

# Martial Arts Bing Dao (Male)

Skills (60%)				Attendance & Participation	Written Exam	Total																																				
Exam Item	<u>60s lunge stabbing</u> (Results 15% + Skill quality 5%)	<u>Combination movements</u> (Skill quality 20%)	<u>Two-person routine</u> (Skill quality 20%)	20%	20%	100%																																				
Content	Stand with body side facing to the target, first lunge out and mark the start line. When stepping out to the lunge, stab the sword to the target. Retract the front foot behind the start line. Score the hits on the target within 60 seconds. <table><tr><td>Times</td><td>Pts</td><td>Times</td><td>Pts</td></tr><tr><td>70</td><td>15</td><td>56</td><td>7</td></tr><tr><td>68</td><td>14</td><td>54</td><td>6</td></tr><tr><td>67</td><td>13</td><td>52</td><td>5</td></tr><tr><td>66</td><td>12</td><td>50</td><td>4</td></tr><tr><td>65</td><td>11</td><td>48</td><td>3</td></tr><tr><td>64</td><td>10</td><td>46</td><td>2</td></tr><tr><td>60</td><td>9</td><td>44</td><td>1</td></tr><tr><td>58</td><td>8</td><td></td><td></td></tr></table>	Times	Pts	Times	Pts	70	15	56	7	68	14	54	6	67	13	52	5	66	12	50	4	65	11	48	3	64	10	46	2	60	9	44	1	58	8			<b>Demonstrate the 6 combination movements.</b> <b>Accuracy: 10 pts</b> i) Accuracy (5 pts) ii) Moving (3 pts) iii) Balance (2 pts) <b>Presentation: 10 pts</b> i) Speed (2 pts) ii)Power (2 pts) iii) Rhythm (2 pts) iv) Energy (2 pts) v) Fluency (2 pts)	<b>Demonstrate the flow of ‘Two-person routine III’.</b> <b>Accuracy: 10 pts</b> i) Accuracy (5 pts) ii) Moving (3 pts) iii) Balance (2 pts) <b>Presentation: 10 pts</b> i) Speed (2 pts) ii)Power (2 pts) iii) Rhythm (2 pts) iv) Energy (2 pts) v) Fluency (2 pts)			
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Skill point	5pts: student can demonstrate the skill very smoothly and meet the skill requirements. 3pts: student can demonstrate the skill smoothly and meet some of the skill requirements. 1pt: student cannot demonstrate the skill smoothly and cannot meet the skill requirements.	Not applicable	Not applicable																																							
No. of Trial	1	1	1																																							

# Martial Arts Bing Dao (Female)

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