

White Birch Traditional Martial Arts

Yang Style Tai Chi Chuan: Traditionalist

Rank Requirements

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10/16/2015

TAI CHI CHUAN REQUIREMENTS

Tai Chi Intermediate Requirements

At Level 4 the students can pick a specialization that tailors the program to their needs. Three specializations are available. This curriculum is specifically for the Traditionalist.

- Traditionalist – even-handed training in form, philosophy, and fighting ability
- Philosopher – double the philosophy requirements, half the fighting requirements
- Fighter – half the form requirements and philosophy requirements, double the fighting requirements

| | Level 4 | Level 5 | Level 6 |
|---------------------------|--|---|--|
| Basics | See below | See below | See below |
| Techniques | <ul style="list-style-type: none"> • Chin Na 1-24 • Applications 1-16 | <ul style="list-style-type: none"> • Chin Na 1-32 • Applications 1-20 • Combined Applications 1-3 | <ul style="list-style-type: none"> • Chin Na 1-44 • Applications 1-23 • Creative Combined Applications |
| Form | <ul style="list-style-type: none"> • Yang Long Form Section 3 (Breathing) • Yang Long Form Section 4 | <ul style="list-style-type: none"> • Yang Long Form Sections 4 (Breathing) • Yang Long Form Sections 5&6 | <ul style="list-style-type: none"> • Yang Long Form Sections 5&6 (Breathing) • Any Weapon Form (see below) |
| Sparring | See below | See below | See below |
| Mental Development | <ul style="list-style-type: none"> • Fundamentals: 1-8 • 2-page paper on SONGS OF THE EIGHT POSTURES | <ul style="list-style-type: none"> • Fundamentals: 1-10 • 2-page paper on ESSENTIALS OF THE PRACTICE OF THE FORM AND PUSH-HANDS | <ul style="list-style-type: none"> • Fundamentals: 1-12 • Anatomy: Bones • 2-page paper on SONG OF PUSH HANDS |

Intermediate Basics:

| Level | Stances | Blocks | Strikes | Kicks | Movement |
|-------|---------|--------|---------|-------|---|
| 4 | | | | | Parting Wild Horses Mane, Fair Lady Works at Shuttles |
| 5 | | | | | Lotus Kick to Rear, Snake Creeps Down |
| 6 | | | | | |

Intermediate Technique:

Chin Na

| | |
|-------------------------------------|-------------------------------|
| 19. One Arm Rear Choke, Step Around | 32. Full Nelson |
| 20. One Arm Rear Choke, Throw | 33. Chicken Wing |
| 21. One Arm Rear Choke, Gwa Tai | 34. Bear Hug, Free In Front |
| 22. Hammerlock | 35. Bear Hug, Pinned In Front |
| 23. Haymaker Punch | 36. Bear Hug, Free In Rear |
| 24. Jab | 37. Bear Hug, Pinned In Rear |
| 25. Front Kick | 38. Club Overhead |
| 26. Roundhouse Kick | 39. Club Diagonal |
| 27. Crescent Kick | 40. Knife, Stabbing Inward |
| 28. Hair Grab, Front | 41. Knife, Stabbing Downward |
| 29. Hair Grab, Rear | 42. Knife, Slicing |
| 30. Tackle | 43. Gun, Front High |
| 31. Headlock | 44. Gun, Front Low |

Applications:

| | |
|----------------------------|-----------------------------------|
| 13. Embrace Tiger | 19. Fair Lady Works at Shuttles |
| 14. Fist Under Elbow | 20. Snake Creeps Down |
| 15. Monkey Creeps Back | 21. Open Hands Like Fan |
| 16. Snatching a Needle | 22. Taming the Tiger |
| 17. Wave Hands Like Clouds | 23. White Snake Sticks Out Tongue |
| 18. Separate Foot | |

Combined Applications

- #1 – Lu, Brush Knee and Push, Cloud Hands
- #2 – White Crane Spreads its Wings, Single Whip, An
- #3 – Snatching a Needle, Ji, Separate Foot

Creative Combined Applications

5 Application Combinations, each has a minimum of 3 Tai Chi applications within it. One must be defending against a punch, one a kick, and one a grab.

