



# KICK PUNCH FU Ba Gua Zhang RULES

## General Ba Qua Zhang principles:

- Primary use of the palm instead of the fist is demonstrated.
- Walking the circle, turning and changing positions, forward and backward motion are utilized.
- Striking and evading are done in circular and straight movements.
- Turning and changing direction are done with 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:

- Minimum Time – 1 minute
- Maximum Time – 2 minutes 30 seconds

## Scoring:

- Competitors are scored on the effective demonstration of Ba Quan Zhang principles.

## Judging Criteria:

- Knowledge of basic empty hand or weapons application 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, and weight shift are coordinated with movements.
- Blocking and striking have smoothness and a sense of internal power.
- Internal martial spirit and freedom of expression are evident.
- Choreography and overall expression of Ba Qua Zhang characteristics are demonstrated.

## Penalties:

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