

## 2025 USAWKF TAOLU TEAM TRIALS

### TECHNICAL F.A.Q. TO REGULATIONS



## 2025 USAWKF TAOLU TEAM TRIALS - TECHNICAL FAQ

**1 - Stances****Pū Bù - on pages 47, 51, and 55 of 128.**

53	Pū Bù (Crouching Stance)	<ul style="list-style-type: none"> <li>- <b>The back of the thigh of the squatting leg is not in contact with the calf</b> (literal translation: the bent leg is not in a full squat)</li> <li>- The extended leg is not completely straight</li> <li>- Extended legs' foot is not turned inwards with sole completely flat on the ground</li> </ul>
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**Clarification: Full squat implies feet fully flat on the ground**

Initial published text (Oct. '24): 中文:屈蹲腿未全蹲 (*qū dūn tuǐ wèi quán dūn*)

a. Chinese to English Translation: The bent leg is not in a full squat.

b. Translated English: The back of the thigh of the squatting leg is not in contact with the calf.

**Xiē Bù - on page 48 of 128.**

54	Xiē Bù (Cross-Legged Crouching Stance)	<ul style="list-style-type: none"> <li>- The two thighs are not crossed and closed together</li> <li>- <b>The buttocks are not in contact with the calf of the sitting leg</b></li> </ul>
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**Clarification: Buttocks touching the calf are defined by contact with the ankle.**

**Zuò Pán - on page 48 of 128.**

58	Zuò Pán (Cross-Legged Sitting)	<ul style="list-style-type: none"> <li>- Neither one of the buttocks are in contact with the floor</li> <li>- <b>Either one of the feet is not in contact with the floor</b></li> </ul>
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**Clarification: Foot contact is any part of the foot.**

Initial published text (Oct. '24): 中文:脚离地 (*jiǎo lí dì*)

a. Chinese to English Translation: Foot leaves the ground

b. Translated English: Either one of the feet is not in contact with the floor.

## **2 - Appendix**

### ***Current on pages 101 to 123 of 128, Appendix 1***

- The movements listed as the Basic Requirements for Main Techniques are examples and do not include all of the movements that can be used. Movements listed in the Judging A Group are also valid.

## **3 - Balances**

### **Appendix 1 Section 1.7 for Changquan - on pages 105 and 106 of 128.**

- Balance techniques listed in *Ti Xi Ping Heng (Single Knee Raised Balance)* and *Yan Shi Ping Heng (Swallow Balance)* are not valid for Chapter 3 Article 29.1 “one (1) extended balance technique.”

- Valid Balances for Chapter 3 Article 29.1 “one (1) extended balance technique”:

<b>Chinese</b>	<b>English</b>
搬脚朝天直立 Bān Jiǎo Cháo Tiān Zhí Lì	Grasp the foot and bring it to head level with the leg held vertically while remaining standing
侧踢抱脚直立 Cè Tī Bào Jiǎo Zhí Lì	Side kick up to catch the foot at head level with the leg held vertically while remaining standing
仰身平衡 Yǎng Shēn Píng Héng	Backward Leaning Balance
十字平衡 Shí Zì Píng Héng	Forward Leaning Balance with Arms Outspread
扣腿平衡 Kòu Tuǐ Píng Héng	Rear Cross-legged Balance
盘腿平衡 Pán Tuǐ Píng Héng	Front Cross-legged Balance
侧身平衡 Cè Shēn Píng Héng	Sideways Leaning Balance
探海平衡 Tàn Hǎi Píng Héng	Exploring the Ocean Balance
望月平衡 Wàng Yuè Píng Héng	Gazing at the Moon Balance

## **4 - Degree of Difficulty**

### **3.1.2.1. Standard Requirements for Degree of Rotation - on pages 79 of 128**

- *For jumping techniques with rotation landing on two feet - includes Zuo Pan (Cross-Legged Sitting)*
  - *Landing into Zuo Pan (Cross-Legged Sitting) if the stance is formed, the degree of rotation is based on the angle formed between the line of both feet at the time of takeoff and at the time of landing.*
  - *Landing into Zuo Pan (Cross-Legged Sitting) if the stance is formed after the landing of two feet (180 degree turn), the 180 degree turn shall not be incorporated into the calculation of degree of rotation.*
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### **3.1.2.2, 3.2.2.2, 3.3.2.2. Standard Requirements for Run-up Steps - on pages 79, 83, and 87 of 128.**

- *Run-up steps when an athlete is performing a Degree of Difficulty begins a static halt or dynamic technical movement*
  - *If the Degree of Difficulty begins from a dynamic technical movement, this action must involve hand or weapon technique along with distinct leg techniques while performing any wushu technique of that style (not necessarily from the Appendix 1 - Basic Requirements for Main Techniques).*
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### **3.1.2.4, 3.2.2.4, 3.3.2.4. Degree of Difficulty Execution Related Standards - on pages 80, 84, and 88 of 128.**

- *Each technical movement (involving the hand or weapon techniques) must involve two different complete technical movements involving distinct stances, balances, footwork, and/or leg techniques while performing any wushu technique of that style (not necessarily from the Appendix 1 - Basic Requirements for Main Techniques).*
- *Degree of difficulty not including these two complete or more technical movements before will not be not rewarded.*