Intermediate Form Training:

Intermediate Form List

| | |
|---|---|
| Weapon Forms | |
| <ul style="list-style-type: none">• Straight Sword• Broadsword | <ul style="list-style-type: none">• Fan• Staff |

Intermediate Sparring Training:

Level 4: Single-Hand Drills:

- #1 – Circular
- #2 – Deflect Spear
- #3 – Arm Lock on Hip
- #4 – Wrist Grab
- #5 – Plucking

Intermediate Mental Development:

History / Philosophy

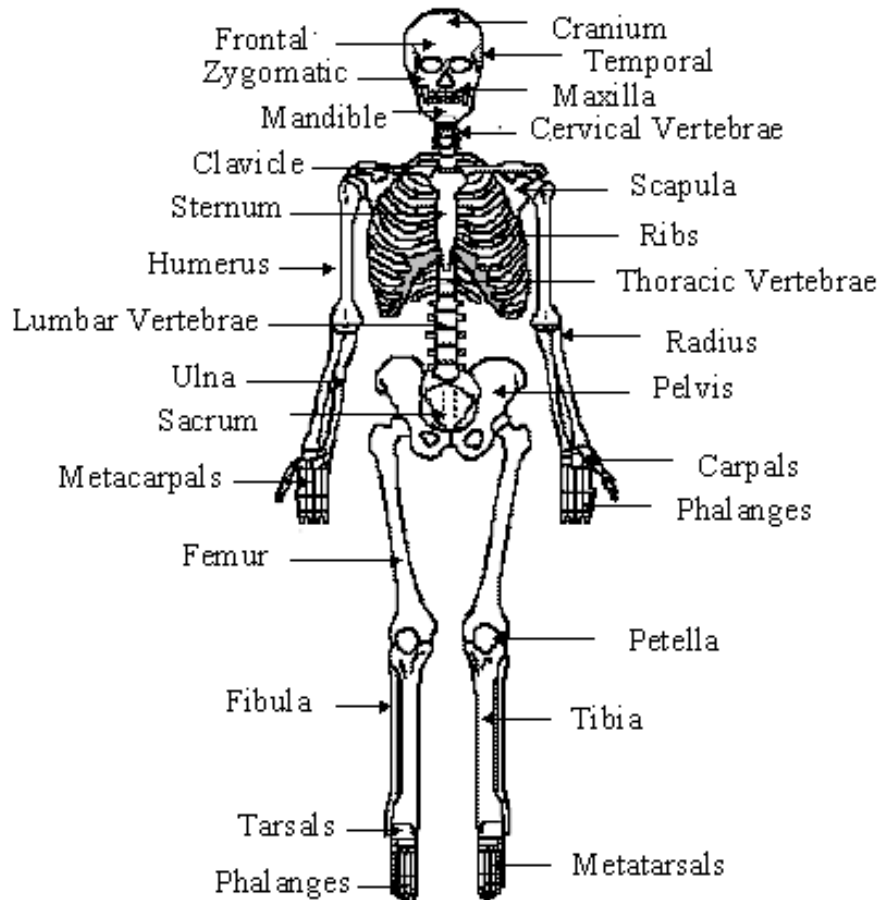
| | |
|-------------------------------|---|
| Chao Chi Liu's Instructor | Wang Chueh-Jen |
| Basics teach? | Power |
| Techniques teach? | Teach us to be resourceful |
| Forms teach? | Demonstration skills, concentration |
| Push Hands teaches? | Spontaneity, Energy flow |
| History / Philosophy teaches? | Attitude, spirit, concentration, background |
| Cat Stance | Xi Bu (Shee Boo) |
| Chi | Breath energy or spiritual energy |
| Chuan Fa | Fist methods (techniques) |
| Chen Ta | Forms |
| 5 Major families of Tai Chi | Yang, Chen, Wu, Sun, Chang |

