

**Organised by the Hong Kong Wushu Union**  
**Subvented by the Leisure and Cultural Services Department**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Badges Award Scheme**  
**〈 Wushu 〉**

**Objective:** To enhance Hong Kong youth’s interest in learning Wushu and popularise the sport in the community.

**Types of Badges:** 1. The scheme consists of nine levels  
 2. Content of Tests

Badges	Items	Standard of Assessment
<b>Level One</b>	Hand forms – Fist, Palm and Hook Stances – Bow stance, Horse-riding stance, Empty stance, Crouch stance and Cross-legged sitting stance Hand techniques – Punch, Push palm and Hook hand	Each level has a routine. For example, there are a total of 11 movements for level one.  Trainees must meet the required standards for more than 50% of the movements (i.e. 6 movements) to pass the assessment.
<b>Level Two</b>	Leg techniques(1) – Snap kick, Kick with heel, Front kick, Side kick, Swing leg outward and Inside crescent kick	
<b>Level Three</b>	Leg techniques(2) – Swing leg outward with slap, Inside crescent kick with slap, Single slap kick, Repeated single slap kicks and Side thrust kick	
<b>Level Four</b>	Practice on movement combinations – Snap kick and punch, Kick with heel and push palm, Lift knee with crouch stance and thread palm and Waist turn	
<b>Level Five</b>	Five types of stance combinations (Wu Bu Quan) – Punch in bow stance, Snap kick with punch, Punch in horse-riding stance, Punch in cross-legged sitting stance, Lift knee and piercing palm, Crouch stance and piercing palm, Palms in empty step and Bring feet together and close palm	
<b>Level Six</b>	Practice on movement combinations, leg techniques and jumping – Brandish in crouch stance, Sweep leg backward and Forward jump with long step	
<b>Level Seven</b>	Practice on movements for running, stepping, and jumping – Jumping front kick with running, stepping and jumping, Whirlwind kick with running, stepping and jumping, Jumping lotus kick in curved step with running and Butterfly kick in back cross-step with running	
<b>Level Eight</b>	Leg techniques for jumping movements (1) – Jumping front kick and Whirlwind kick	
<b>Level Nine</b>	Leg techniques for jumping movements (2) – Jumping lotus kick and Butterfly kick	

**Rating Standard:** 1. Trainees must start their assessment from level one, and can only apply for level two after passing level one and so on.  
 2. Levels one to nine of badges are applicable to Wushu training courses under the Outreach Coaching Programme of School Sports Programme (levels one to five, levels six to seven and levels eight to nine as the course outline for



## Key Points of Wushu Techniques

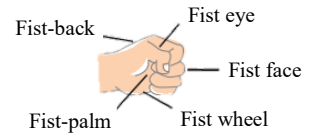
### 1) Hand Forms

#### I. Fist

Key requirements: Clenched fist, flat fist face, straight wrist.

Names of the parts of the fist:

Fist eye, fist-back, fist face, fist-palm, fist wheel

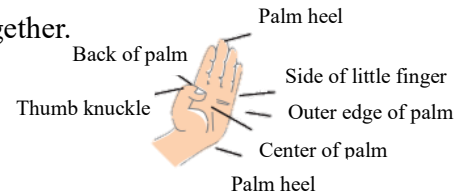


#### II. Palm

Key requirements: Open palm, fingers straight and close together.

Names of the parts of the palm:

Fingertips, back of palm, thumb knuckle, side of little finger, outer edge of palm, center of palm, palm heel

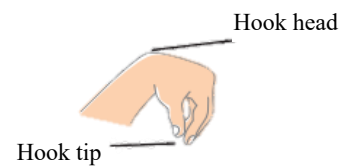


#### III. Hook

Key requirements: Bent and cocked wrist.

Names of the parts of the hook:

Hook head, hook tip



### 2) Stances

#### I. Bow stance

Key requirements: Head and neck straight, chest out and arched waist, arched front leg; rear leg stretched, hip down with kidney lowered, front foot in line with the back foot.



#### II. Horse-riding stance

Key requirements: Head and neck straight, chest out and arched waist, push your heels outward and do not let your head exceed your knees while facing forward.



#### III. Empty stance

Key requirements: chest out and arched waist, clear empty or solid steps. Empty stance can be divided into three types: high, medium, and low. Supporting rear leg at an upright position is a high empty stance, supporting rear leg at a squat position of forty-five degrees is a medium empty stance, and supporting rear leg at a half squat position is a low empty stance.



#### IV. Crouch stance

Key requirements: chest out and arched waist, lowered hip, straight waist.



#### V. Cross-legged sitting stance

Key requirements: chest out and arched waist, legs close together.



### 3) Hand techniques

#### I. Punch

Key requirements:

- a) Chest out, abdomen tightened with standing waist.
- b) Strike quickly and forcefully, force reaching the fist face, do a good job of twisting the waist, smoothing the shoulders and swinging the forearms rapidly. The requirements for side and upward punches are the same, but the direction is different.



#### II. Push palm

Key requirements:

- a) Chest out, abdomen tightened with standing waist, strike quickly and forcefully, with force reaching the palm heel, exerting power like an one-inch punch.
- b) Strike quickly and forcefully, force reaching the fist face, do a good job of twisting the waist, smoothing the shoulders and swinging the forearms rapidly. The requirements for side and upward punches are the same, but the direction is different.



