



## Wooden Dummy “Muk Jong” Rules

- Intermediate & advanced divisions ONLY.
- Intermediate competitors are to perform the first 4 sections.
- Advanced competitors are to perform the complete set.
- Time limits are: 2 min max for Intermediate & 2 min 30 sec max for Advanced.
- Judges should look for attributes including but not limited to proper body structure during execution of techniques, appropriate generation of power, and suitable rhythm when executing sequences.

## Tai Chi Division Rules

### Internal Divisions Only:

Beginner – under 2 year

Intermediate – 2-4 years

Advance – over 4 years

### Time Limit:

Beginners            30 Seconds - 2.5 Minutes

Int / Adv             60 Seconds - 2.5 Minutes

*Judges will judge on principle and not style. Score range is the as Empty Hand & Weapons Forms.*

## Push Hand Division Rules

Time will be continuous with the exception of a 30 sec. Break. Competitors will begin with the right foot forward, push for 1 minute, rest switch to the left foot forward and continue for an additional minute. Judges will raise their hand towards the competitor they feel demonstrated the best principles of Tai Chi Chuan. A competitor, who shows yielding, neutralizing, and rooting, could win over someone who relies on pushing alone.