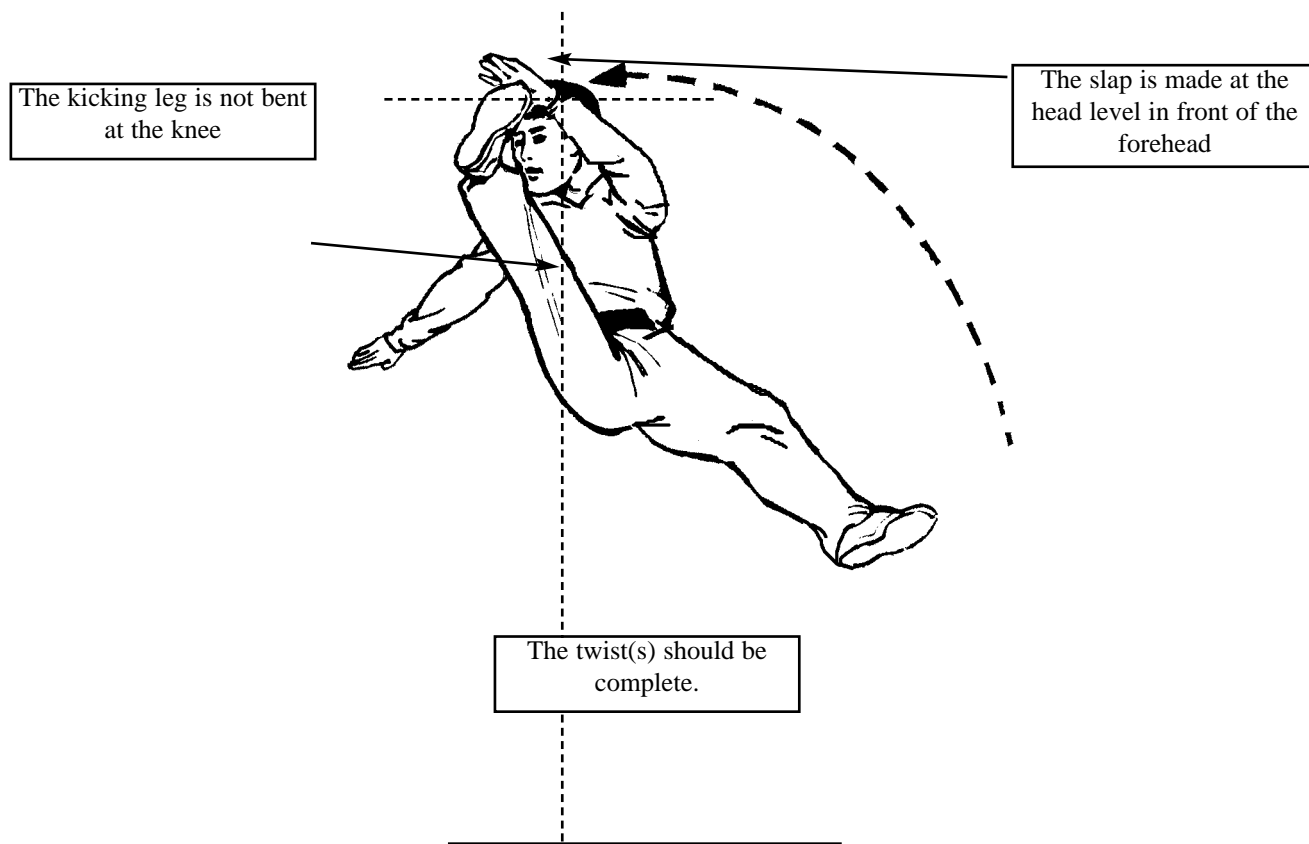
Deductions:

Sweeping leg bent at the knee	- 0,05
The sole of the sweeping foot is touching the floor	- 0,03
Supporting leg is not fully bent	- 0,03
Sweeping without force (except Taijiquan and Taijijian)	- 0,03
Sole of the foot of the floor	- 0,03
Twist less than required by the specified group over 45° to 90°	- 0,1

Outward turning jumping kick with instep slap

(zhuanshen tengkongbailian xiepaijiao)

腾空摆莲斜拍脚



Degree of difficulty:

360° - «A» - points awarded - **0.2 Code 3FA; Code 3MB**

540° - «B» - points awarded - **0.3 Code 3MB**

540° - «B» - points awarded - **0.4 Code 3FB**

720° - «C» - points awarded - **0.5 Code 3MC**

CH; N; D; J; ND; NG; G; Q

Requirements:

The kick is performed with force and speed required by wushu characteristics. In the highest point of the jump the left hand slaps vigorously the instep of the right foot (xiepaijiao). The kicking leg is not bent at the knee. The slap is made at the head level in front of the forehead. The twist(s) should be complete. The number of steps before jumping no more than 4. The lack of required degree of twists less than 45° is not deducted. Starting from 45° to 90° - deduction 0.1. Over 90° - no points for this movement are given.

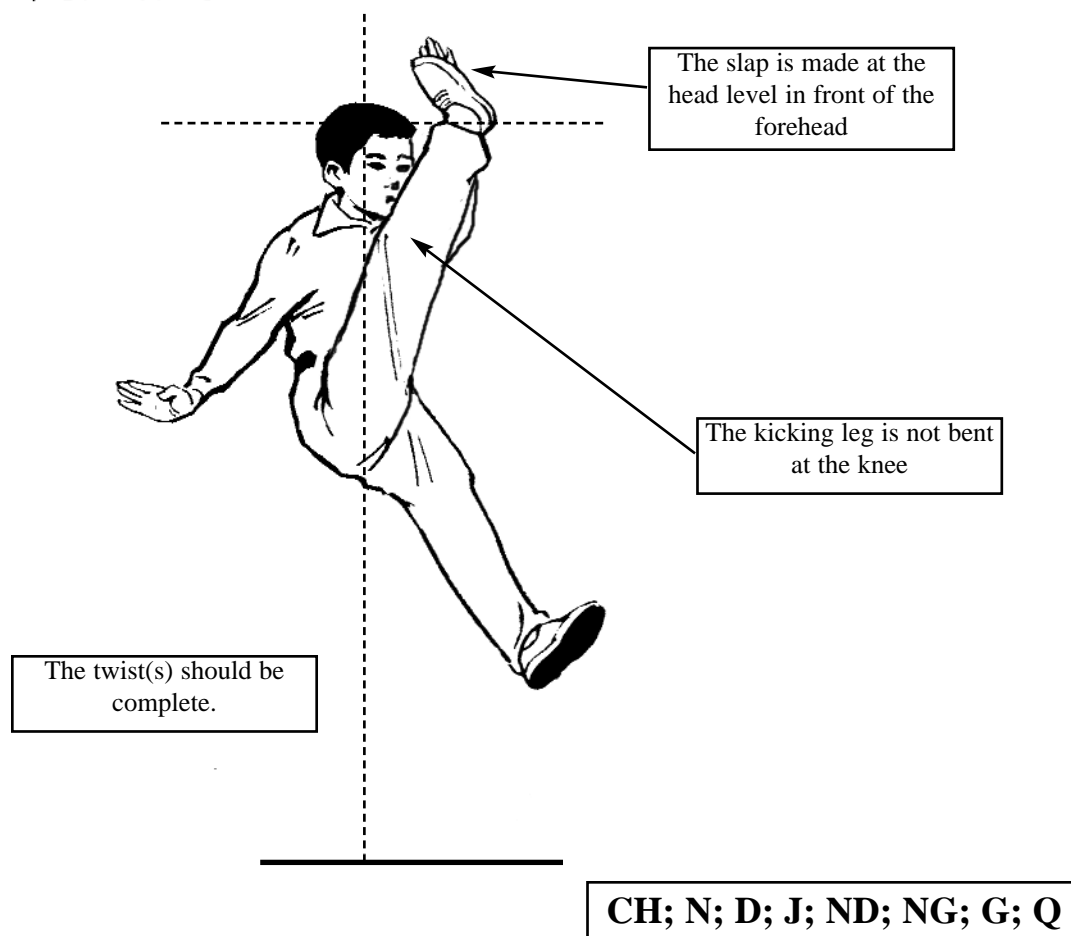
Deductions:

Absence of slap	- 0,05
Kick below head level	- 0,03
Kicking leg bent at the knee	- 0,03
Twist less than required by the specified group	over 45° to 90° - 0,1
Additional steps before jumping	- 0,05 each

Inward turning jumping kick with slap

(xuanfengjiao)

旋风脚



Degree of difficulty:

360° - «A» - points awarded - **0.1 Code 3FA; Code 3MB**

540° - «B» - points awarded - **0.2 Code 3FB; Code 3MB**

720° - «C» - points awarded - **0.3 Code 3MC**

Requirements:

The kick is performed with force and speed required by wushu characteristics. In the highest point of the jump the left hand slaps vigorously the sole of the right foot (paijiao). The kicking leg is not bent at the knee. The slap is made at the head level in front of the forehead. The twist(s) should be complete. The number of steps before jumping no more than 4. The lack of required degree of twists less than 45° is not deducted. Starting from 45° to 90° - deduction 0.1. Over 90° - no points for this movement are given.

