





## SCORING JUDGE WORKSHEET: HAND FORM

| Candidate's Name and Test Rank:   | Rank:   | Rank:   |
|---|---|---|
| <p><b>Quality Of Movements (QoM)</b><br/>Hand shape, stance, step, torso position, torso movement, kick</p> <p><u>Deduction for faults:</u></p> <ul style="list-style-type: none"> <li>0.05 minor</li> <li>0.1 moderate</li> <li>0.2 major</li> <li>0.3 (total deductions for multiple occurrences of same mistake)</li> </ul> <p><b>Quality of Movements Score</b><br/>(Max 6 pts. minus total QoM deductions):</p>                        | <p>Deductions:_____ QoM Score (A):_____</p>       | <p>Deductions:_____ QoM Score (A):_____</p>       |
| <p><b>Application &amp; Coordination (Ap&amp;Co)</b><br/>Tai chi energies and energy points, perform continuously with connected hand, eye and body movements and footwork</p> <p><u>Deduction for faults:</u></p> <ul style="list-style-type: none"> <li>0.1 – 0.5 minor</li> <li>0.6 – 1.0 moderate</li> <li>1.1 – 2.0 major</li> </ul> <p><b>Application and Coordination Score</b><br/>(Max 2 pts. minus total A&amp;C deductions):</p> | <p>Deductions:_____ Ap&amp;Co Score (B):_____</p> | <p>Deductions:_____ Ap&amp;Co Score (B):_____</p> |
| <p><b>Spirit, Concentration, Speed And Style (SCS&amp;S)</b><br/>Natural expression, effective concentration, appropriate speed and manifested style</p> <p><u>Deduction for faults:</u></p> <ul style="list-style-type: none"> <li>0.1 – 0.5 minor</li> <li>0.6 – 1.0 moderate</li> <li>1.1 – 2.0 major</li> </ul> <p><b>Spirit, Concentration, Speed &amp; Style Score</b><br/>(Max 2 pts. minus total deductions):</p>                   | <p>Deductions:_____ SCS&amp;S Score (C):_____</p> | <p>Deductions:_____ SCS&amp;S Score (C):_____</p> |
| <p><b>TOTAL SCORE (A+B+C)=D:</b></p>  | <p><b>Score (D):</b></p>                          | <p><b>Score (D):</b></p>                          |
| <p><b>Other Deductions</b></p> <ul style="list-style-type: none"> <li>0.1 Each occurrence of swaying</li> <li>0.2 Use of non-weighted/supporting leg to maintain balance</li> <li>0.3 More than one use of the non-weighted leg in a row to maintain balance</li> <li>0.3 Each instance of falling to the ground</li> </ul> <p><b>Total Other Deductions</b></p>  | <p><b>Other Deductions (E):</b></p>               | <p><b>Other Deductions (E):</b></p>               |
| <p><b>CANDIDATE'S FINAL SCORE</b><br/>(D minus E)</p>   |   |   |

Date: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_



## SCORING JUDGE WORKSHEET: SWORD FORM

| Candidate's Name and Test Rank:   | Rank:   | Rank:   |
|---|---|---|
| <p><b>Quality Of Movements (QoM)</b><br/>Hand shape, sword technique, stance, step, kick, torso position, torso movement, and jump</p> <p><u>Deduction for faults:</u></p> <ul style="list-style-type: none"> <li>0.05 minor</li> <li>0.1 moderate</li> <li>0.2 major (max. total deductions for a single movement)</li> <li>0.3 (total deductions for multiple occurrences of same mistake)</li> </ul> <p><b>Quality of Movements Score</b><br/>(Max 6 pts. minus total QoM deductions):</p> | <p>Deductions:_____ QoM Score (A):_____</p>       | <p>Deductions:_____ QoM Score (A):_____</p>       |
| <p><b>Application &amp; Coordination (Ap&amp;Co)</b><br/>Tai chi energies and energy points, continuously with connected hand, eye and body movements and footwork</p> <p><u>Deduction for faults:</u></p> <ul style="list-style-type: none"> <li>0.1 – 0.5 minor</li> <li>0.6 – 1.0 moderate</li> <li>1.1 – 2.0 major</li> </ul> <p><b>Application and Coordination Score</b><br/>(Max 2 pts. minus total A&amp;C deductions):</p>   | <p>Deductions:_____ Ap&amp;Co Score (B):_____</p> | <p>Deductions:_____ Ap&amp;Co Score (B):_____</p> |
| <p><b>Spirit, Concentration, Speed And Style (SCS&amp;S)</b><br/>Natural expression, effective concentration, appropriate speed and manifested style</p> <p><u>Deduction for faults:</u></p> <ul style="list-style-type: none"> <li>0.1 – 0.5 minor</li> <li>0.6 – 1.0 moderate</li> <li>1.1 – 2.0 major</li> </ul> <p><b>Spirit, Concentration, Speed &amp; Style Score</b><br/>(Max 2 pts. minus total deductions):</p>   | <p>Deductions:_____ SCS&amp;S Score (C):_____</p> | <p>Deductions:_____ SCS&amp;S Score (C):_____</p> |
| <p><b>TOTAL SCORE (A+B+C)=D:</b></p>  | <p><b>Score (D):</b></p>                          | <p><b>Score (D):</b></p>                          |
| <p><b>Other Deductions</b></p> <ul style="list-style-type: none"> <li>0.1 Each occurrence of swaying</li> <li>0.2 Use of non-weighted/supporting leg to maintain balance</li> <li>0.3 More than one use of the non-weighted leg in a row to maintain balance</li> <li>0.3 Each instance of falling to the ground</li> </ul> <p><b>Total Other Deductions</b></p>  | <p><b>Other Deductions (E):</b></p>               | <p><b>Other Deductions (E):</b></p>               |
| <p><b>CANDIDATE'S FINAL SCORE</b><br/>(D minus E)</p>   |   |   |