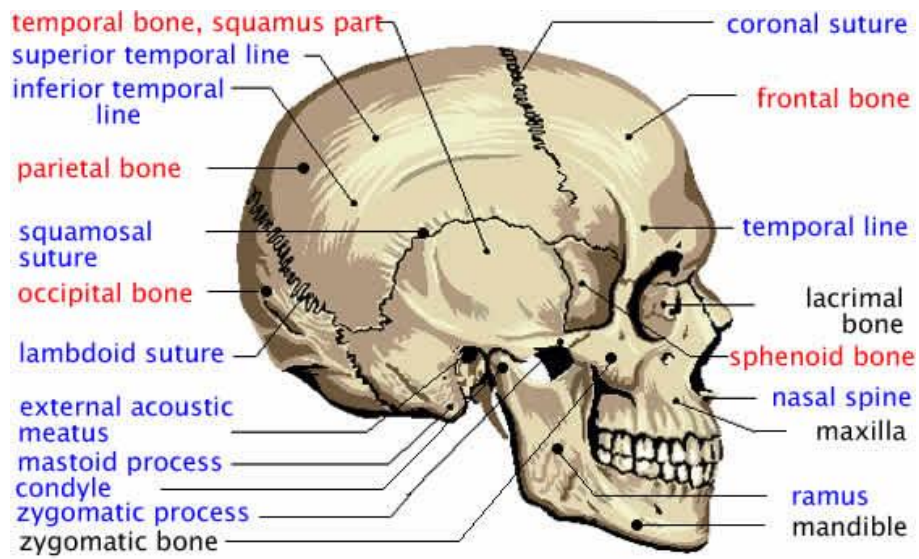
Fundamentals:

| | |
|-------------------------------|--------------------|
| 1. Toe/Heel Alignment | 4. Separate Weight |
| 2. Hip/Shoulder Synchronicity | 5. Intention |
| 3. Hands and Feet Coordinate | 6. Attitude |

Anatomy: Bones

| | | |
|------------------------|----------------------|---------------|
| 1. Humerous | 11. Tarsals | 22. Vertebrae |
| 2. Radius | 12. Metatarsals | 23. Cervical |
| 3. Ulna | 13. Phalanges (Toes) | 24. Thoracic |
| 4. Carpals | 14. Mandible | 25. Lumbar |
| 5. Metacarpals | 15. Maxilla | 26. Ilium |
| 6. Phalanges (Fingers) | 16. Zygomatic | 27. Sacrum |
| 7. Femur | 17. Temporal | 28. Coccyx |
| 8. Patella | 18. Parietal | 29. Clavicle |
| 9. Tibia | 19. Frontal | 30. Scapula |
| 10. Fibula | 20. Nasal | 31. Sternum |
| | 21. Occipital | 32. Ribs |





Tai Chi Advanced Requirements

| | Level 7 | Level 8 | Level 9 |
|-------------------------------|---|--|---|
| Basics | See below | See below | See below |
| Techniques | Chin Na Lock Flow 1-3 Corey Wiscomb Chin Na Lock Flows #1, #2 | Creative Chin Na Lock Flow Corey Wiscomb Chin Na Lock Flows #3-7 | Chin Na 15-Count Lock Flow |
| Form | Any Empty Hand Form | Any Weapon Form | Any Form |
| Sparring | Double Hand Push Hands Drills | Freestyle Fixed Stance Push Hands | Free Style Free Flow Push Hands |
| Mental Development | <ul style="list-style-type: none"> 2-page paper on T'AI CHI CH'UAN CHING | <ul style="list-style-type: none"> Anatomy: Muscles 2-page paper on EXPOSITIONS OF INSIGHTS INTO THE PRACTICE OF THE THIRTEEN POSTURES | 15-page paper on a topic of your choice |

Advanced Basics:

| Level | Stances | Blocks | Strikes | Kicks | Movement |
|-------|---------|--------|---------|-------|----------|
| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |

Advanced Technique Training:

Level 7

- Chin Na Lock Flow #1
 - Inverted Wrist Grab – Wrist Lock
 - Arm Lock
 - Metacarpal Throw
- Chin Na Lock Flow #2
 - Straight-across Wrist Grab – Metacarpal Lock
 - Straight-arm wrist lock
 - Chicken Wing