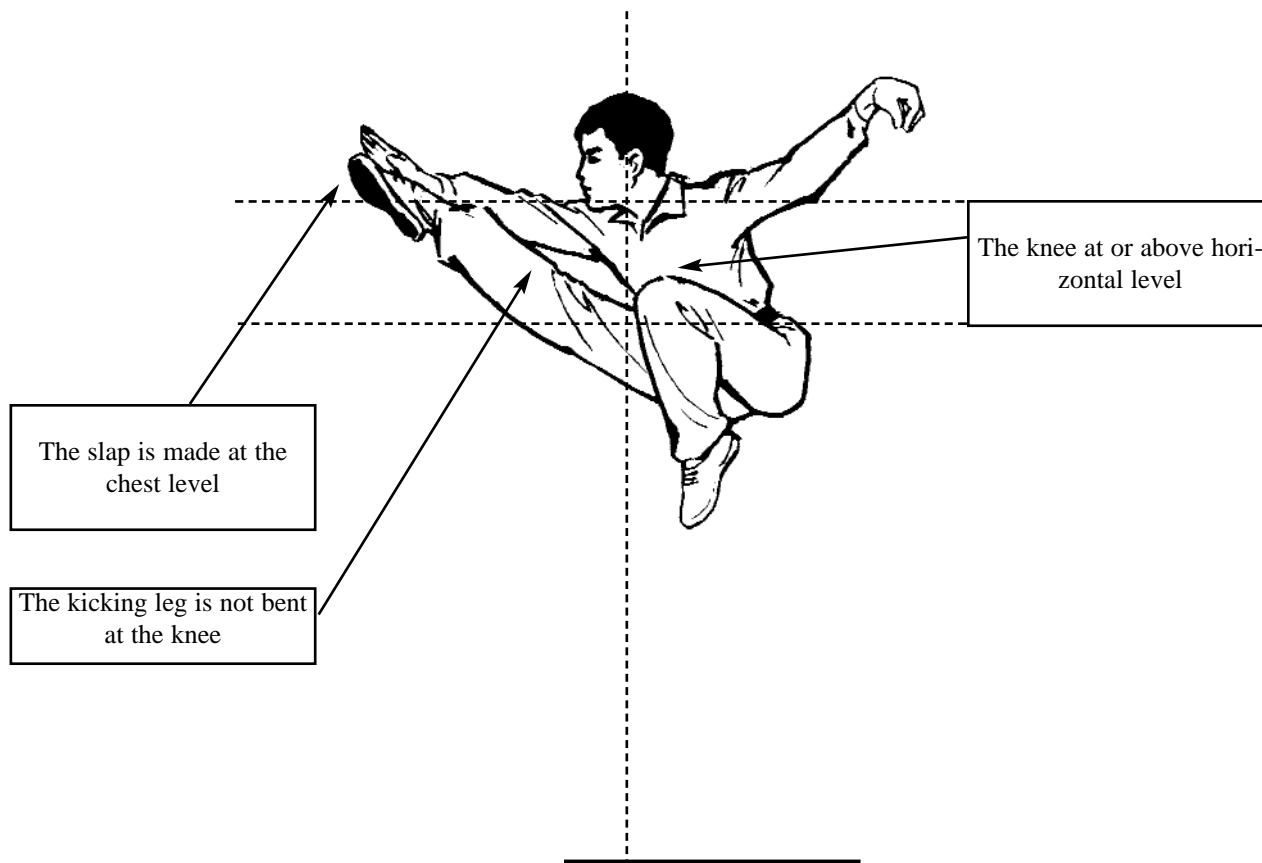
Deductions:

Absence of slap	- 0,05
Kick below head level	- 0,03
Kicking leg bent at the knee	- 0,03
Twist less than required by the specified group over 45° to 90°	- 0,1
Additional steps before jumping	- 0,05 each

Jumping front kick with slap

(tengkongfeijiao)

腾空飞脚



CH;

Degree of difficulty «B» - points awarded - **0.2 Code 3FB; Code 3MB**

Requirements:

The kick is performed with force and speed required by wushu characteristics. In the highest point of the jump the right hand slaps vigorously the instep of the right foot (paijiao). The kicking leg is not bent at the knee. The slap is made at the chest level. The left knee at or above horizontal level. The number of steps before jumping no more than 4.

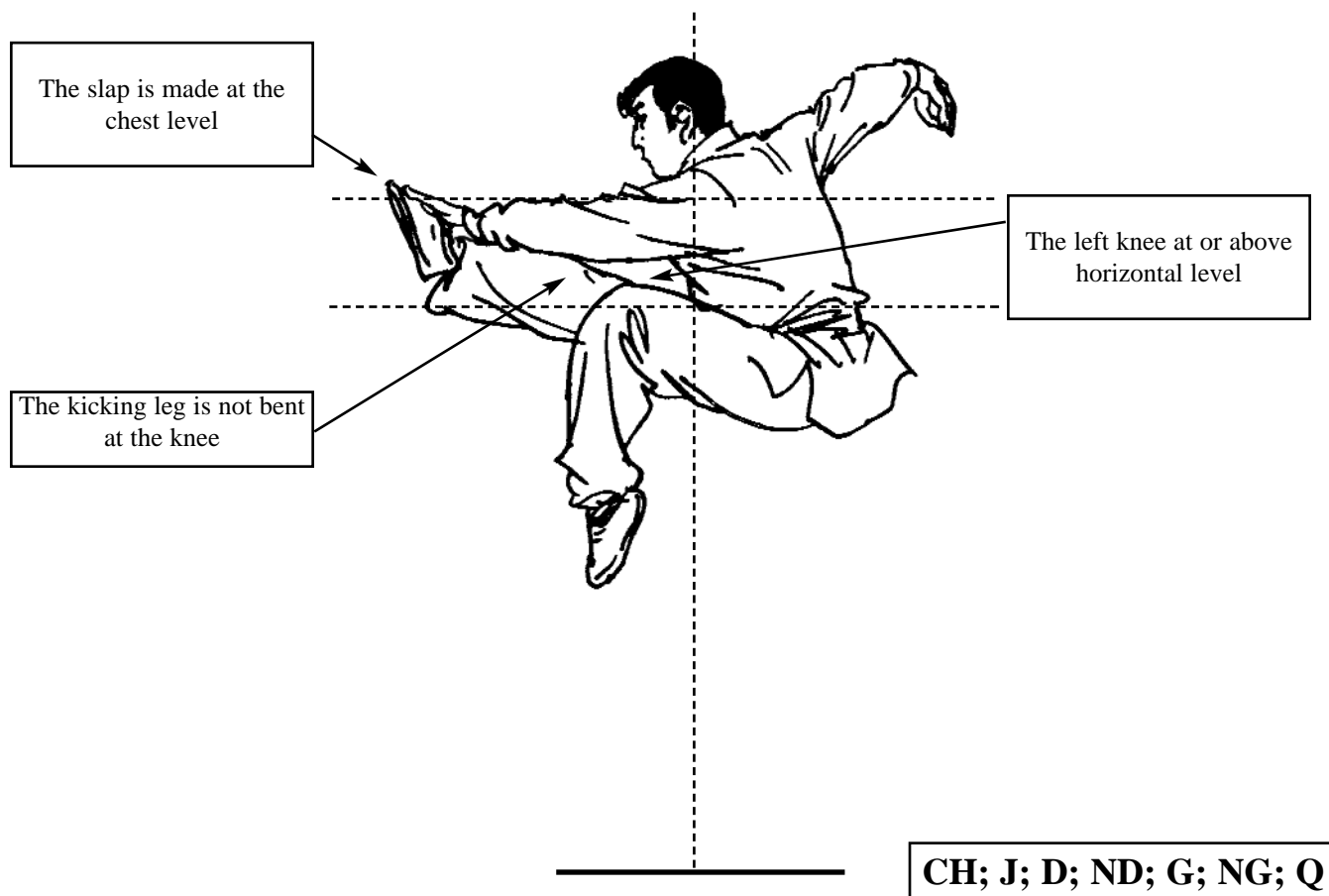
Deductions:

Absence of slap	- 0,05
Kick below chest level	- 0,03
Kicking leg bent at the knee	- 0,03
The left knee below horizontal level	- 0,05
Additional steps before jumping	- 0,05 each

Jumping front kick with left hand slap

(tengkongxiepaijiao)

腾空斜拍脚



Degree of difficulty «B» - points awarded - 0.2 Code 3FB; Code 3MB

Requirements:

The kick is performed with force and speed required by wushu characteristics. In the highest point of the jump the left hand slaps vigorously the instep of the right foot (xiepaijiao). The kicking leg is not bent at the knee. The slap is made at the chest level. The left knee at or above horizontal level. The number of steps before jumping no more than 4.

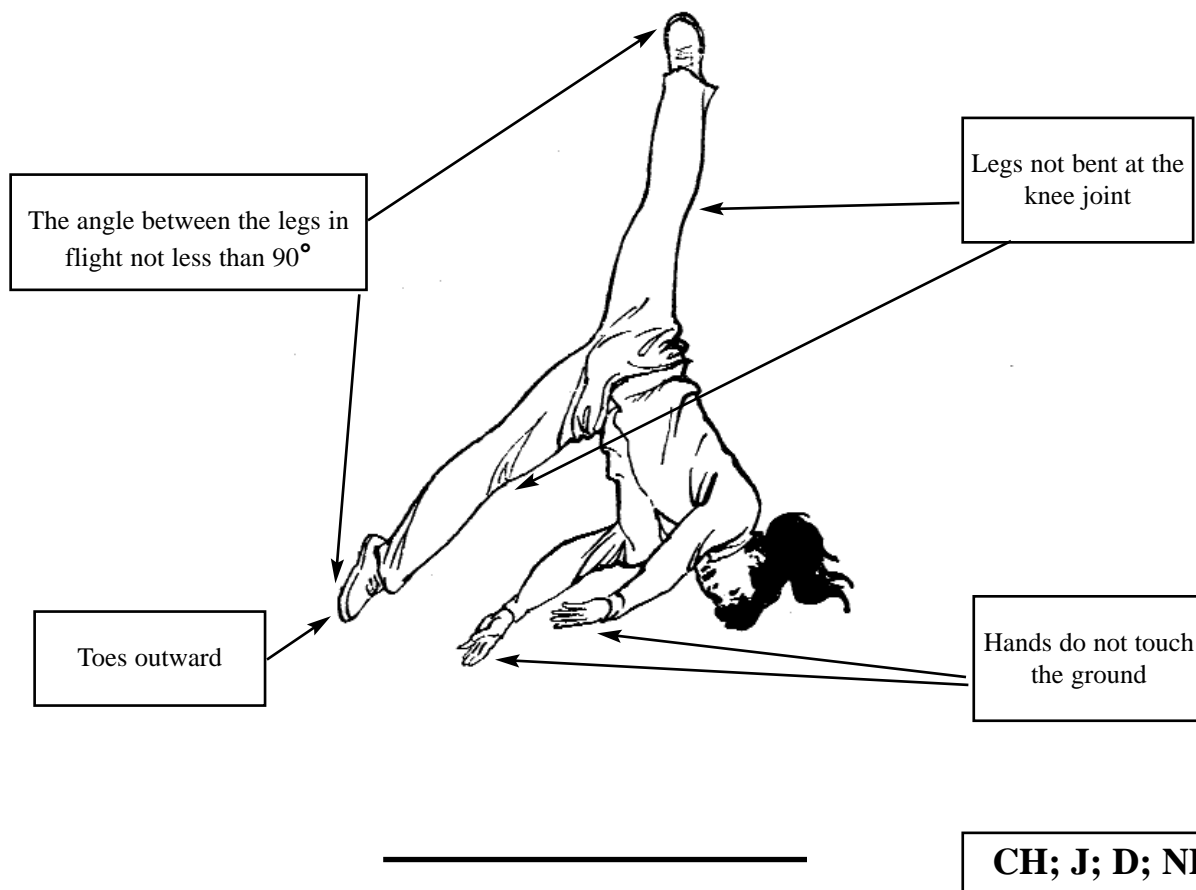
Deductions:

Absence of slap	- 0,05
Kick below chest level	- 0,03
Kicking leg bent at the knee	- 0,03
The left knee below horizontal level	- 0,05
Additional steps before jumping	- 0,05 each

Side somersault

(cekongfan)

侧空翻



Degree of difficulty «**B**» - points awarded - **0.2** Code **3FB; Code 3MB**

Requirements:

The angle between the legs in flight not less than 90°. Legs not bent at the knee joint. Hands do not touch the ground. Toes outward. The number of steps before jumping no more than 4.

