



KICK PUNCH FU Xing Yi Quan RULES

General Xing Yi Quan principles:

- Coordination in expression of the body and unison in 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:

- Minimum Time – 40 seconds
- Maximum Time – 1 minute 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 demonstrated.
- Correct postures and stances are evident.
- 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 with Xing Yi characteristics are clearly demonstrated.

Penalties:

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