- Chin Na Lock Flow #3
 - Side shoulder grab – Shoulder Lock
 - Straight Arm Lock
 - Figure Four Lock
- Corey Wiscomb Lock Flow #1
- Corey Wiscomb Lock Flow #2

Level 8

- Corey Wiscomb Lock Flow #3
- Corey Wiscomb Lock Flow #4
- Corey Wiscomb Lock Flow #5
- Corey Wiscomb Lock Flow #6
- Corey Wiscomb Lock Flow #7

Creative Chin Na Lock Flow

The student creates 3 Chin Na Lock Flow, each containing a minimum of 3 Chin Na or throws. They can be against a punch, kick, grab, or weapon. Each individual Chin Na should be effective on its own, in pain compliance or restraint. Setup strikes can be used but do not count towards the requirement.

Level 9

- Chin Na 15-Count Lock Flow

Advanced Form Training:

Advanced Form List

| Empty Hand Forms | Weapon Forms |
|--|---|
| <ul style="list-style-type: none"> • 24-Step and Chi Kung Wu Xi Wa • 48 Step • Two Person Fighting Set • Liu He Ba Fa • Ba Gua Zhang Old Form 8 Palm Changes • Ba Gua Zhang Swimming Dragon 8 Palm Changes | <ul style="list-style-type: none"> • Straight Sword • Broadsword • Fan • Long Staff |

Advanced Sparring Training:

Level 7: Push Hands Training Two-Hand Drills:

- #6 – Circular
- #7 – Wrist Lock
- #8 – Elbow Lock
- #9 – Lu / Ji
- #10 – An / Ji

Level 8: Freestyle Fixed Stance - In this push-hands exercise, the students must stay in their stance and attempt to dislodge the other from their stance, using good Tai Chi applications.

Level 9: Free Style Free Flow – In this push-hands exercise, the students can move freely about and attempt to force any part of their opponent’s body to touch outside of a circle or the ground using good Tai Chi applications.

Advanced Mental Development:

History / Philosophy

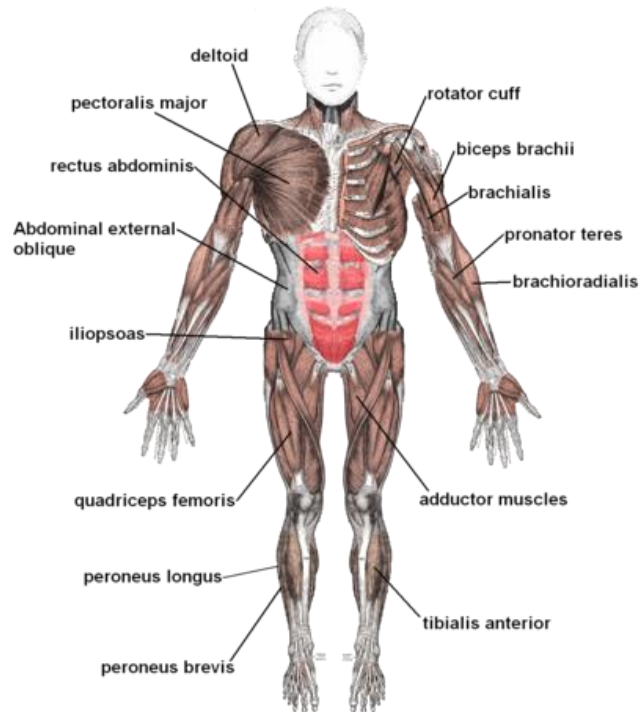
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|---------------------------------------|---|
| Tai Chi Creator | Chang San-feng (approx 1391-1459) |
| Oldest Tai Chi Style | Chen |
| Yang Style Creator | Yang Lu-chan (1799-1872) |
| Yang Style created around | Early 1800’s |
| Current Yang style was popularized by | Yang Chen-fu (1883-1936), Yang Lu-chan’s grandson |
| Creator of the Wu Style | Wu Chien-chuan (1870-1942) |
| Creator of the Sun Style | Sun Lu Tang (1861-1932) |
| Creator of the Chang Style | Chang Tung-sen (1908-1986) |
| Three Sisters | Tai Chi Chuan, Xing Yi Chuan, Ba Gua Chang |