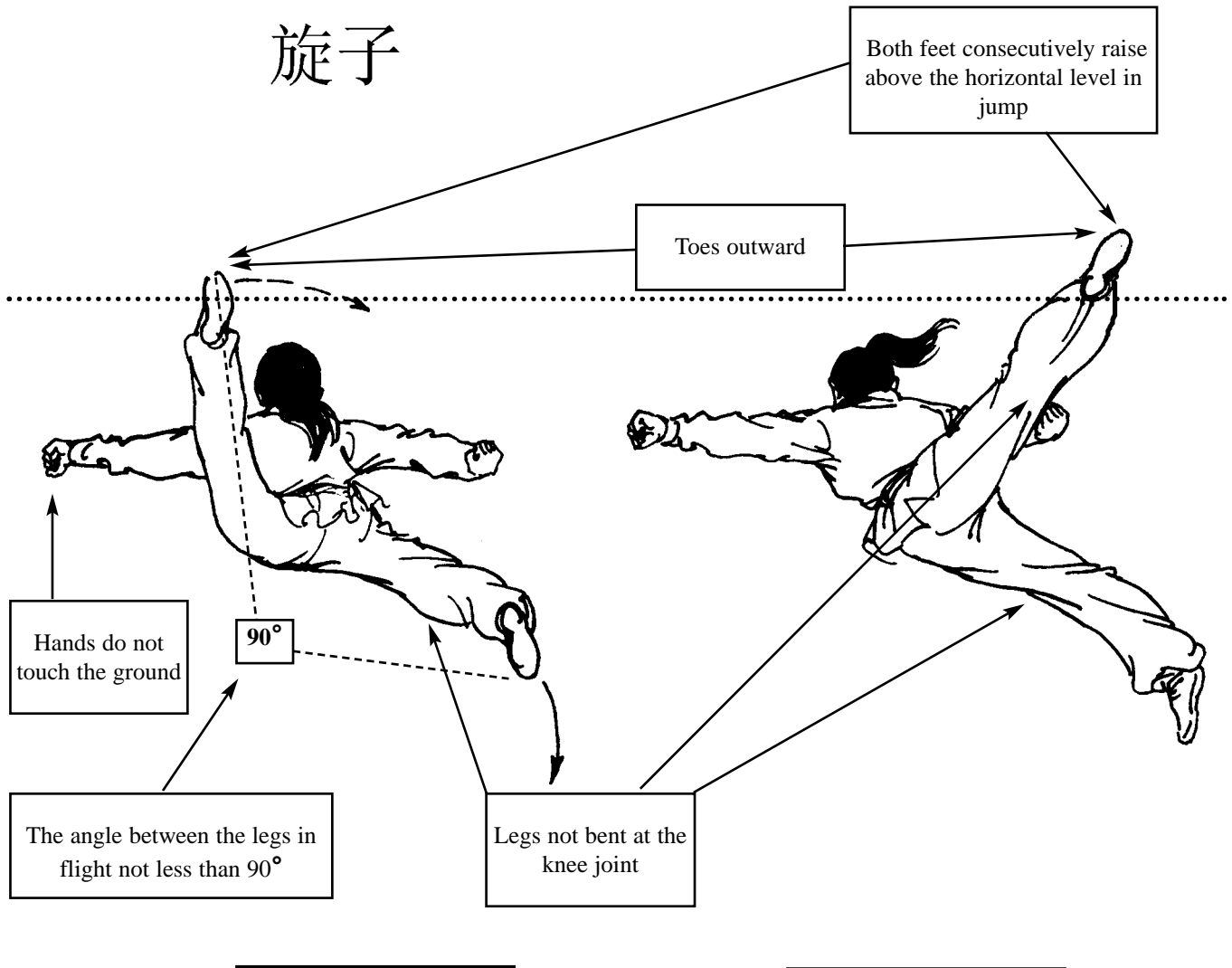
Deductions:

Toes inward	- 0,03 each
The angle between the legs in flight less than 90°	- 0,03
Legs bent at the knee	- 0,05 each
Feet touching ground simultaneously while landing	- 0,05
Hands touching ground	- 0,05 each
Additional steps before jumping	- 0,05 each

Butterfly jump

(xuanzi)

旋子



CH; J; D; ND; G; Q

Degree of difficulty «A» - points awarded - 0.2 Code 3FB; Code 3MB

Requirements:

The angle between the legs in flight not less than 90°. Legs not bent at the knee joint. Hands do not touch the ground. Toes outward. Both feet consecutively raise above the horizontal level in jump. The number of steps before jumping no more than 4.

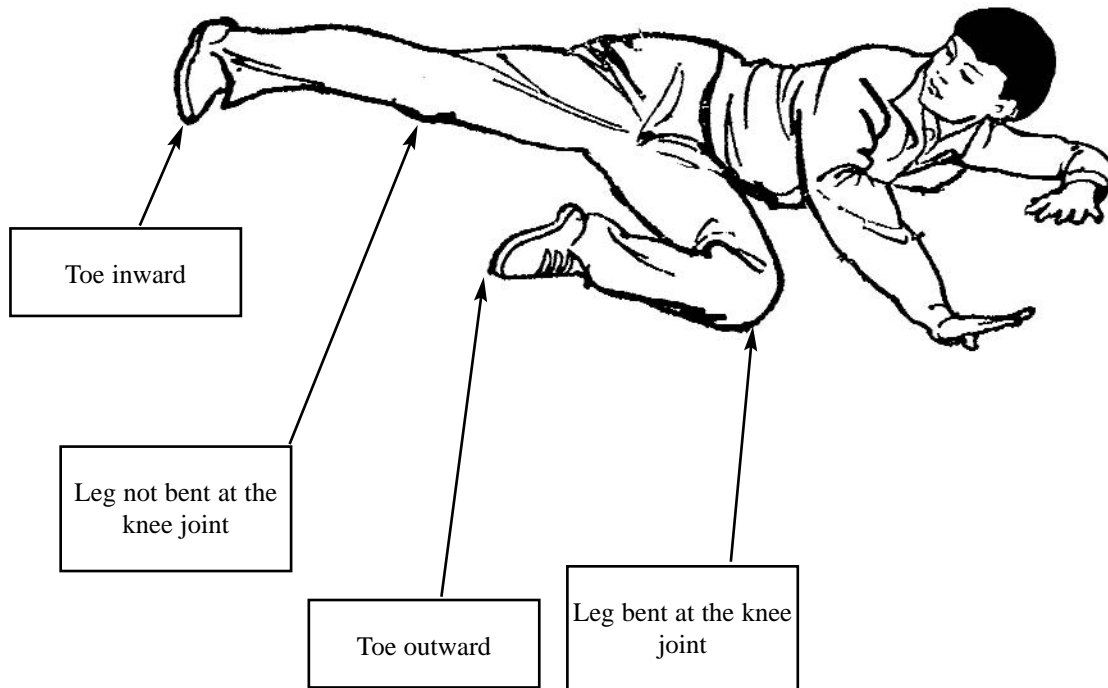
Deductions:

Toes inward	- 0,03 each
The angle between the legs in flight less than 90°	- 0,03
Legs bent at the knee	- 0,05 each
Feet below horizontal level	- 0,05 each
Hands touching ground	- 0,05 each
Additional steps before jumping	- 0,05 each

«Flying leg» with 360 degree body turn and landing on side

(zhuanshenpantuidie)

转身盘腿跌



N; ND

Degree of difficulty «**B**» - points awarded - **0.2** Code 3FB; Code 3MB

Requirements:

Forward leg not bent at the knee joint. Body and the right leg perform a vertical circle. Left leg bent at the knee joint with sole of the foot turned inward. Torso in line with right leg. The body and the forward leg touch the ground simultaneously. The number of steps before jumping no more than 4.

