

NIE JIE: TAIJI/HSING I/BAGUA INTERNALS GUIDELINES CACMA/KUOSHU Standards

TAIJI QUAN FORMS

Time limit: Minimum 2 minutes & maximum 2.5 min. with 30 second verbal warning

Classical Nie Jia principles: Mind intent leads the qi in smooth and continuous movement linking all the joints of the body. When one thing moves, everything moves (I tung chuan tung). An empty spirit extending to the head top comes from having a sunken chest and lifted back. A clearly separated and then re-integrated upper and lower body helps distinguish substantial and insubstantial in order to avoid double weighting. In addition to assessing faults in individual moves, stylistic characteristics, and transitions as well as postures, evaluation of "Good", "Adequate/Lesser Faults", and "Needs Work" will be in three categories:

1. STANCES re:
 - *pelvis/coccyx* ---clearly "defined sit stances" or is the position too far in or out
 - *knees* ---safe/stable or exceed front/back in/out limits
 - *steps* ---empty, light, controlled or heavy
 - *feet* ---firm/well placed or rolling/shifting/awkward placement
2. POSTURES (Unity) re:
 - *waist/hips* ---active or idle
 - *shoulders/elbows* ---relaxed/extended verses high or restricted
 - *arms* ---linked to body-driven or more independent
 - *hands* --immobile or slack
3. VIGOR re:
 - *head* ---erect/centered or down/jutting forward
 - *face and eyes* ---engaged, calm or tense and furtive
 - *flow*---continuous and well-paced verses halted
 - *intent-clearly* finished moves or vague

HSING I QUAN FORMS

Time limit: Minimum 1 minute & maximum 1.5 min. with 30 second verbal warning

All the *nie jia* criteria for open hand forms will apply to competition with additional criteria for defining san ti. Classical principles: In san ti stance there is no shape, nor intention. A straight back inclines but remains straight. Dropped shoulders and elbows with the hands pressing forward keeps *shen* in the upper *dan tien* Elbows are hidden under the armpits and remain sunken and dropped while loose and extended. The tip of the nose, hands, and feet match each other. The six harmonies of hips/shoulders, elbow /knees, ankles/wrists in the limbs match with their root sections generating power; the middle section directs it; the end section expresses it. The two shoulders should coordinate with each other. The rear leg bounces up to push the front leg forward. The legs turn in urgent manners.

The body moves and the hands and legs immediately follow. Movement up and down is hidden. The *jin* energies of hsing I are: *Tsae* as if stepping on something poisonous; *Pu*, leaping like a rabbit or tiger; *Guoo*, folding and wrapping so that nothing is exposed; *Shuh*, binding or sealing top and bottom into one; and *kyue*, like water breaking through a dam --- this last relentless and explosive thrusting *jin* is the essence of hsing I and might be described as whole body perpetuation *Ji* or "pressing" as found in taijiquan.

BAGUA QUAN FORMS

Time limit: Minimum 1 minutes & maximum 1.5 min. with 30 second verbal warning

All *nie jia* criteria for open hand forms will apply to competition with additional criteria in stepping.

Classical principles: Arc stepping may be executed at high, middle, and low levels. Upper thighs contract inward while the feet go with the waist's movement. The hands go with the waist turning and eye focus. Loosened shoulders and vigorously dropped elbows movements lead down and up like a wheel turning. There is no definite posture for walking or striking; this is the real shape of bagua.

INTERNAL WEAPONS

Time limit: Minimum 1 minutes & no maximum

All *nei jia* criteria for open hand forms will apply to all manner of weapons forms with these additional criteria:

1. *BODY* re:
 - *stepping* ---rooted/nimble verses floating or awkward
 - *the empty hand* ---involved and correctly positioned or neglected and useless for application
2. *WEAPON* re:
 - *condition/safety* ---skill apparent verses endangers self or others
 - *usage* ---edges "working" or weak alignment
 - *tassel/flag* ---well managed or poorly employed
 - *grip hand(s)* ---supple, flexible, controlled verses immobile or loose
3. *INTENT* re:
 - *target*---"opponent" present versus absent
 - *eyes* ---leading weapon or wandering with inappropriate focus

PUSHING HANDS - Tui Shou

RESTRICTED STEP PUSH HANDS Time limit: Two 90 second rounds with a 30 second break

Mid-range grappling criteria include: composure, maintaining central equilibrium (root), posture, re-alignments, and well-timed stepping. Yielding, sticking, neutralizing, and returning follow in succession. Points accrue for demonstrating a variety of applications in clearly distinguishable

skill levels, rather than for merely off-balancing an opponent. Look also for classical taiji principles of *peng, lu, ji, an, tsai, li, shou, ko*.

Competition is restricted to an alley 4 feet wide/10 feet long marked in tape with a center cross "+" mark. Competitors are required to wear a T-shirt, martial arts pants and athletic shoes. Fingernails must be closely clipped. The referee will use voice commands working with the timer and score keepers and judges. TARGET AREAS are: from below the base of the neck to above the *coccyx* or bladder area. Pushing the neck, head, bladder area, hip joint or leg is illegal. REVERSING STANCES IS NOT ALLOWED. Single forward foot stepping with the back foot following and backward stepping with the front foot following is encouraged. Charging must be restricted to *ko* application. BRACING SHOULDER TO SHOULDER IS NOT ALLOWED. Personal violations leading to disqualification include excessive strength, grabbing clothing, two hand grabs, holding on to prevent loss of balance, head butting or other endangerment, such as strikes of any kind or *qin na* joint folding.

MOVING PUSH HANDS Time limit: One continuous 90 second round

The field will consist of two concentric circles: the inner being 15' in diameter, the outer circle being 21' in diameter. An "+" shaped tape line will mark the center. All *nie jia* criteria apply and in addition, free stepping is allowed. Points will be awarded when an opponent steps on or outside the inner circle, as well as when any part of the opponents body touches or falls on or outside the outer circle.