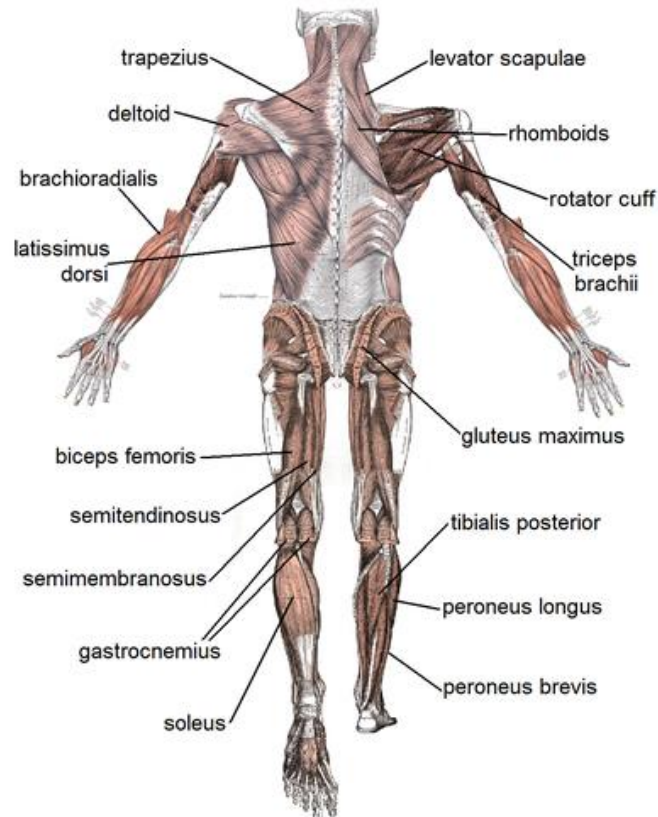
Muscles

| | |
|------------------------|----------------------------|
| 1. Triceps Brachii | 15. Semimembranosus |
| 2. Biceps Brachii | 16. Semitendinosus |
| 3. Deltoideus | 17. Biceps Femoris |
| 4. Brachialis | 18. Gluteus Maximus |
| 5. Brachioradialis | 19. Gluteus Medius |
| 6. Sartorius | 20. Latissimus Dorsi |
| 7. Rectus Femoris | 21. External Oblique |
| 8. Vastus Lateralis | 22. Internal Oblique |
| 9. Vastus Medialis | 23. Rectus Abdominis |
| 10. Vastus Intermedius | 24. Pectoralis Major |
| 11. Gastrocnemius | 25. Trapezius |
| 12. Soleus | 26. Rhomboids |
| 13. Tibialis Anterior | 27. Serratus Anterior |
| 14. Iliopsoas | 28. Sternocleidomastoideus |

Vocabulary

| | |
|--------------|---------------|
| 1. Flexion | 4. Supination |
| 2. Extension | 5. Adduction |
| 3. Pronation | 6. Abduction |





Student Thesis

- Minimum of 15 pages, typed, 12-point font, double-spaced
- Research paper on any martial arts topic (cleared by the instructor)
- Include references
- Minimize graphs, charts, and pictures

Tai Chi Chuan Advanced Levels 10+

At these levels, each student works with the Instructor to develop a “specialization” and a road-map is constructed for training towards that specialization. For example, a student may wish to study more self-defense using Tai Chi principles and methods. He and the Instructor will develop the goals and milestones towards that goal.

Each goal should take between 6-12 months to complete and may result in the development of a “short course”, the writing of a thesis, or teaching in order to demonstrate the knowledge attained.

Topics include, but are not limited to:

-
- Tai Chi Chuan History
 - Tai Chi Chuan Styles Analysis
 - Meditation
 - Buddhism
 - Taoism
 - Qi Meridians
 - Tai Chi Chuan Applications
 - Chin Na
 - Self Defense using Tai Chi Chuan
 - Health Benefits of Tai Chi Chuan
 - Push Hands (Sensing Hands)

During this time, the student will continue to learn the forms of his choice, weapon and empty hand, and show constant improvement on all previous materials.