Date: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_



## SCORING JUDGE WORKSHEET: SABER FORM

| Candidate's Name and Test Rank:  | Rank:   | Rank:   |
|--|---|---|
| <p><b>Quality Of Movements (QoM)</b><br/>Hand shape, saberw technique, stance, step, kick, torso position, torso movement, and jump</p> <p><u>Deduction for faults:</u></p> <ul style="list-style-type: none"> <li>0.05 minor</li> <li>0.1 moderate</li> <li>0.2 major (max. total deductions for a single movement)</li> <li>0.3 (total deductions for multiple occurrences of same mistake)</li> </ul> <p><b>Quality of Movements Score</b><br/>(Max 6 pts. minus total QoM deductions):</p> | <p>Deductions:_____ QoM Score (A):_____</p>       | <p>Deductions:_____ QoM Score (A):_____</p>       |
| <p><b>Application &amp; Coordination (Ap&amp;Co)</b><br/>Tai chi energies and energy points, continuously with connected hand, eye and body movements and footwork</p> <p><u>Deduction for faults:</u></p> <ul style="list-style-type: none"> <li>0.1 – 0.5 minor</li> <li>0.6 – 1.0 moderate</li> <li>1.1 – 2.0 major</li> </ul> <p><b>Application and Coordination Score</b><br/>(Max 2 pts. minus total A&amp;C deductions):</p>  | <p>Deductions:_____ Ap&amp;Co Score (B):_____</p> | <p>Deductions:_____ Ap&amp;Co Score (B):_____</p> |
| <p><b>Spirit, Concentration, Speed And Style (SCS&amp;S)</b><br/>Natural expression, effective concentration, appropriate speed and manifested style</p> <p><u>Deduction for faults:</u></p> <ul style="list-style-type: none"> <li>0.1 – 0.5 minor</li> <li>0.6 – 1.0 moderate</li> <li>1.1 – 2.0 major</li> </ul> <p><b>Spirit, Concentration, Speed &amp; Style Score</b><br/>(Max 2 pts. minus total deductions):</p>  | <p>Deductions:_____ SCS&amp;S Score (C):_____</p> | <p>Deductions:_____ SCS&amp;S Score (C):_____</p> |
| <p><b>TOTAL SCORE (A+B+C)=D:</b></p>   | <p><b>Score (D):</b></p>                          | <p><b>Score (D):</b></p>                          |
| <p><b>Other Deductions</b></p> <ul style="list-style-type: none"> <li>0.1 Each occurrence of swaying</li> <li>0.2 Use of non-weighted/supporting leg to maintain balance</li> <li>0.3 More than one use of the non-weighted leg in a row to maintain balance</li> <li>0.3 Each instance of falling to the ground</li> </ul> <p><b>Total Other Deductions</b></p>   | <p><b>Other Deductions (E):</b></p>               | <p><b>Other Deductions (E):</b></p>               |
| <p><b>CANDIDATE'S FINAL SCORE</b><br/>(D minus E)</p>  |   |   |