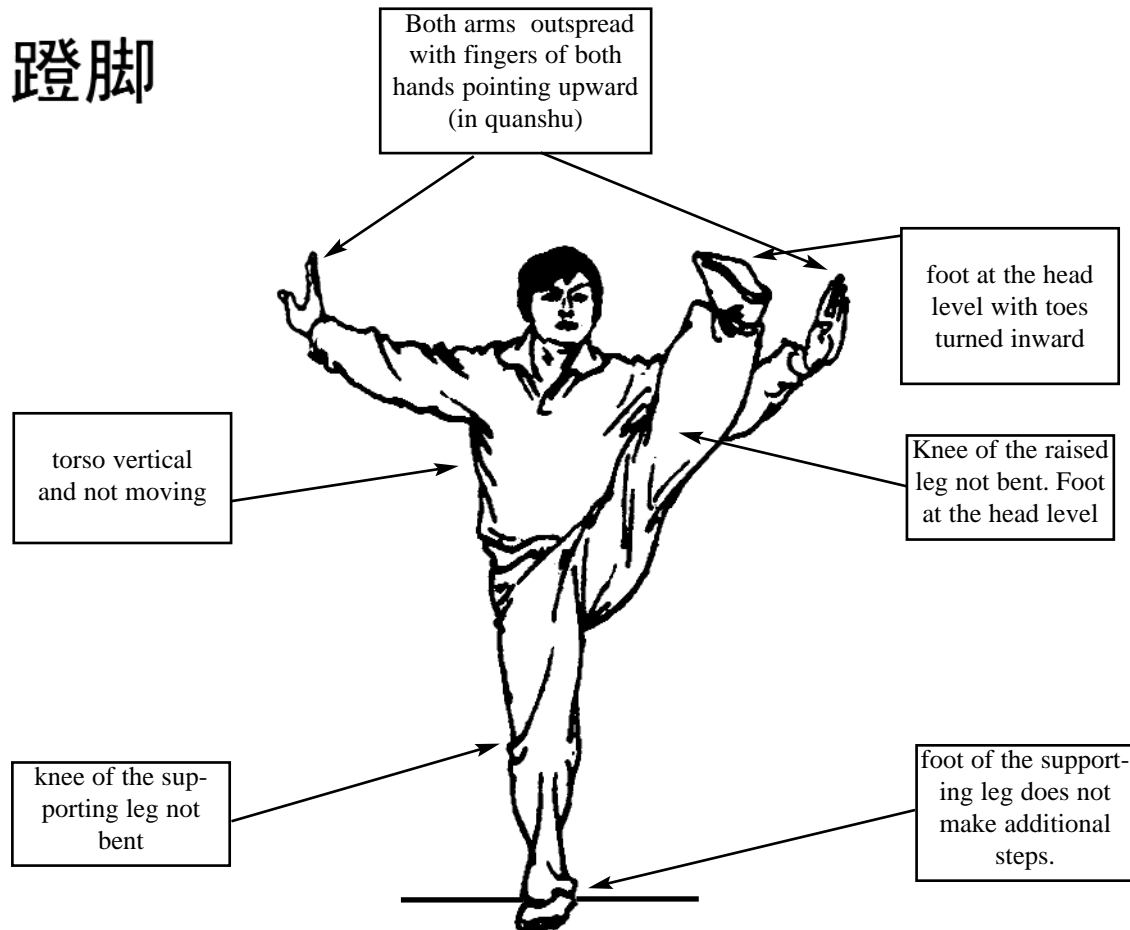
Deductions:

Forward leg bent at the knee joint	- 0,03
Torso not in line with right leg	- 0,03
Body and the right leg do not perform a vertical circle	- 0,05
The body and the forward leg do not touch the ground simultaneously	-0,05
Additional steps before jumping	- 0,05 each

Heel kick

(dengjiao)

蹬脚



To be hold for no less than 3 seconds

为持久性平衡 - 3秒

Degree of difficulty «B» - points awarded - 0.2 Code 1FB;Code 1MB

T; TJ

Requirements:

The front heel kick is made at the head level, followed by balance without lowering the leg. The supporting and raised legs not bent at the knee joint. Torso vertical and not moving. Supporting foot does not move or make additional steps. Both arms outspread with fingers of both hands pointing upward (in quanshu). Look forward and hold for at least 3 seconds. Angle between vertical line and the foot of the raised leg between 45° and 90° deduction - 0,1 (More than 90° - no points are given for this balance)

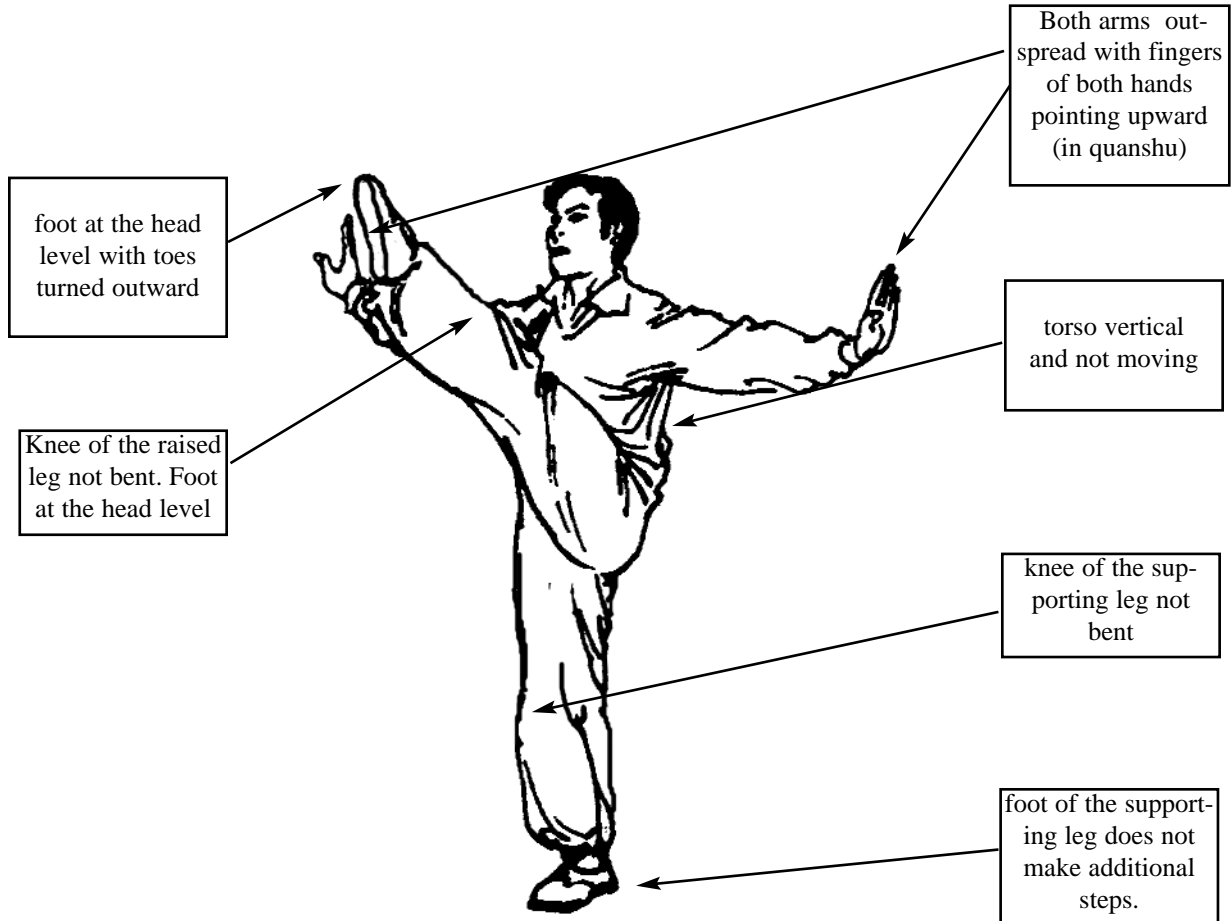
Deductions:

Raised leg bent at the knee joint	- 0,03
Supporting leg bent at the knee joint	- 0,03
Additional steps	- 0,03 each
Instable position with torso moving	- 0,03
Kick and balance below head level	- 0,03
Torso not vertical (more than 15°)	- 0,03
Angle between vertical line and the foot of the raised leg between 45° and 90° deduction	- 0,1 (More than 90° - no points are given for this balance)

Front kick

(Fenjiao)

分脚



Degree of difficulty «B» - points awarded - **0.2 Code 1FB; Code 1MB**

T; TJ

Requirements:

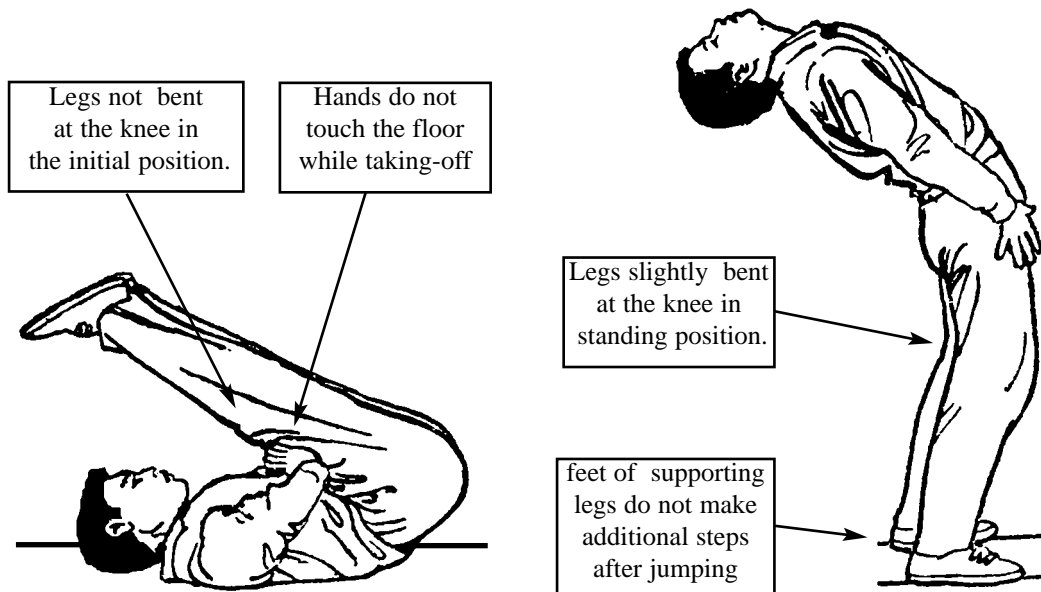
The front heel kick is made at the head level, followed by balance without lowering the leg. The supporting and raised legs not bent at the knee joint. Torso vertical and not moving. Supporting foot does not move or make additional steps. Both arms outspread with fingers of both hands pointing upward (in quanshu). Look forward and hold for at least 3 seconds. Angle between vertical line and the foot of the raised leg between 45° and 90° deduction - 0,1 (More than 90° - no points are given for this balance)

Deductions:

Raised leg bent at the knee joint	- 0,03
Supporting leg bent at the knee joint	- 0,03
Additional steps	- 0,03 each
Instable position with torso moving	- 0,03
Angle between vertical line and the foot of the raised leg between 45° and 90° deduction	- 0,1 (More than 90° - no points are given for this balance)
Torso not vertical (more than 15°)	- 0,03

Jump in standing position

鲤鱼打挺



Degree of difficulty «A» - points awarded - **0.2 Code 1FB; Code 1MB**

N;

Requirements:

While taking off the hands do not touch the floor, the legs are not bent at the knee joint, the toes are pointing outward. In standing position, the legs are slightly bent, no squat position is allowed. After the jump no additional steps are allowed.

