

2008 Collegiate Wushu Championships Movement Difficulties and Connecting Movements

Taken from 2004 IWuF difficulty movement (*nandu dongzuo*) list

The following difficulty movements may be used in Advanced Changquan and Advanced Nanquan at the 2008 Collegiate Wushu Championships.

Please refer to the IWuF official judges video for additional information about each movement and their proper execution. Videos are available on the following websites:

http://www.jiayo.com/features/iwuf_2004/

<http://www.w1f.net/video/index.php>

Competitors adding these nandu to their forms in these divisions must register the movements (using the classification codes presented in this document, and the movement's location in their taolu using the 'movement difficulty form.' This form must be submitted in advance with their registration. Any questions can be directed to www.collegewushu.org.

Changquan:

Individual Movements - Movement Difficulties and Value in Changquan:

Type	Degree of Difficulty and Value					
	A+0.2	Code	B+0.3	Code	C+0.4	Code
Balances	Bring the leg to the head level and hold the leg while remain standing	111A	Shizi Pingheng SZPH Balancing with arms outspread	133B	Back kick and hold the leg while remain standing	112C
	Side kick and hold the leg while remain standing	112A				
	Yangshen Pingheng YSPH Backward balance	123A				
Leg Techniques	Zhishen Qiansao 540° ZSQS Front sweep 540°	244A	Zhishen Qiansao ZSQS 900° Front sweep 900°	244B		
Jumps	Xuanfengjiao XPJ 360° Whirlwind kick 360°	323A	Xuanfengjiao XPJ 540° Whirlwind kick 540°	323B	Xuanfengjiao XFJ 720° Whirlwind kick 720°	323C

	Xuanzi XZ Butterfly	333A	Xuanzi Zhuanti XZZT 360° Butterfly 360°	353B	Xuanzi Zhuanti XZZT 720° Butterfly 720°	353C
	Tengkong Bailian TKBL 360° Lotus kick 360°	324A	Tengkong Bailian TKBL 540° Lotus kick 540°	324B	Tengkong Bailian TKBL 720° Lotus kick 720°	324C
	Cekongfan CKF Cartwheel roll	335A	Cekongfan Zhuanti CKFZT 360° Cartwheel roll 360°	355B		
	Tengkong Feijiao TKFJ Flying front kick	312A	Tengkong Zhengtitui TKZTT Flying front raise kick	312B		

Note:

1. When the 353C movement lands on the carpet, it should be followed by a front split. When the 323B movement lands on the carpet, it should be followed by a front split (dieshucha) or lifted knee stance (tixiduli). The 324C movement should be followed by Mabu (horse-riding stance).
2. The kicked leg of 312B movement should be the same as the take-off leg.

Connecting Movements - Connecting Movements and Value for Changquan

Degree of Difficulty and Value							
A+0.1	Code	B+0.15	Code	C+0.2	Code	D+0.25	Code
Tengkong Feijiao TKFJ + Zuopan ZP Flying front kick + sitting position	312A+6	Xuanfengjiao XFJ540° + Deishucha DSC Whirlwind kick 540° + landing on front split	323B+4	Xuanfengjiao XFJ540° + Tixi Duli TXDL Whirlwind kick 540° + lifted knee stance	323B+3	Xuanfengjiao XFJ720° + Deishucha DSC Whirlwind kick 720° + landing on front split	323C+4
Xuanfengjiao XFJ360° + Deishucha DSC Whirlwind kick 360° + landing on front split	323A+4	Tengkong Bailian TKBL540° + Mabu MB Lotus kick 540° + horseriding stance	324B+1	Tengkong Bailian TKBL540° + Tixi Duli TXDL Lotus kick 540° + lifted knee stance	324B+3	Tengkong Bailian TKBL720° + Mabu MB Lotus kick 720° + horseriding stance	324C+1