Date: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_



## PRESIDING JUDGE'S WORKSHEET: COPPER TIGER PUSH HANDS

Name of Candidate: \_\_\_\_\_

Pass                      No Pass

Presiding Judge: \_\_\_\_\_

Partnering Judge: \_\_\_\_\_

Place a checkmark beside each move as it is executed. If the candidate makes a mistake (e.g. omitting, repeating, scrambling, etc.) describe it in the space provided for each move. The candidate must pass all of the following push hands skills. **NOTE: (Items in red italics are not to be read out)**

|   |   |  |           |
|---|---|--|-----------|
| Preparation   | Prepare<br><i>Salute and step into single hand ready position</i>   |  | Comments: |
| Fixed Step Single Hand Circles  | Begin Single hand horizontal circle<br><i>Continue with horizontal circle</i>   |  |           |
| Fixed Step Double Hand Circles<br>(vertical, horizontal and figure eight) | Transition to vertical double hand circle<br><i>Continue with vertical circle</i>   |  | Comments: |
|   | Change direction at top of circle<br><i>Continue with vertical circle</i>   |  |           |
|   | Change direction using S curve<br><i>Continue with vertical circle</i>  |  |           |
|   | Transition from vertical circle to horizontal double hand circle from rollback<br><i>Continue with horizontal circle</i>                              |  |           |
|   | Transition from horizontal circle to vertical double hand circle<br><i>Continue with vertical circle</i>  |  |           |
|   | Transition from vertical circle to horizontal double hand circle from press<br><i>(partner's press)</i><br><i>Continue with horizontal circle</i>     |  |           |
|   | Transition from horizontal double hand circle to vertical double hand circle  |  |           |
|   | Transition from vertical double hand circle to figure eight double hand circle<br><i>(using rollback)</i><br><i>Continue with figure eight circle</i> |  |           |
| Closing   | Close <i>(Step back with hands to sides)</i>  |  |           |
|   | Salute  |  |           |

### PRINCIPLES OF PUSH HANDS

Candidate must pass all of these skills

|                |  |
|----------------|--|
| Stick          |  |
| Adhere         |  |
| Connect        |  |
| Follow         |  |
| Don't Separate |  |
| Don't Resist   |  |
| Don't Reach    |  |

### QUALITY OF SKILLS: PRINCIPLES IN ACTION

Candidate must pass at least nine of fifteen Quality of Skills

|  |  |
|--|--|
| Stance: width and length                       |  |
| Weight shifting coordinates with hand circling |  |
| Waist rotation                                 |  |
| Body angle                                     |  |
| Palm rotation (not flipping)                   |  |
| No hooking                                     |  |
| Techniques without sliding                     |  |
| Techniques without stiffness                   |  |

|                         |  |
|-------------------------|--|
| Even pressure           |  |
| Head up                 |  |
| Chest held in           |  |
| Armpits open            |  |
| Shoulders Sunk          |  |
| Elbows dropped          |  |
| Wrist and elbow covered |  |
| TOTAL                   |  |

Date: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_



## PRESIDING JUDGE'S WORKSHEET: SILVER TIGER PUSH HANDS

Name of Candidate: \_\_\_\_\_

Pass                      No Pass

Presiding Judge: \_\_\_\_\_

Partnering Judge: \_\_\_\_\_

Place a checkmark beside each move as it is executed. If the candidate makes a mistake (e.g. omitting, repeating, scrambling, etc.) describe it in the space provided for each move. The candidate must pass all of the following push hands skills. **NOTE: (Items in red italics are not to be read out)**

|  |   |  |           |
|--|---|--|-----------|
| <b>Preparation</b>   | Prepare<br><i>Salute and step into single hand ready position</i>   |  | Comments: |
| <b>Fixed Step Single Hand Circles</b><br>(horizontal, vertical and figure eight) | Begin Single hand horizontal circle<br><i>Continue with horizontal circle</i>   |  |           |
|  | Transition to single hand vertical circle<br><i>Continue with vertical circle</i>   |  |           |
|  | Change direction of vertical circle<br><i>Continue with vertical circle</i>   |  |           |
|  | Change direction of vertical circle<br><i>Continue with vertical circle</i>   |  |           |
|  | Transition to single hand figure eight circle<br><i>Continue with figure eight circle</i>   |  |           |
| <b>Fixed Step Double Hand Circles</b><br>(vertical, horizontal and figure eight) | Transition to vertical double hand circle<br><i>Continue with vertical circle</i>   |  | Comments: |
|  | Change direction at top of circle<br><i>Continue with vertical circle</i>   |  |           |
|  | Change direction using S curve<br><i>Continue with vertical circle</i>  |  |           |
|  | Transition from vertical circle to horizontal double hand circle from rollback<br><i>Continue with horizontal circle</i>                    |  |           |
|  | Transition from horizontal circle to vertical double hand circle<br><i>Continue with vertical circle</i>                                    |  |           |
|  | Transition from vertical circle to horizontal double hand circle from press<br>(partner's press)<br><i>Continue with horizontal circle</i>  |  |           |
|  | Transition from horizontal double hand circle to vertical double hand circle  |  |           |
|  | Transition from vertical double hand circle to figure eight double hand circle<br>(using rollback) <i>Continue with figure eight circle</i> |  |           |
|  | Transition from figure eight circle to vertical double hand circle  |  |           |
| <b>Fixed Step Double Hand Circles</b><br><b>Open Arms</b>                        | Transition from vertical circle to open arms inward circle at wrists<br><i>Continue with open arms inward circles at wrists</i>             |  | Comments: |
|  | Change direction to open arms outward circle  |  |           |
|  | Change direction to open arms inward circle   |  |           |
|  | Transition from wrists to elbows<br><i>Continue with open arms circles at elbows</i>  |  |           |
|  | Change direction on elbows  |  |           |
|  | Transition from elbows to wrists  |  |           |
|  | Transition into double hand vertical circle<br><i>Continue with vertical circle</i>   |  |           |
|  | Transition to alternating double hand open arm inward circles (brush knee)  |  |           |
|  | Change direction to alternating double hand open arm outward circles<br>(cloud hands)   |  |           |
| Transition to vertical double hand circle  |   |  |           |