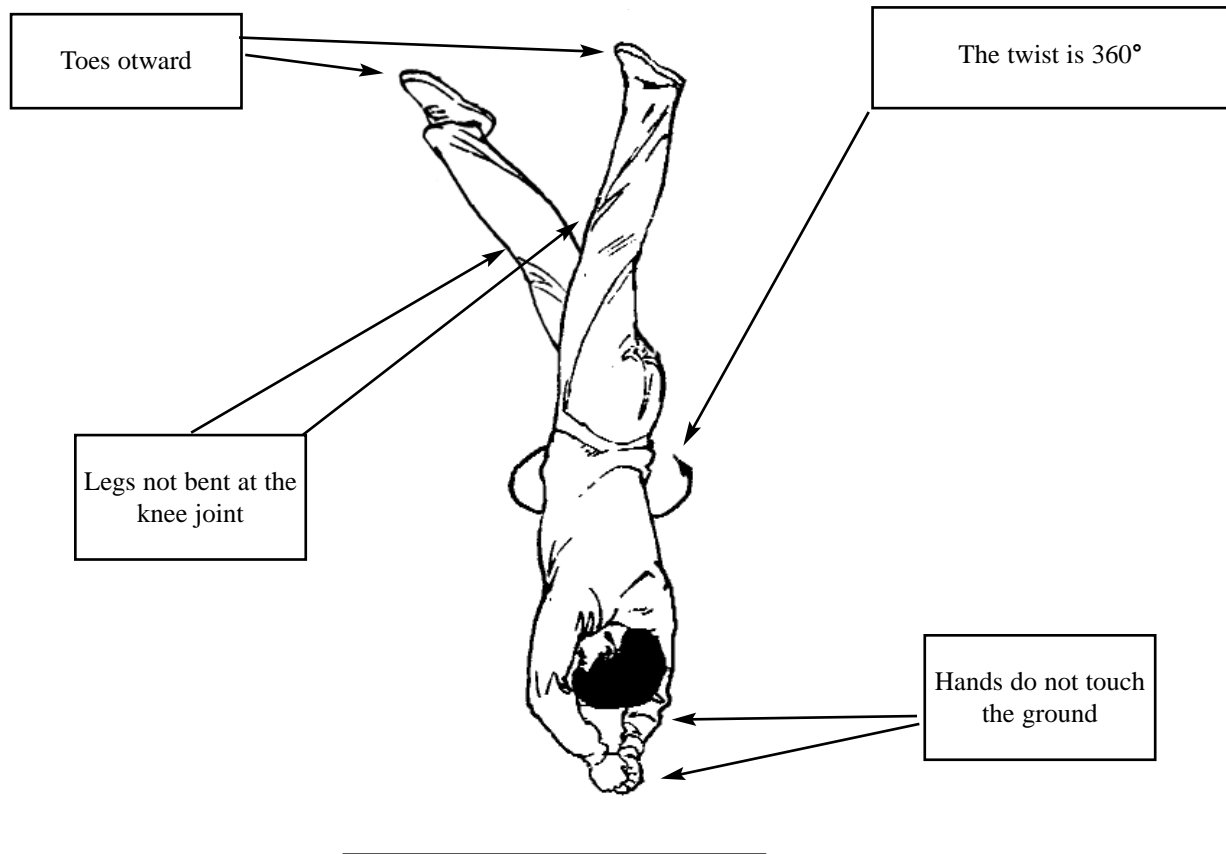
Deductions:

Squatting instead of standing after jump	- 0,05
Additional steps after jump	- 0,03 each
Instable position with torso moving after jump	- 0,03
Touching the floor with hands while jumping	- 0,03

Side somersault with twist

(cekongfanzhuanti)

侧空翻转体



Degree of difficulty «**B**» - points awarded - **0.2** Code **3MB**

Degree of difficulty «**C**» - points awarded - **0.3** Code **3FB**

CH; N; J; D; ND;

Requirements:

The twist while jumping is no less than 360°. Legs not bent at the knee joint. Hands do not touch the ground. Toes outward. The number of steps before jumping no more than 4. The lack of required degree of twists less than 45° is not deducted. Starting from 45° to 90° - deduction 0.1. Over 90° - no points for this movement are given.

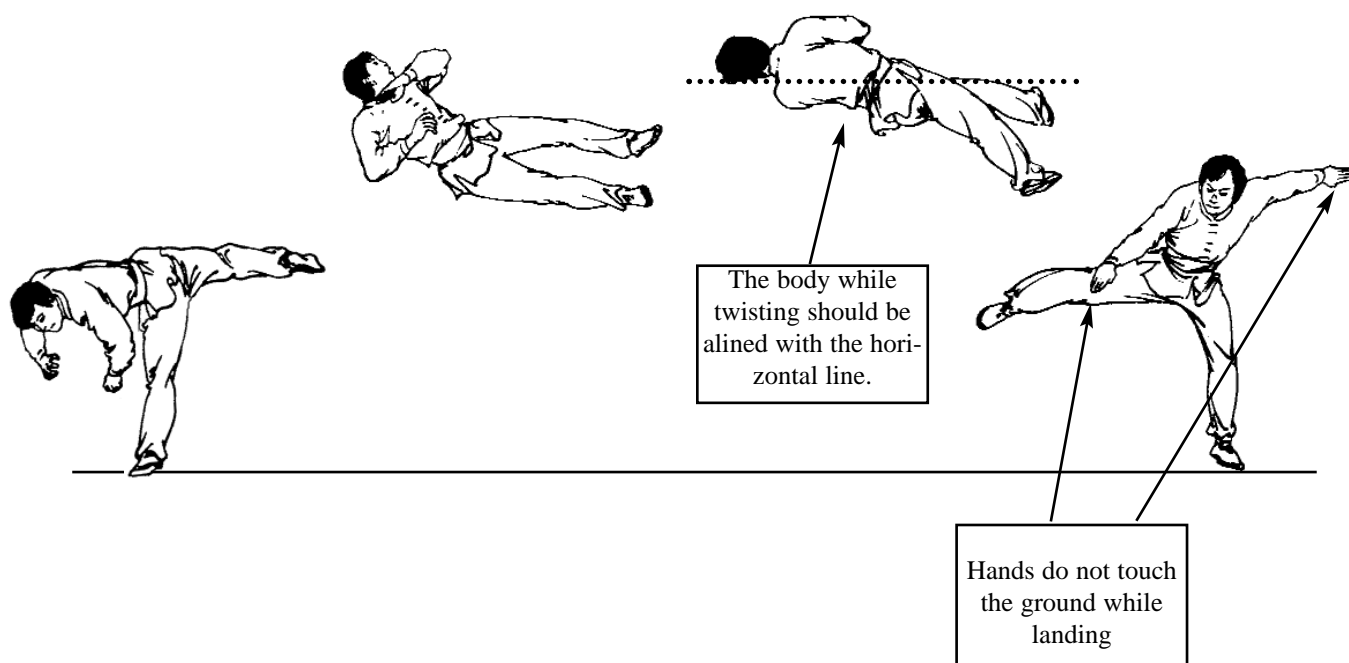
Deductions:

Twist less than required by the specified group over 45° to 90°	- 0,1
Toes inward	- 0,03 each
Twist less than 360°	- 0,05 each 45°
Legs bent at the knee	- 0,05 each
Hands touching ground	- 0,05 each
Additional steps before jumping	- 0,05 each

Butterfly jump with twist

(xuanzizhuanti)

旋子转体



CH; J; D; G; Q

Twist 360° Degree of difficulty «**B**» - points awarded - **0.3** Code **3FB**; Code **3MB**

Twist 540° Degree of difficulty «**C**» - points awarded - **0.4** Code **3FC**; Code **3MC**

Twist 720° Degree of difficulty «**D**» - points awarded - **0.5** Code **3MD**

Requirements:

The twists while jumping should be complete (360°, 540° or 720°). Legs are not bent at the knee joints. Hands do not touch the ground. Toes outward. The body while twisting should be aligned with the horizontal line. The number of steps before jumping no more than 4. The lack of required degree of twists less than 45° is not deducted. Starting from 45° to 90° - deduction 0.1. Over 90° - no points for this movement are given.

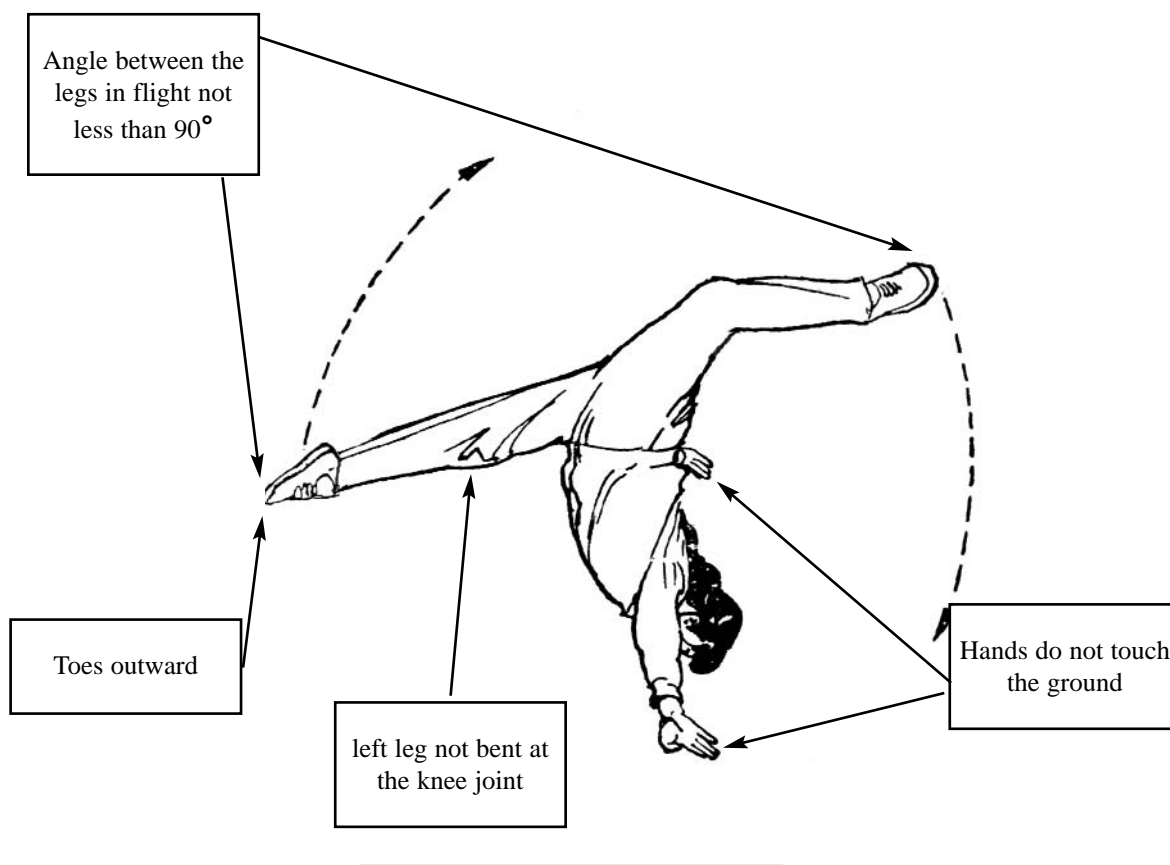
Deductions:

Twist less than required by the specified group over 45° to 90°	- 0,1
Legs bent at the knee	- 0,05 each
Hands touching ground while landing	- 0,05 each
The body while twisting not aligned with the horizontal line.	- 0,05
Additional steps before jumping	- 0,05 each

Front somersault

(Qiankongfan)

前空翻



Degree of difficulty «B» - points awarded - 0.3 Code 3FB

CH; J; D;

Requirements:

Left leg not bent at the knee joint. Hands do not touch the ground. Toes outward. The number of steps before jumping no more than 4.

Deductions:

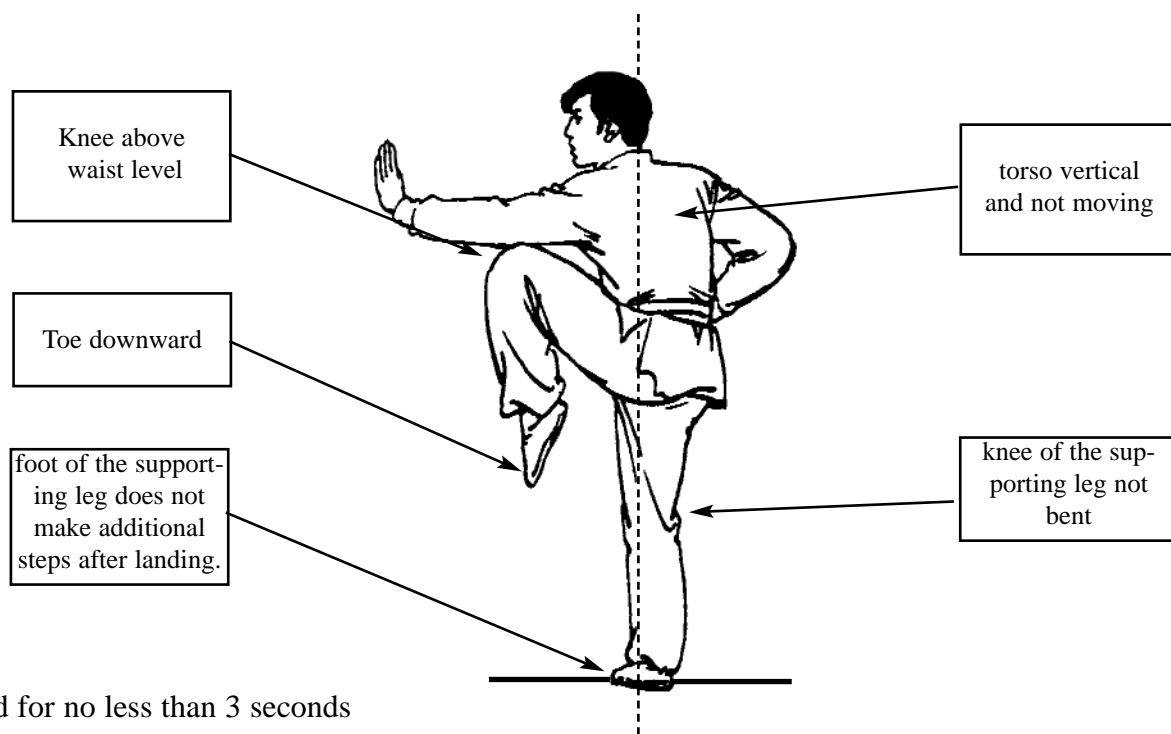
Angle between the legs in flight not less than 90°	- 0,05
Toes inward	- 0,03 each
Left leg bent at the knee	- 0,05
Feet touching ground simultaneously while landing	- 0,05
Hands touching ground	- 0,05 each
Additional steps before jumping	- 0,05 each

Raised-knee balance*

(tixipingheng, dulibu)

(in complex jumps)

提膝



To be hold for no less than 3 seconds

为持久性平衡 - 3秒

Points awarded: **Code 4MA; Code 4FA**

CH; J; D; ND; Q; G; NG;

In complex jumps with «A» group-0.05

Points awarded: **Code 4MA; Code 4FA**

In complex jumps with «B» group-0.1; «C»-group-0.15; «D» group-0.2

Requirements:

Knee of the raised leg above waist level. Toe turned downward. The foot of the supporting leg does not make additional steps. Torso vertical and not moving. The knee of the supporting leg not bent. Should be fixed within a space of no more than 2 seconds after landing.

Deductions:

Knee of the raised leg below waist level	- 0,05 each
Instable position with torso moving	- 0,03
Additional steps	- 0,03 each
Time between landing after jump and fixing a balance more than 2 seconds	- 0,03 each second

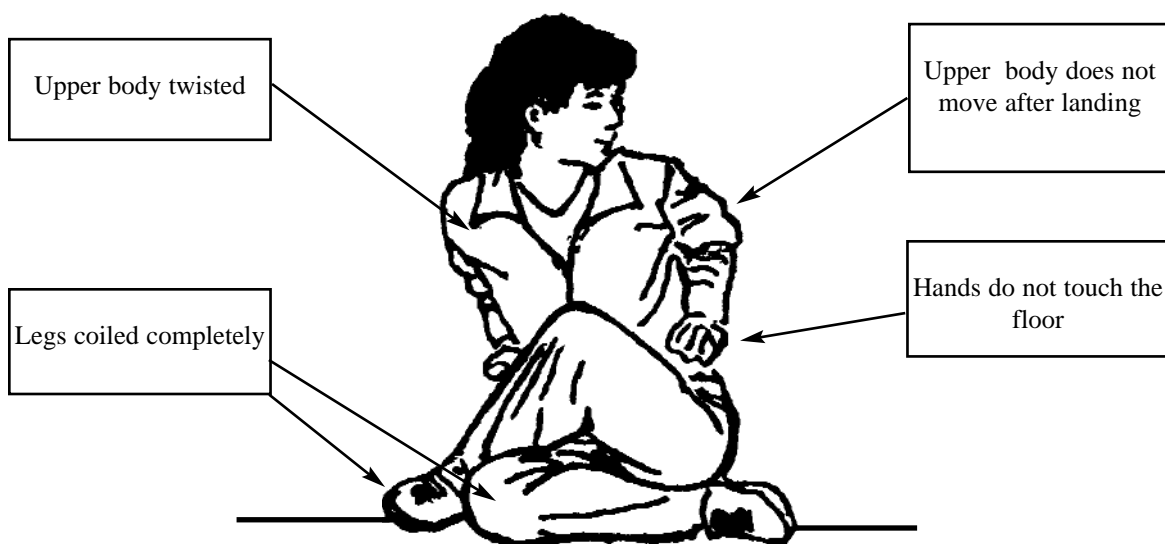
*Only in combination with jumping techniques

Twisted Sitting position*

(zuopan)

(in complex jumps)

坐盘



Points awarded:

Code 4MA; Code 4FA

CH; J; D; G; Q

In complex jumps with «A» group-0.05; «B» group-0.1; «C»-group-0.15; «D» group-0.2

Requirements:

After landing the upper body does not move. Both legs fully bent at the knee joint and coiled. Hands do not touch the floor. Both feet touch the floor simultaneously when landing. Upper body not moving.

Deductions:

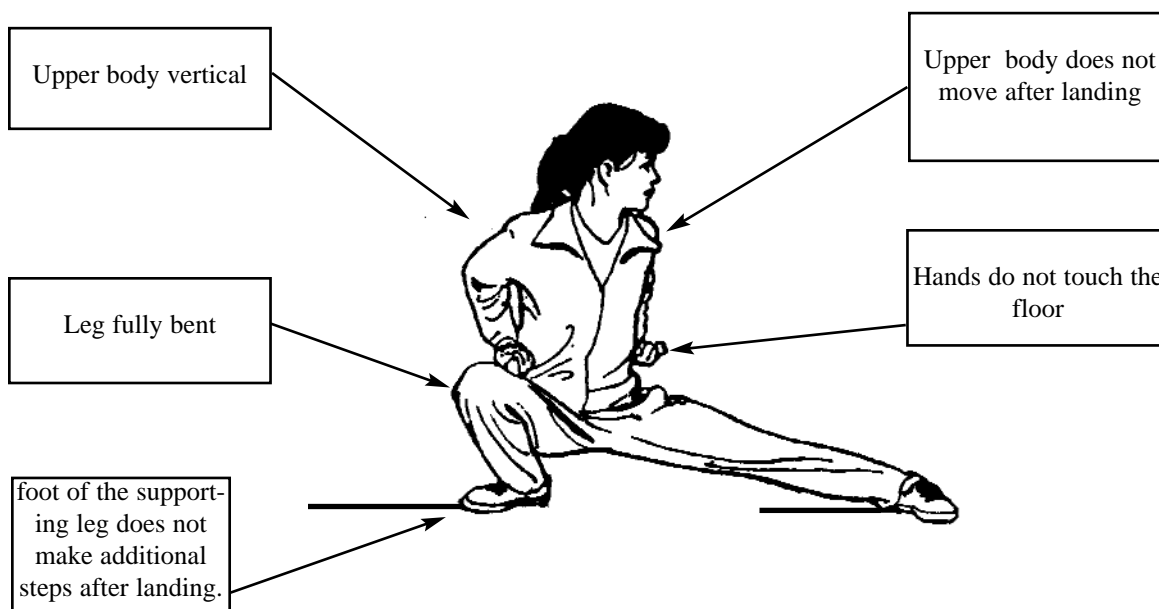
Hand touching the floor	- 0,03 each
Instable position with torso moving	- 0,01
Legs not coiled	- 0,03
Feet touch the floor consecutively when landing	- 0,01
Assuming position after landing	- 0,03

Crouching position*

(pubu)

(in complex jumps)

扑步



Points awarded:

Code 4MA; Code 4FA

CH; J; D; G; Q

In complex jumps with «A» group-0.05; «B» group-0.1; «C»-group-0.15; «D» group-0.2

Requirements:

After landing the upper body does not move. Foot of the supporting leg does not make additional steps after landing. Hands do not touch the floor. Both feet touch the floor simultaneously when landing. Upper body not moving.

