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DONNEZ LE MEILLEUR DE VOUS-MÊME BRING OUT THE BEST IN YOU

MAY 15TH 2010

Traditional Yang Style demonstration and competition tournament protocol and guidelines

Appearance

- A traditional or contemporary taijiquan uniform (must be buttoned or fastened completely). Alternatively, black pants and a school or Association t-shirt are acceptable. Taijiquan shoes or athletic shoes are required.
- No jewellery can be worn.
- Do not wear sunglasses.

Salute to judges and walk into performance area

- Participants must be ready to perform, in the waiting area, at least 15 minutes prior to their scheduled start time.
- When the field marshal invites you or your group to enter the arena, step to the edge of the arena and salute.
- Feet are together in the salute; do not salute with your feet apart.
- Salute with open left palm, thumb tucked covering right fist, palms opened slightly outward.
- Salute by circling both arms up, cover fist and together push out the palm and fist a little.
- Show energy and spirit as you push your palm and fist out in the salute.
- Hold the salute until the head judge acknowledges your salute (salutes you) and motions you onto the floor.
- Go directly to your standing point and wait (feet together) for a signal to begin.
- Do not salute individual judges.
- Do not speak at this point.

Form requirements

- Sequence performed can be any combinations of movements keeping in mind the Tai Chi principles.
- Start and finish positions must be facing the head judge table.
- The Head Judge will give you the signal "begin please".
- Perform the routine. Time frame 2-3 minutes for Hand Form (individuals and group events)
Time frame maximum of 5 minutes for Sword form
- Required movements for Hand form (individuals and group events):
 - Novice Level: First Chapter of long (103) form
 - Experienced players:
 - Lan Que Wei (Grasp the bird's tail)
 - Yun Shou (Cloud hands)
 - Jin Ji Du Li (Golden rooster stands on one leg)
 - Dao Nian Hou (Step back and repulse the monkey)
 - Zhuan Shen Bai Lian (Turn body and swing over Lotus)
- Required movements for Sword Form: The Traditional Yang Style 67 movements form.
- Points deducted for deviation from time frame.
If your performance is interrupted by circumstances beyond your control, you may re-perform without penalty.