|                                 |   |  |  |
|---------------------------------|---|--|--|
| Horizontal Four Energies Circle | Transition from vertical circle to horizontal four energies circle<br><i>Continue with horizontal 4 energies circle</i> |  |  |
|                                 | Change direction<br><i>Continue with horizontal 4 energies circle</i>   |  |  |
|                                 | Change direction ( <i>different way</i> )<br><i>Continue with horizontal 4 energies circle</i>                          |  |  |
| Closing                         | Close ( <i>Step back with hands to sides</i> )  |  |  |
|                                 | Salute  |  |  |

|                             |           |  |          |  |
|-----------------------------|-----------|--|----------|--|
| Eight Energies Applications | Ward off  |  | Pull     |  |
|                             | Roll back |  | Split    |  |
|                             | Press     |  | Elbow    |  |
|                             | Push      |  | Shoulder |  |

### PRINCIPLES OF PUSH HANDS

Candidate must pass all of these skills

|                |  |
|----------------|--|
| Stick          |  |
| Adhere         |  |
| Connect        |  |
| Follow         |  |
| Don't Separate |  |
| Don't Resist   |  |
| Don't Reach    |  |

### QUALITY OF SKILLS: PRINCIPLES IN ACTION

Candidate must pass at least eleven of fifteen Quality of Skills

|  |  |
|--|--|
| Stance: width and length                       |  |
| Weight shifting coordinates with hand circling |  |
| Waist rotation                                 |  |
| Body angle                                     |  |
| Palm rotation (not flipping)                   |  |
| No hooking                                     |  |
| Techniques without sliding                     |  |
| Techniques without stiffness                   |  |

|                         |  |
|-------------------------|--|
| Even pressure           |  |
| Head up                 |  |
| Chest held in           |  |
| Armpits open            |  |
| Shoulders Sunk          |  |
| Elbows dropped          |  |
| Wrist and elbow covered |  |
| TOTAL                   |  |

Date: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_



## PRESIDING JUDGE'S WORKSHEET: GOLD TIGER PUSH HANDS

Name of Candidate: \_\_\_\_\_

Pass

No Pass

Presiding Judge: \_\_\_\_\_

Partnering Judge: \_\_\_\_\_

Place a checkmark beside each move as it is executed. If the candidate makes a mistake (e.g. omitting, repeating, scrambling, etc.) describe it in the space provided for each move. The candidate must pass all of the following push hands skills. **NOTE: (Items in red italics are not to be read out)**

