CanAm Taichi Rules

Competition Music

In accordance with the regulations, for events that require accompanying music, these routines must be performed with music. Each athlete should provide his or her own music.

Routine Time Limits

- Optional Routines: From 2 minutes 45 seconds to 3 minutes 15 seconds in total duration.
- Compulsory Routines
    - 42 Movements, Chen style, Yang style, Wu style, Sun style and Wu (Hao) style Taijiquan Competition Routines: Under 6 minutes in total duration.
    - 42 Movements Taijijian Competition Routine and 24 Movements Taijiquan Routine: From 4 to 5 minutes in total duration.
    - 32 Movements Taijijian Routine and the 3rd set of the International Wushu Competition Routines - Taijiquan, Taijijian and Taijishan: From 3 to 4 minutes in total duration.

Head Judge's Deductions and Awarding of Bonus Points & Routine Restart

- 0.1 will be deducted for routines which are under time or over time by an amount of up to 5 seconds (including 5 seconds).
- 0.2 will be deducted for routines which are under time over time by an amount of more than 5 seconds to 10 seconds (including 10 seconds), so on and so forth.

Optional Taijiquan, Taijijian, Taijishan Routine Compulsory Content

Taijiquan shall contain at minimum the following:

- Eight (8) techniques comprising of Lǎn Què Wěi (Grasp the Peacock's Tail), Zuǒ Yòu Yě Mǎ Fēn Zōng (Part the Wild Horse's Mane to the Left and Right), Zuǒ Yòu Lōu Xī Ào Bù (Brush Knee with Bent Step to the Left and Right), Yún Shǒu (Cloud Hands Wave), Chuān Suō (Work the Shuttle to the Left and Right), Yǎn Shǒu Gōng Chuí (Strike with Concealed Fist), Zuǒ Yòu Dào Juǎn Gōng (Retreat with Arms Curling to the Left and Right), Bān Lán Chuí (Deflect, Parry and Punch). Three (3) stances comprising of Gōng Bù (Bow Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance).
- Two (2) different leg techniques

Taijijian(Taiji Sword) shall contain at minimum the following:

- Eight (8) sword techniques comprising of Cì Jiàn (Straight Sword Thrust), Zuǒ Yòu Guà Jiàn (Straight Sword Hooking Parry to the Left and Right), Liāo Jiàn (Straight Sword Uppercut), Diǎn Jiàn (Straight Sword Pointing), Pī Jiàn (Straight Sword Chop), Jié Jiàn (Straight Sword Intercept), Mǒ Jiàn (Straight Sword Slicing), Jiǎo Jiàn (Straight Sword Enveloping).
- Three (3) stances comprising of Gōng Bù (Bow Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance).

Taijishan(Taiji Fan) shall contain at minimum the following:

- Eight (8) fan techniques comprising of Kāi Shàn (Fan Opening), Hé Shàn (Fan Closing), Cì Shàn (Fan Thrust), Guà Shàn (Fan Hooking Parry), Liāo Shàn (Fan Uppercut), Diǎn Shàn Fan Dotting, Pī Shàn (Fan Smack), Pāo Jiē Shàn (Fan Toss/Throw & Catch).
- Three (3) stances comprising of Gōng Bù (Bow Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance).

Taijiquan, Taijijian, Taijishan Competition Attire Types and Specifications

Tops

- Chinese style top with a mandarin collar and long sleeves. Sleeves should comprise of two even lantern type sleeves with tight cuff fasteners.
- Tops should feature a fully-openable front fastened with seven toggle-type buttons.
- The bottom of the jacket should not surpass the competitor's middle fingers when his or her arms are held straight down at the sides of the body
- Tops should have a 1 cm trim throughout the entire garment.

Pants

- Pants should have loose lantern-type pant-legs and an elastic waistband.
- Pants should be of a suitable size for ease of movement.

Basic Requirements for Taijiquan

Jiàn Fǎ (Sword Techniques)

- Cì Jiàn (Straight Sword Thrust): With the sword orientated vertically, the tip of the sword is thrust out forwards straight. The blade and the arm are aligned, and the focus of force is on the tip of the blade.
- Guà Jiàn (Straightsword Hooking Parry): With the sword orientated vertically and kept close to the body, the tip of the sword travels downwards from the front or to the rear with the focus of force on the upper portion of the blade.
- Liāo Jiàn (Straightsword Uppercut): With the sword orientated vertically, the sword travels upwards from below to the front in an uppercutting arc with the focus of force on the upper portion of the blade.
- Diǎn Jiàn (Straight Sword Dotting): With the sword orientated vertically, the wrist rises while the tip of the sword forcefully dot forward and downwards with the focus of force on the tip edge.
- Pī Jiàn (Straight Sword Chop): With the sword orientated vertically, the sword chops downwards with the focus of force on the edge of the blade.
- Jié Jiàn (Straight Sword Intercept): The edge of the sword travels obliquely upwards or downwards to intercept, with the focus of force on the upper edge of the blade

- Mǒ Jiàn (Straight Sword Slicing): With the blade of the sword orientated horizontally, the blade is drawn inwards to the left or the right in an arcing slicing motion at the height of the solar plexus.
- Jiǎo Jiàn (Straight Sword Enveloping): With the straight sword orientated horizontally, the tip of the sword rotates in a circle to the left or to the right on a vertical plane. The focus of force is on the tip section of the blade.