Deductions:

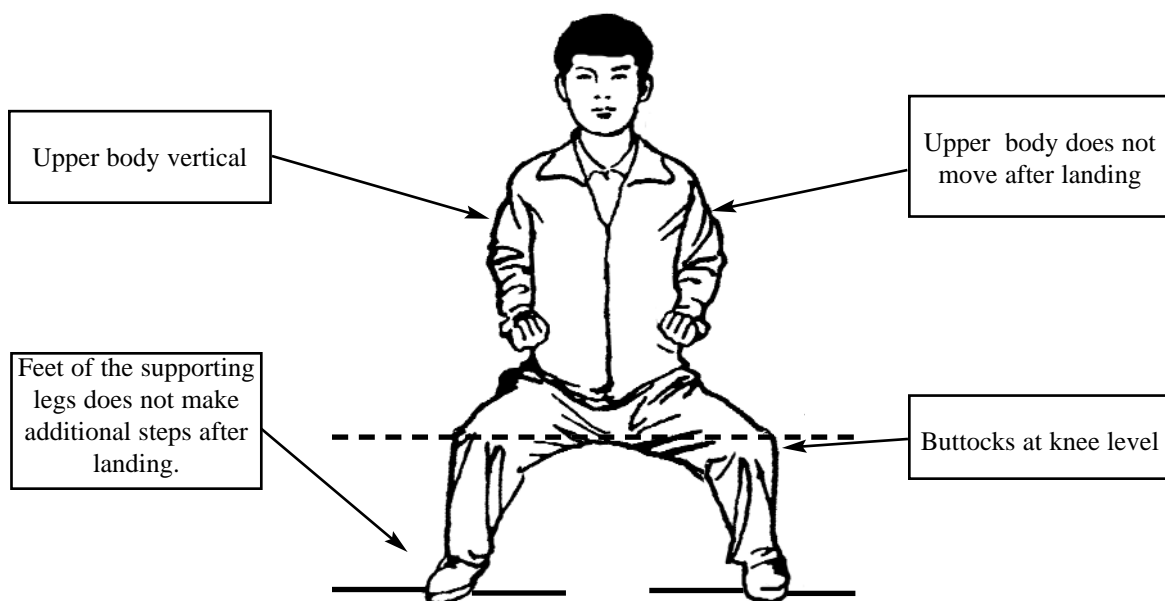
Hand touching the floor	- 0,03 each
Instable position with torso moving	- 0,01
Additional steps after landing.	- 0,03
Feet touch the floor consecutively when landing	- 0,01
Assuming position after landing	- 0.03

Horse-riding position*

(mabu)

(in complex jumps)

马步



CH; J; D; G; Q; N; NG

Points awarded:

Code 4MA; Code 4FA

In complex jumps with «A» group-0.05; «B» group-0.1; «C»-group-0.15; «D» group-0.2

Requirements:

After landing the upper body does not move. Buttocks at knee level. Feet of the supporting legs does not make additional steps after landing. Both feet touch the floor simultaneously when landing.

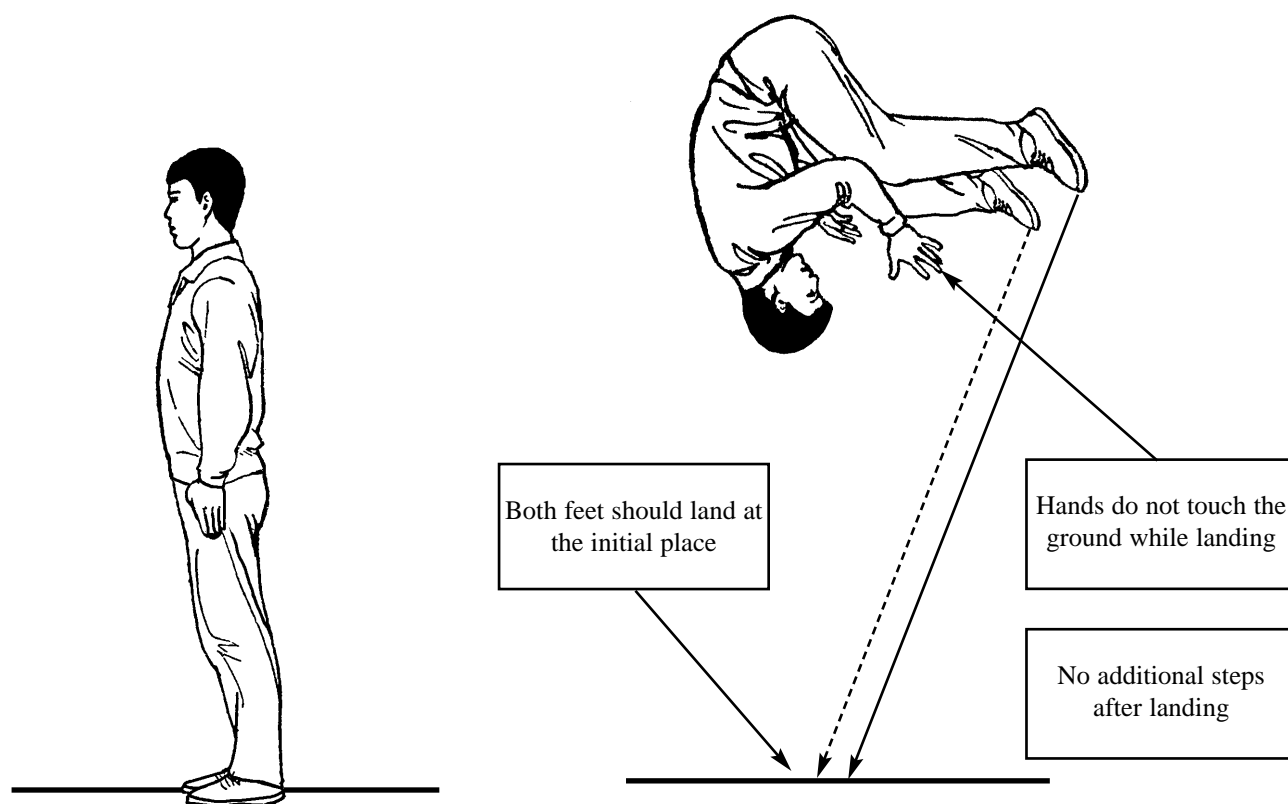
Deductions:

Instable position with torso moving	- 0,01
Additional steps after landing.	- 0,03 each
Feet touch the floor consecutively when landing	- 0,01
Assuming position after landing	- 0.03
Buttocks below or above knee level	- 0.01

Backward somersault at initial place

(yuandihoukongfan)

原地后空翻



Degree of difficulty «B» - points awarded - **0.2 Code 3MB**

Degree of difficulty «C» - points awarded - **0.3 Code 3FB**

N; ND

Requirements:

Both feet should land at the initial place Hands do not touch the ground while landing.. No additional steps after landing.. No additional steps allowed before jumping.

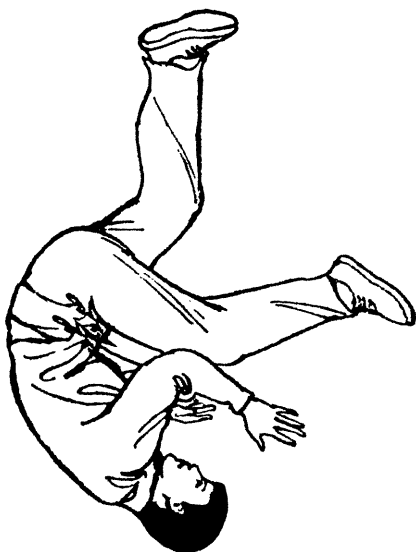
Deductions:

Missing the initial place while landing	- 0,05
Hands touching ground	- 0,05 each
Additional steps before and after landing	- 0,05 each
Falling while landing	- 0.1

Single leg backward somersault

(dantiaohoukongfan)

单跳后空翻



Degree of difficulty «C» - points awarded - **0.3 Code 3MB**

Degree of difficulty «D» - points awarded - **0.4 Code 3FB**

N; ND

Requirements:

The number of steps before jumping can not exceed 3 (including 3). No additional steps after landing.