|  |  |  |           |
|--|--|--|-----------|
| <b>Preparation</b>   | Prepare<br><i>Salute and step into single hand ready position</i>  |  | Comments: |
| <b>Fixed Step Single Hand Circles</b><br>(horizontal, vertical and figure eight) | Begin Single hand horizontal circle<br><i>Continue with horizontal circle</i>  |  |           |
|  | Transition to single hand vertical circle<br><i>Continue with vertical circle</i>  |  |           |
|  | Change direction of vertical circle<br><i>Continue with vertical circle</i>  |  |           |
|  | Change direction of vertical circle<br><i>Continue with vertical circle</i>  |  |           |
|  | Transition to single hand figure eight circle<br><i>Continue with figure eight circle</i>  |  |           |
| <b>Fixed Step Double Hand Circles</b><br>(vertical, horizontal and figure eight) | Transition to vertical double hand circle<br><i>Continue with vertical circle</i>  |  | Comments: |
|  | Change direction at top of circle<br><i>Continue with vertical circle</i>  |  |           |
|  | Change direction using S curve<br><i>Continue with vertical circle</i>   |  |           |
|  | Transition from vertical circle to horizontal double hand circle from rollback<br><i>Continue with horizontal circle</i>                           |  |           |
|  | Transition from horizontal circle to vertical double hand circle<br><i>Continue with vertical circle</i>   |  |           |
|  | Transition from vertical circle to horizontal double hand circle from press<br><i>(partner's press)</i><br><i>Continue with horizontal circle</i>  |  |           |
|  | Transition from horizontal double hand circle to vertical double hand circle   |  |           |
|  | Transition from vertical double hand circle to figure eight double hand circle<br><i>(using rollback)</i> <i>Continue with figure eight circle</i> |  |           |
|  | Transition from figure eight circle to vertical double hand circle   |  |           |
| <b>Fixed Step Double Hand Circles</b><br><b>Open Arms</b>                        | Transition from vertical circle to open arms inward circle at wrists<br><i>Continue with open arms inward circles at wrists</i>                    |  | Comments: |
|  | Change direction to open arms outward circle   |  |           |
|  | Change direction to open arms inward circle  |  |           |
|  | Transition from wrists to elbows<br><i>Continue with open arms circles at elbows</i>   |  |           |
|  | Change direction on elbows   |  |           |
|  | Transition from elbows to wrists   |  |           |
|  | Transition into double hand vertical circle<br><i>Continue with vertical circle</i>  |  |           |
|  | Transition to alternating double hand open arm inward circles <i>(brush knee)</i>  |  |           |
|  | Change direction to alternating double hand open arm outward circles<br><i>(cloud hands)</i>   |  |           |
| Transition to vertical double hand circle  |  |  |           |



|  |   |  |           |
|--|---|--|-----------|
| <b>Horizontal Four Energies Circle</b> | Transition from vertical circle to horizontal four energies circle<br><i>Continue with horizontal 4 energies circle</i> |  | Comments: |
|  | Change direction<br><i>Continue with horizontal 4 energies circle</i>   |  |           |
|  | Change direction ( <i>different way</i> )<br><i>Continue with horizontal 4 energies circle</i>                          |  |           |
| <b>Closing</b>                         | Close ( <i>Step back with hands to sides</i> )  |  |           |
|  | Salute  |  |           |

|   |           | Counter 1 |  | Counter 2 |  |
|---|-----------|-----------|--|-----------|--|
| <b>Eight Energies Applications and Counters</b> | Ward off  |           |  |           |  |
|   | Roll back |           |  |           |  |
|   | Press     |           |  |           |  |
|   | Push      |           |  |           |  |
|   | Pull      |           |  |           |  |
|   | Split     |           |  |           |  |
|   | Elbow     |           |  |           |  |
|   | Shoulder  |           |  |           |  |

|   |   |  |           |
|---|---|--|-----------|
| <b>Moving Step Push Hands<br/>Straight Step Pattern</b> | Begin with horizontal single hand circle  |  | Comments: |
|   | Transition to vertical double hand circle |  |           |
|   | Transition to double hand figure eight    |  |           |
| <b>Moving Step Push Hands<br/>Cross Step Pattern</b>    | Begin with horizontal single hand circle  |  | Comments: |
|   | Transition to vertical double hand circle |  |           |
|   | Transition to vertical double hand circle |  |           |

**PRINCIPLES OF PUSH HANDS**

Candidate must pass all of these skills

|                |  |
|----------------|--|
| Stick          |  |
| Adhere         |  |
| Connect        |  |
| Follow         |  |
| Don't Separate |  |
| Don't Resist   |  |
| Don't Reach    |  |

**QUALITY OF SKILLS: PRINCIPLES IN ACTION**

Candidate must pass at least thirteen of fifteen Quality of Skills

|  |  |
|--|--|
| Stance: width and length                       |  |
| Weight shifting coordinates with hand circling |  |
| Waist rotation                                 |  |
| Body angle                                     |  |
| Palm rotation (not flipping)                   |  |
| No hooking                                     |  |
| Techniques without sliding                     |  |
| Techniques without stiffness                   |  |

|                         |  |
|-------------------------|--|
| Even pressure           |  |
| Head up                 |  |
| Chest held in           |  |
| Armpits open            |  |
| Shoulders Sunk          |  |
| Elbows dropped          |  |
| Wrist and elbow covered |  |
| TOTAL                   |  |

Date: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_