

TAIJI (Tai Chi) FORMS JUDGING CRITERIA

Every year on a Sunday in April the British Open Tai Chi Championships take place at Blackbird Leys Leisure Centre, Oxford. A panel of 3 judges award points up to a maximum of 10 in respect of the following criteria. Other competitions use similar criteria and methods.

BEGINNERS, INTERMEDIATE, OPEN

Beginner form – total training time less than **2 yrs**

Intermediate forms - total training time less than **5 yrs**

Open forms – total training time **5 yrs** and over

HAND FORMS

1. Correct posture
2. Correct stance
3. Distinguishing Yin & Yang
4. Intent & focus
5. Coordination
6. Smooth transition from one technique to another
7. Balanced turning & stepping
8. Relaxation & softness
9. Aesthetic appearance
10. Martial spirit

WEAPON FORMS

1. Correct posture
2. Correct stance
3. Distinguishing Yin & Yang
4. Intent & focus
5. Harmony of body & weapon
6. Correct use of Jing
7. Balance & agility
8. Control of weapon
9. Aesthetic appearance
10. Martial spirit