Bù Xíng (Stances)

- Gōng Bù (Bow Stance): Same as Gōng Bù (Bow Stance) for Taijiquan
- Pū Bù (Crouching Stance): Same as Pū Bù (Crouching Stance) for Taijiquan
- Xū Bù (Empty Stance): Same as Xū Bù (Empty Stance) for Taijiquan

Basic Requirements for Taijishan

Shàn Fǎ (Fan Techniques)

- Kāi Shàn (Fan opening): The fan opens completely. Two major fan ribs must be in a straight line (180°)
- Hé Shàn (Fan Closing): The fan closes, and two major fan ribs are overlapped.
- Cì Shàn (Fan Thrust): The closed fan thrusts straight forward, the arm and the fan are aligned in a line and the focus of force on the tip of fan.
- Guà Shàn (Fan Hooking Parry): The fan is closed with wrist rising vertically and keep close to the body , the tip of the fan travels from the front head down or to the rear with focus of force on the upper portion of the fan.
- Liāo Shàn (Fan Uppercut): The opened fan travels upwards from below to the front in an uppercutting arc with the focus of force on the curved edge at the top of the fan face, the forearm and the major ribs must be aligned. With the closed fan orientated vertically, the fan travels upwards from below to the front in an uppercutting arc with the focus of force on the upper portion of fan.
- Diǎn Shàn (Fan Dotting): With the fan closed, and fan head points forward and downward with the focus of force on the front of fan head.
- Pī Shàn (Fan Chop): The closed fan chops downwards with the focus of force on the fan body
- Pāo Jiē Shàn (Fan Toss/Throw & Catch): The opened fan throws away the body. The fan rotates (turns over) not less than 360° in the air before holding the fan root; when the closed fan is thrown away the body, the fan rotates (turns) no less than 180° in the air before holding the fan's head.

Bù Xíng (Stances)

- Gōng Bù (Bow Stance): Same as Gōng Bù (Bow Stance) for Taijiquan
- Pū Bù (Crouching Stance): Same as Pū Bù (Crouching Stance) for Taijiquan
- Xū Bù (Empty Stance): Same as Xū Bù (Empty Stance) for Taijiquan

Taijiquan, Taijijian and Taijishan Degree of Difficulty Execution Related Standards

Standard Requirements for Degree of Rotation

- For Degree of Difficulty jumping techniques with rotation followed by the difficulty connection Diē Chā (Hurdler's Split Position), the calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line of the jumping foot (the foot that is on the same side of the body as the direction in which it is rotating) at the time of takeoff and the angle formed by the extended line of the extended leg at the time of landing. The extended leg when landing must be the opposite leg to the one slapped during the previous jumping technique.
- For jumping techniques with rotation that land on a single foot, the calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line of the landing foot at the time of takeoff and that at the time of landing.
- For Static + Static Connections, to calculate the degree of rotation, it is based on the angle formed by the extended toe-to-heel line of the supporting foot before the rotation and the angle formed after the rotation.

Standard Requirements for Run-Up Steps

- For the combinations 312A+324B, 312A+324C, the second jumping technique must be executed directly after landing with both feet from the previous jumping technique.
- No steps may be taken during the execution of a static + static connection.

Standard Requirements for Degree of Difficulty Connections

- The connections movements must be the compulsory content described in Table 10-3-9(link at end of document).
- For the combination 312A+324B (or 324C), the landing connection must be Diē Chà (Hurdler's Split Position) with the left leg extended forward.

- The Degree of Difficulty connection Diē Chà (Hurdler's Split Position) may at most be selected once per routine.
- When completing the Dynamic + Static Connection of taijiquan category weapon routines, the weapon techniques should be clear and correct (They should be selected from the main techniques of Taijiquan category).

Evaluation Standards

- Should a Degree of Difficulty technique be unsuccessfully executed, its preceding or the following Degree of Difficulty connection may not be confirmed.
- Should an executed Degree of Difficulty connection differ from what was registered, then both the Degree of Difficulty technique and its connections may not be confirmed.
- For difficulty movements of connections landing on a single foot, the foot landed on should be the same foot that is kicked and slapped
- The balance techniques and connection between dynamic and static techniques must be executed in a motionless state.
- Upon completing a Dynamic + Static Degree of Difficulty connection technique, one must complete two or more technical movements prior to executing another set of Degree of Difficulty technique.

Please visit the following document (https://www.canaminternational.ca/wp-content/uploads/rules/wushu/WUSHU-TAOLU-COMPETITION-RULES-AND-JUDGING-METHODS-2024.pdf) for:

- Table 10-3-9 (page 73)
- Taijiquan, Taijijian and Taijishan Deduction Content (page 52)
- Taijiquan, Taijijian and Taijishan Deduction Standards (page 56)
- Degree of Difficulty Connections Content, Grades and Value (page 63)
- Taijiquan, Taijijian and Taijishan Degree of Difficulty Content, Grades, Values and codes (page 66 and 73)
- Taijiquan, Taijijian and Taijishan Degree of Difficulty categories, content and execution non-conformity criteria (page 85)
- Choreography Deduction Categories, deduction content, deduction standards & deduction codes (page 89)

***All contents are base off of WUSHU TAOLU COMPETITION RULES AND JUDGING METHODS (2024) by the International Wushu Federation.**