Fundamentals

| | |
|-------------------|-------------------------------|
| 1. Level Height | 7. Toe/Heel Alignment |
| 2. Six Gates Open | 8. Hip/Shoulder Synchronicity |
| 3. Continuity | 9. Hands and Feet Coordinate |
| 4. Ground Up | 10. Separate Weight |
| 5. Back Straight | 11. Intention |
| 6. Circularity | 12. Attitude |

Floor Exercises

| | |
|---|--|
| <u>Section 1</u> | <u>Section 2</u> |
| Tai Chi Walking, Forward Brush Knee and Push Brush Knee and Push / Pi Pa Block, Intercept, and Punch Ji | Tai Chi Walking, Backwards Monkey Creeps Back Brush Knee and Push to the Rear White Crane Spreads Its Wings Lu |
| <u>Section 3</u> | <u>Section 4</u> |
| Wave Hands Like Clouds Separate Foot | Parting Wild Horses Mane Fair Lady Works at Shuttles |
| <u>Section 5</u> | |
| Snake Creeps Down | |

Applications

| | |
|--|---|
| <p style="text-align: center;"><u>Section 1</u></p> <ol style="list-style-type: none">1. Yield and Strike2. Parting Wild Horse's Mane3. Lu (Roll Back)4. An (Push) | <p style="text-align: center;"><u>Section 2</u></p> <ol style="list-style-type: none">5. Ji (Press)6. Grasping Swallow's Tail7. Single Whip8. Lift Arm |
| <p style="text-align: center;"><u>Section 3</u></p> <ol style="list-style-type: none">9. White Crane Spreads its Wings10. Brush Knee and Push11. Pi Pa (Playing the Lute)12. Block, Intercept, and Punch | <p style="text-align: center;"><u>Section 4</u></p> <ol style="list-style-type: none">13. Embrace Tiger14. Fist Under Elbow15. Monkey Creeps Back16. Snatching a Needle |
| <p style="text-align: center;"><u>Section 5</u></p> <ol style="list-style-type: none">17. Wave Hands Like Clouds18. Separate Foot19. Fair Lady Works at Shuttles20. Snake Creeps Down | <p style="text-align: center;"><u>Section 6</u></p> <ol style="list-style-type: none">21. Open Hands Like Fan22. Taming the Tiger23. White Snake Sticks Out Tongue |

History / Philosophy

| | |
|------------------------------------|--|
| The name of our style | Yang |
| My Instructor's Name | Robert LaPointe |
| His Instructor's Name | Liu Chao Chi |
| 5 categories that make up a system | Basics, Techniques, Form, Sparring, History and Philosophy |
| Chin Na | "Grab Take" |
| Wu Chi | "Nothingness" |
| Kung Bu | Bow Stance |
| Tai Chi Chuan | "Supreme Ultimate Fist" |
| Yin | Soft, Passive, Retreating Energy |
| Yang | Hard, Aggressive, Active Energy |

| | |
|-------------------------------|---|
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| Push Hands teaches? | Spontaneity, Energy flow |
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Typical Fixed Step Push Hands Competition Rules:

During **Fixed Step Push Hands**, competitors must operate within the principles of Taiji.

Weight Classes: (Depending on the number of men and women registered, weight classes may be combined for the sake of play)

- Men < 160 lbs
- Men 160 – 180 lbs
- Men 181 – 200 lbs
- Men >200 lbs
- Women < 130 lbs
- Women 130 – 150 lbs
- Woman > 150 lbs

Fixed Step: Both feet must remain in contact with the floor at all times. Heel or toe may be raised briefly, but the foot may not leave the floor or change position.