#### III. Hook hand



### 4) Leg techniques (1)

#### I. Snap kick

Key requirements: Chest out and straight waist, instep stretched, closed hip and strong kick.



#### II. Kick with heel

Key requirements: Chest out and straight waist, instep stretched, closed hip and strong kick.



#### III. Front kick

Key requirements:

Chest out and straight waist, toes hooked and instep stretched when kicking up and down respectively, or toes hooked when kicking, closed hip and abdomen tightened sharply, accelerate after kicking over the waist, exerting power like an one-inch punch.



#### IV. Side kick

Key requirements: Chest out and straight waist, open hip, lean sideways, and abdomen tightened sharply.



V. Swing leg outward

Key requirements: Chest out and arched waist, loosen the hip, extend the hip and swing outward at a wide angle to form a fan shape.



VI. Inside crescent kick

Key requirements:

Chest out and straight waist, loosen the hip, close the hip and swing inward at a wide angle to form a fan shape.



5) Leg techniques (2)

I. Swing leg outward with slap

Key requirements: chest out and straight waist, loosen the hip, extend the hip, swing outward at a wide angle to form a fan shape, knock loudly.



II. Inside crescent kick with slap

Key requirements: chest out and straight waist, loosen the hip, close the hip, swing inward at a wide angle to form a fan shape, knock loudly.



III. Single slap kick

Key requirements: abdomen tightened with standing waist, kick higher than the chest, knock instep accurately and loudly.



IV. Repeated single slap kicks

Key requirements: abdomen tightened with standing waist, kick higher than the chest, knock instep accurately and loudly.

V. Side thrust kick

Key requirements: knee up, open hip, thrust kick, outer side of foot facing up, force reaching the heel.



6) Practice on movement combinations

I. Snap kick and punch

Key requirements: Stable supporting leg, strong kicks and punches.



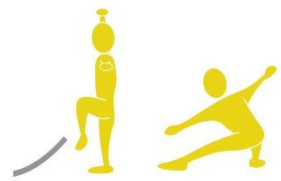
II. Kick with heel and push palm

Key requirements: Stable supporting leg, strong tread kick and push palm.



### III. Lift knee with crouch stance and thread palm

Key requirements: The left leg should be bent and raised to no lower than the waist, the right supporting leg should be stable. The posture of standing on one leg should be static and balanced. Do not swing left and right; average thread palm under crouch stance.



### IV. Waist turn

Key requirements: Do not rush when you first turn, lie back and enliven waist.



## 7) Practice on five types of stance combinations (Wu Bu Quan)

Wu Bu Quan is composed of five stance types, foot techniques and three hand forms.

Preparatory movement: Bring feet together and form a fist

#### a) Punch in bow stance

Take a step to the left with the left foot and make a lunge. At the same time, move the left hand towards the left, retract it to the waist and form a fist, punch the right fist forward to form a flat fist. Look ahead.



#### b) Snap kick with punch

Move the center of gravity forward and kick forward with the right leg. At the same time, punch the left fist forward from the waist to form a flat fist and retract the right fist to the waist. Look ahead.



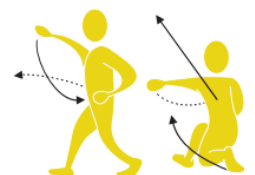
#### c) Punch in horse-riding stance

Land the right foot on the ground, turn the body 90 degrees to the left and squat into a horse step. At the same time, change the right palm into a fist, raise the left curled arm and punch the right fist from the waist to the right into a flat fist. Turn your head to the right and eyes on the right side ahead.



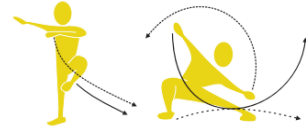
#### d) Punch in cross-legged sitting stance

Take a step back with the left foot to the back of the right foot. At the same time, turn the right fist into palm and move it downward over the head to the left. With the outer edge of the palm facing forward, turn the body 90 degrees to the left, retract the left palm to the waist and form a fist. Eyes on the right hand. Keep moving upward, squat into a rest step. At the same time, punch the left fist forward into a flat fist, change the right palm into a fist and retract it to the waist. Eyes on the left fist.



#### e) Lift knee with crouch stance and piercing palm

Stand with both legs and turn the body to the left. Then change the left fist into palm immediately, with the centre of palm facing downward. Change the right fist into palm, with the centre of palm facing upward. Move the right palm outward over the back of the left hand. At the same time, raise the left knee and retract the left hand to the right armpit. Eyes on the right hand. Put the left foot on the ground to form a crouch stance. Move the left hand outward from the inside of the left leg, with the left palm facing forward. Eyes on the left palm.



f) Palms in empty step

Bend the left knee forward, with the right foot stepping forward to form a right empty step. At the same time, raise the left hand and make an arc backward to form a hooking hand at a point slightly higher than the shoulder. Move the right hand downward from the back, then move it forward and upward along the outside of the right leg with the palm facing upward at shoulder level. Look ahead. Continue to practice with the same movements in opposite direction.



Closing posture: Bring feet together until side by side and form a fist.