Deductions:

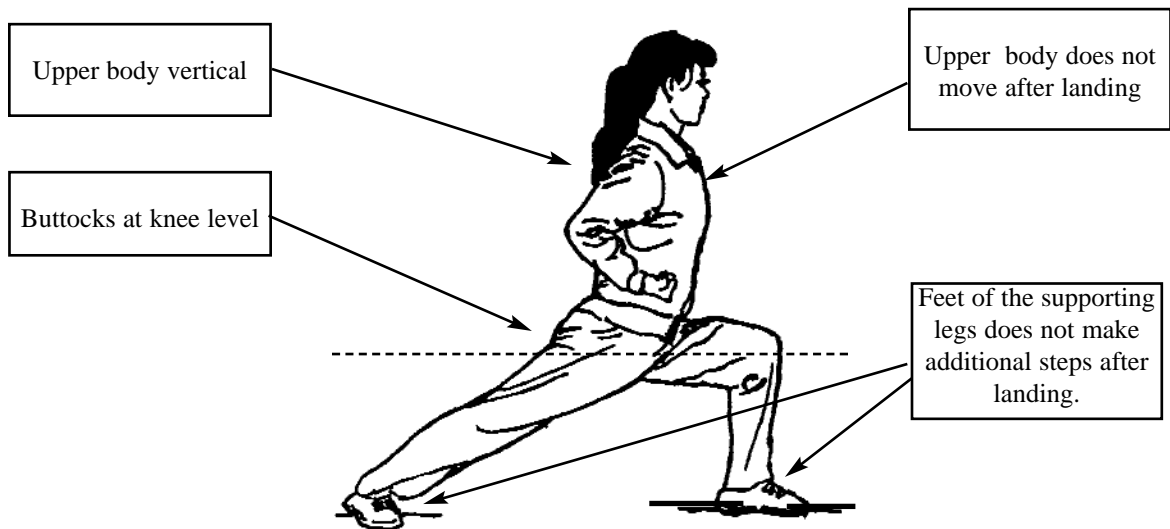
Number of steps before jump exceeding 3	- 0.1 each
Additional steps after landing	- 0,05 each
Falling while landing	- 0.1

Bow position*

(gongbu)

(in complex jumps)

弓步



CH; J; D; G; Q; N; NG

Points awarded:

Code 4MA; Code 4FA

In complex jumps with «A» group-0.05; «B» group-0.1; «C»-group-0.15; «D» group-0.2

Requirements:

After landing the upper body does not move. Buttocks at knee level. Feet of the supporting legs does not make additional steps after landing. Both feet touch the floor simultaneously when landing.

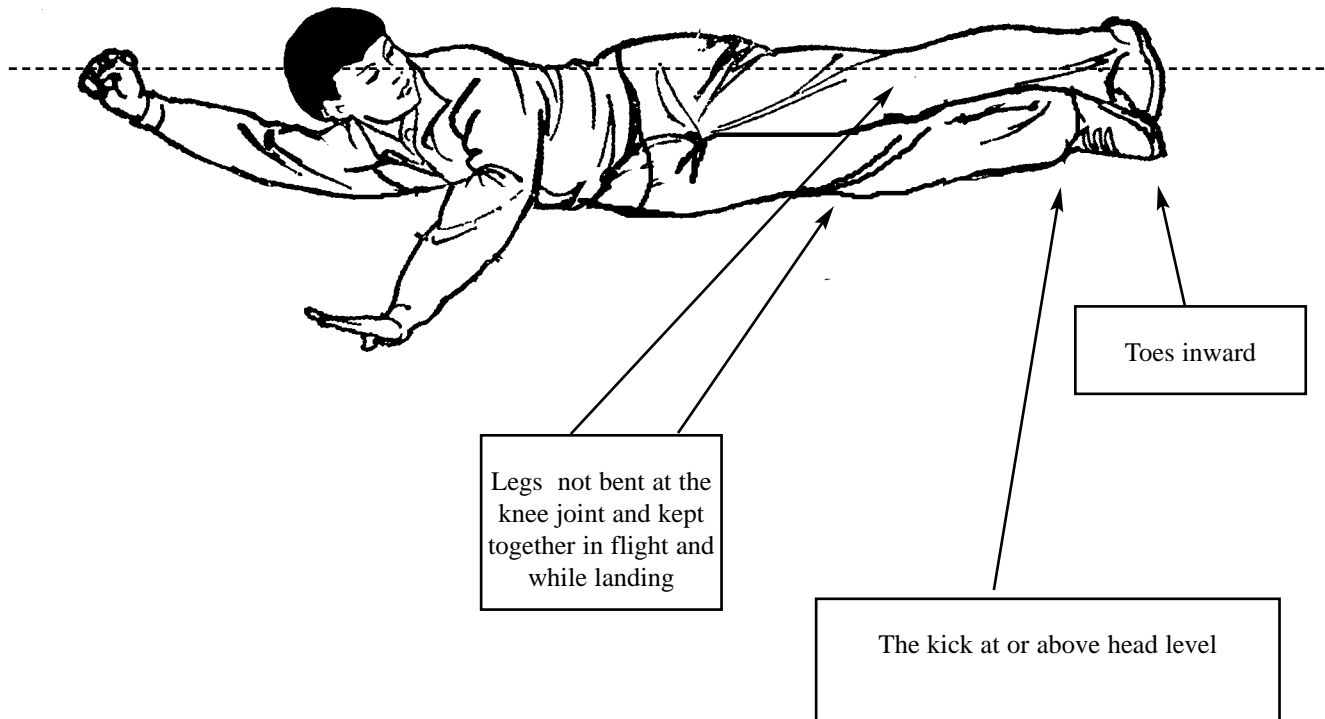
Deductions:

Instable position with torso moving	- 0,01
Additional steps after landing.	- 0,03 each
Feet touch the floor consecutively when landing	- 0,01
Assuming position after landing	- 0,03
Buttocks below or above knee level	- 0,01

Double flying side-kick and landing on side

(tengkong shuangcechuaidiepu)

腾空双侧踹跌扑



Degree of difficulty «A» - points awarded - **0.1 Code 3MA**

Degree of difficulty «B» - points awarded - **0.2 Code 3FA**

N; ND

Requirements:

Legs not bent at the knee joint and kept together in flight and while landing. The body and legs touch the ground simultaneously. The number of steps before jumping no more than 3 (including 3). Kick at or above head level.

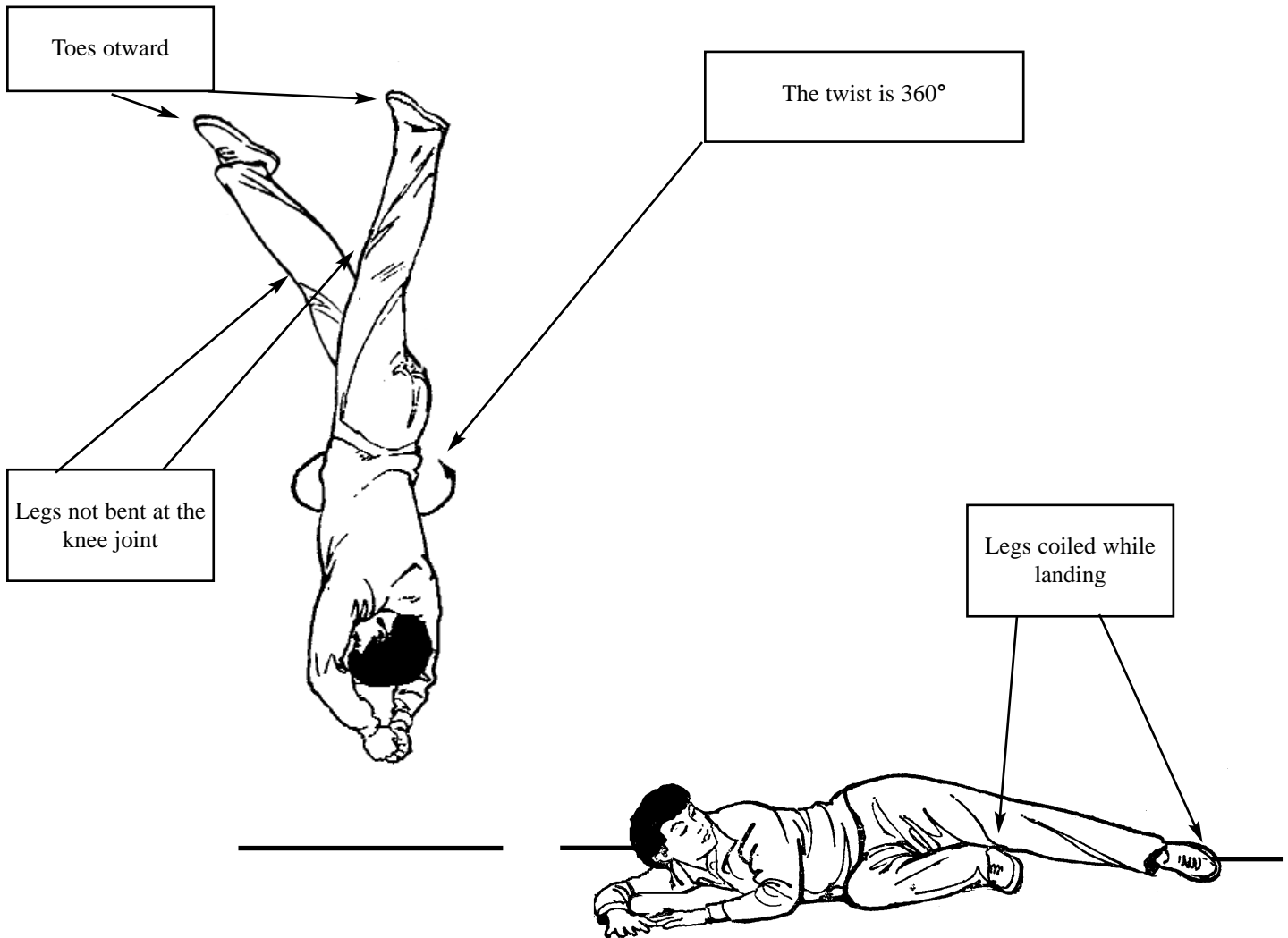
Deductions:

Legs kept apart in flight	- 0.01
The body and legs do not touch the ground simultaneously	- 0.01
Kick below head level	- 0.03
Additional steps before jumping	- 0,05 each

Side somersault with twist and side landing

(cekongfanzhuanti)

侧空翻盘腿跌



Degree of difficulty «B» - points awarded - 0.2 Code 3MB

Degree of difficulty «C» - points awarded - 0.3 Code 3FB

N; ND;

Requirements:

The twist while jumping is no less than 360°. Legs not bent at the knee joint. Hands do not touch the ground. Toes outward. The number of steps before jumping no more than 4. The lack of required degree of twists less than 45° is not deducted. Starting from 45° to 90° - deduction 0.1. Over 90° - no points for this movement are given.

Deductions:

Twist less than required by the specified group over 45° to 90°	- 0,1
Toes inward	- 0,03 each
Twist less than 360°	- 0,05 each 45°
Legs bent at the knee	- 0,05 each
Hands touching ground in jump	- 0,05 each
Additional steps before jumping	- 0,05 each