- The feet remain in the same starting position
- The front toe may be raised in yielding back
- The rear heel may be raised in shifting forward
- Any sideward movement or double placement of the foot is not permitted
- Advancing or retreating of any kind is not permitted

Competition Format

- All matches are single elimination
- Matches consist of two, 90-second rounds with a one-minute break between rounds.
- The players change leg position after the first round
- In the event of a tie, the match will be decided by sudden death: **First to score, wins.**

Match Area

- Two perpendicular lines form a cross at the center of the playing area
- Play is begun when both players are in a forward stance
- The ball of the right foot is placed on the horizontal stripe
- Player's front feet are separated by the vertical stripe, which marks the *centerline* of the play area.
- When play is stopped for any reason, players return to the starting position

Objective of the Match

The objective of the match is to **Uproot** the opposing player while maintaining your own balance **using Taijiquan (T'ai Chi) principles.**

Progression of the Match

Play is begun in a **neutral position** with the backs of the right wrists touching. Left hands are placed on (not under) the right elbow of the opponent (reversed in the second period).

- Players move their arms together in a horizontal circle until the referee feels a neutral state has been established
- Competitors may not seek advantage at this point
- Once the Center Referee says “Begin”, players must continue to play for a second or two before issuing energy.
- Players unable - or unwilling - to begin play neutrally may be issued a warning.

Continuous Contact

- Players are expected to stick and adhere and may not break contact to gain advantage
- All issuing must be preceded by contact
- Breaking contact to gain advantage may result in a warning

Valid Techniques

Pushing, pulling with one hand, trapping techniques, non-impact techniques that cause the opponent to lose balance, and single-hand grabbing techniques that cause the opponent to lose balance.

Target Areas

Contact is permitted between the hips and collarbone

*Note – the head, neck, spine and legs **may not be attacked** and will result in a warning or disqualification depending on the severity of the infraction*

Scoring

- The Referee, as well as the corner judges, may call for a point
- Points are awarded by majority judge’s decision
- One point is awarded for uprooting the opponent
- One point is awarded against the opponent when a warning is called

Warnings

- Grabbing. A one-handed pluck is a valid technique, but players may not seek to control opponent by grabbing for longer than one second.
- Wrapping the hands around the back (players may grab up to the spine but may not place their hands across the spine)
- Grabbing clothing
- Pulling with both hands
- Striking - any percussive contact (making a sound) is considered a strike.
- Joint Locks (Qinna) – joints may not be attacked with force
- Not following the Referee’s directions

Typical Limited Step Push Hands Competition Rules:

Time:

Matches consist of two 90-second rounds that are continuous unless a penalty is called.

Competition Field:

The field is an alley 4 feet wide and 10 feet long.

Limited Step:

Competitors are limited to a single shuffle step at a time, and may not reverse stance or change direction.

Scoring:

Match plan and scoring as per Fixed Step Push Hands.

Typical Free-Style Push Hands Competition Rules:

Time:

Matches consist of two 90-second rounds that are continuous unless a penalty is called.

Competition Field:

The field is a circle 12 feet in diameter.

Scoring is the same as in limited step, except that individual judges award 2 marks to the competitor whose opponent steps out-of-bounds if the judge feels the force used to effect the out-of-bounds was appropriate.

Competition Rules and Regulations

All participants are to adhere to the principles of sticking, connecting, adhering, following, overcoming force by yielding to it, and emphasizing technical finesse over force. Thus, competitors are only permitted to employ the orthodox Taijiquan techniques such as ward off, rollback, press, push, etc. that are congruent to the preceding principles mentioned to unbalance their respective opponents. No wrestling, punching, kicking, or vicious sweeping is allowed.

- Each match is divided into 3 rounds. Each round spans a duration of 2 minutes, accompanied by a rest of 1 minute after each round. The winner of each round is decided by the total points scored. A contestant who wins 2 rounds out of the 3 is the winner of the match.
- If there is an inconclusive verdict after 3 rounds, the referee is to declare a draw. One (1) sudden-death, overtime round will be conducted for 1 minute. The winner of this round will be declared the winner of the match. If there is still no conclusive verdict after the overtime round, the competitor with the least amount of fouls will be declared the winner. If there is still no conclusive verdict, judges will counsel and deliberate with the Arbitrator, and the final verdict will be declared on the effective use of Taiji pushing hands techniques of the contestants. The Chief Judge's decision is final.
- Upon entering the arena center, both parties are to cling their left palm lightly onto the right elbows of the respective parties, and their right forearm against each other near the

wrist. Maintaining contact between upper limbs of both opponents throughout each round is a prerequisite to attacking or counterattacking.

