



KICK PUNCH FU Wing Chun Wooden Dummy Competition RULES

General:

- Although several styles of martial arts use the apparatus known as the Wooden Dummy (Mook), this competition is intended to display the concepts and techniques of Traditional Wing Chun.
- Competition for this event will be evaluated by three (3) scoring judges.

Skill Divisions:

- If enough competitors are present, the events will be separated by skill levels. Otherwise, divisions will be combined by the tournament staff. The skill levels will be defined as below.
- Intermediate (INT) – less than three and a half (3.5) years experience
- Advanced (ADV) – over three and a half (3.5) years experience

Time:

- Intermediate (INT) competitors must complete their competition in 2 minutes.
- Advanced (ADV) competitors must complete their competition in 2 minutes and 30 seconds (2.5 min).
- The Scorer's table will signal with a bell when 15 seconds remain before exceeding the allowable time.
- Where the divisions are combined, the competitor will not receive a time penalty for finishing within 2 minutes, but will receive a time penalty for exceeding the maximum time of 2 minutes and 30 seconds (2.5 min).

Judging Criteria:

- Judges will be looking for the application of Traditional Wing Chun attributes on the Wooden Dummy including but not limited to:
 - structure during execution of techniques
 - appropriate generation of power
 - suitable rhythm when executing sequences.
- The Chief Judge will take a 0.1 point deduction from the final score for exceeding the maximum time limit.
- Intermediate competitors shall perform the first 4 sections of the Wooden Dummy Form.
- Advanced competitors shall perform the complete set.