

## **Fall Classic Internal Empty Hand and Weapons Forms**

**Rules and Responsibilities** - Forms, known as Tao Lu (套路) in Chinese, are an essential aspect of training in traditional martial arts. A form is composed of different stances, footwork patterns, blocking movements, evasive actions, striking and kicking techniques, or weapons work. They represent the real fighting experience of the masters who developed the forms.

Internal martial arts, also known as neijia martial arts, focus on building strength from the inside out by using the entire body as a unit to create power. They emphasize breathing, ki or chi (energy), flow, and relaxation, to harmonize the mind and body. Internal martial arts differ from more external styles like Karate and Taekwondo in a few ways, including:

The three primary internal martial arts styles include: Tai Chi, Xing Yi, and Baguazhang. Each style will be judged on the criteria of that system of martial art.

### **Tai Chi Forms Rules**

#### **Tai Chi Principles**

- Straightening the head
- Correct position of chest and back
- Remain relaxed with no tension
- All movement comes from the center
- Harmonize the upper and lower parts of the body
- The entire body moves as a unit
- All movements performed smoothly, with no unevenness, and continuous, allowing no interruptions
- Maintain a clear distinction between the substantial and the insubstantial
- Breathe deeply from your lower belly and in harmony with the movements
- The mind leads the body

## **Time**

Each competitor, group, or 2-person set has three (3) minutes to demonstrate a form. Three (3) minutes will be announced by a bell, whistle, or verbal signal. If the competitor has not completed the form, he or she has thirty seconds to finish, at which time there will be another signal. Competitors must stop at this time (3min 30 sec).

## **Scoring**

Judges complete a written evaluation given to the competitor at the medal ceremony and score the competitor's performance. Judges will give the competitors a verbal evaluation if time allows.

## **Judging Criteria**

- Knowledge of basic Tai Chi empty hand and/or weapons applications are demonstrated.
- Correct postures and stances are evident.
- Hands and feet are coordinated.
- All movements are in balance while moving forward and backward.
- Body, footwork, weight shift are coordinated with movements.
- Blocking and Striking have smoothness and a sense of internal power.
- Internal martial spirit and freedom of the expression are evident.
- Choreography and overall expression with Tai Chi characteristics are clearly demonstrated.

## **Penalties**

There is a penalty of .1 for each increment of five seconds under or over time. Penalty to be applied by Head Judge prior to announcing the final score. Individual Judges will not assess a penalty for time infractions.

## **2-Person Set**

The 2-Person Barehand Set event is for two competitors performing choreographed empty hand (not weapons) Tai Chi Quan movements utilizing Tai Chi Quan principles. Group Form must contain more than one competitor performing a synchronized form.

## **Tai Chi Weapons Rules**

### **Time**

Competitors must perform for a minimum of 1 minute 30 seconds and a maximum of 3 minutes 30 seconds.

### **Scoring**

Judges complete a written evaluation given to the competitor at the medal ceremony and score the competitor's performance. Judges offer verbal evaluation if time allows.

### **Penalties**

There is a penalty of .1 for each increment of five seconds under or over time. Penalty to be applied by the Chief Judge prior to announcing the final score. Individual Judges will not assess a penalty for time infractions.

## **Xing Yi Quan Rules (Empty Hand and Weapons)**

### **Xing Yi Quan Principles**

- Coordination in expression of the body in unison and movement.
- A sense of fully gathered internal energy without displaying external stiffness.
- Each movement must have intention with the mind to control movement and energy.
- The energy and techniques are accelerated toward and beyond an imaginary target.
- Usage of standard Xing Yi Quan principles (San Ti, 5 Elements, 12 Animals, etc).

### **Time**

Competitors must perform for a minimum of 30 seconds and a maximum of 2 minutes 30 seconds.

### **Scoring**

Competitors are scored on the effective demonstration of Xing Yi Quan principles.

### **Judging Criteria**

- Knowledge of basic empty hand and/or weapons applications are demonstrated.
- Correct postures and stances are evident.
- Hands and feet are coordinated.
- All movements are in balance while moving forward and backward.
- Body, footwork, weight shift are coordinated with movements.
- Blocking and Striking have smoothness and a sense of internal power.
- Internal martial spirit and freedom of the expression are evident.
- Choreography and overall expression with Xing Yi characteristics are clearly demonstrated.

### **Penalties**

There is a penalty of 0.1 points for each increment of five seconds under time. Penalty to be applied by the Chief Judge prior to announcing the final score. Individual judges will not assess a penalty for time infractions.

### **Baguazhang Principles**

- Primary use of the palm instead of the fist is demonstrated.
- Walking the circle, turning and changing positions, forward, backward are utilized.
- Striking and evading are done in circular and straight movements.
- Turning and changing direction are done with a hook step (kou bu) and swing step (ba bu).
- Changing steps with piercing, inserting, and changing palms is demonstrated.
- Posture is extended with hardness and softness combined.
- Body is filled with internal energy.
- Every change and transformation is executed with agility and quickness.

- The circular turning power is like the power of a fierce tornado.

### **Time**

Competitors must perform for a minimum of 1 minute and a maximum of 2 minutes 30 seconds.

### **Scoring**

Competitors are scored on the effective demonstration of Baguazhang principles.

### **Judging Criteria**

- Knowledge of basic empty hand or weapons applications is evident.
- Correct postures and stances are demonstrated.
- Movement of hands and feet are coordinated.
- All movements are in balance while moving forward and backward.
- Body, footwork, weight shift are coordinated with movements.
- Blocking and Striking have smoothness and a sense of internal power.
- Internal martial spirit and freedom of the expression are evident.
- Choreography and overall expression with Bagua characteristics are demonstrated.

### **Penalties**

There is a penalty of 0.1 points for each increment of five seconds under. Penalty to be applied by the Chief Judge prior to announcing the final score. Individual Judges will not assess a penalty for time infractions.

**Arbitration and Disputes:** Any instructor or competitor disputing the results of a match and wishing to have arbitration of a match for any reason must notify the Tournament Director within 15 minutes of the end of the division. They must then provide a written request and \$300 arbitration fee to the Tournament Arbitrator within 30 minutes of the end of the match to have resolution that same day. If the arbitration is settled in favor of the arbitrating parties, a full refund of the arbitration fee will be given. If the arbitrating parties are not settled in their favor, no refund for the arbitration fee will be given