- The release of strength must only be executed while contact with the body of the respective opponent is established. It is strictly prohibited to release strength through the employment of fists or the palm from a distance.
 - If there is an injury to a competitor, up to a 5 minute injury time-out will be allowed. If the injured party cannot continue after the injury, then the other competitor will be declared the winner. Please note that a competitor will not be declared the winner if the injury was caused by an intentional foul (see Section 4 for further clarification).
 - Free Style Pushing Hands event is for Advanced Taijiquan practitioners only.
-

Scoring Criteria

- Points are awarded to the party who successfully renders the respective opponent unstable and staggered, semi-unbalanced, and/or fully unbalanced either inside or outside the circular competition boundary. This unbalancing of the opponent must progress from a Taijiquan technique. Muscular pushing and shoving will not be counted towards a contestant's score. The following points will be awarded:
 - 1 point: Off balance from a Taijiquan technique
 - 2 points: Discharge outside of the circle
 - 2 points: Off Balance with hand/knee touching the floor inside the circle
 - 3 points: Discharge outside of the circle with off-balance with hand/knee touching the floor
- When a foul is committed amidst unbalancing an opponent, no points will be awarded. Points may be deducted from the competitor committing the foul.
- Scoring Notes:
 - No point is awarded upon utter disregard for technique and blatant use of flagrant strength or employment of grappling or grasping to render an opponent out of bounds.
 - No point is awarded to the degeneration of the contest into a grappling or shoving match by both parties.
 - No point is awarded if a contestant pulls or drags an opponent to the ground while falling.
- Any competitors who do not use valid Taijiquan principles can be eliminated from the event.

Fouls and Ensuing Penalties

- Surprise attacks or attacks launched without the establishment of prior contact with opponent.
- No attacks above the shoulder or below the waist are allowed.
- The employment of fingers or other similar extremities located on the upper arm to poke, jab, or stab any body part of the opponent.
- The employment of feet to tread or hook any body part of opponent.
- The employment of palms to choke or to push the opponent's neck or chin region.
- Hugging of the opponent's back, reaching under the opponent's armpit or over the side waist for more than 3 seconds.
- Clutching, grabbing, or pulling of clothes.
- Stirring up or lifting up the clothes of the opponent to induce bodily contact in a sweeping movement so as to provoke and aggravate the opponent.
- Clutching or grabbing the feet and legs of the opponent.
- Upon successful employment of the plucking technique, the participant must release the hold immediately after the technique is executed.
- Spitting and biting are strictly prohibited.
- No brutish employment of grappling or wrestling is condoned. Grappling or wrestling is deemed to have occurred when an arm or both arms are outstretched from the body rendering the contestant capable of hugging.
- Whenever an arm of a contestant is located beneath the armpit of the opponent for more than 3 seconds, and is rendered incapable of executing a valid Taijiquan technique, the contestant will be issued a warning.
- At the start of the competition, the palm/wrist of the contestant is only permitted to establish contact with the region spanning from the elbow to the fingertips of the forearm of the opponent in order to ensure strict adherence to the principles of sticking, connecting, adhering, and following.
- Do not lean the shoulders, head, or neck against the opponent.
- Flagrant disdain and disregard for techniques adhering to the principles and employment of illegal techniques will result in immediate disqualification and a suspension from the tournament event.
- The continuation of avoiding contact with the opponent for more than 10 seconds will result in a warning (1 point deduction after the 2nd warning).
- Foul Notes:
 - Verbal warning, no point will be deducted; 2nd warning, 1 point will be deducted.
 - Foul, 1 point will be deducted. 3 fouls will lead to an automatic disqualification.
 - Committing a serious foul may result in immediate disqualification.
 - In any match, the chief judge may declare the winner by prominent advantage when one party has outscored the other party by more than 15 points.
 - In any match, the chief judge may declare the loser when 6 points have been deducted from a contestant due to warnings/fouls.

