Martial Arts Bing Dao (Male)

Skills (60%)								Attendance & Participation	Written Exam	Total	
Exam Item		<u>60</u>	s lunge	e stabbi	ng		Combination movements	Two-person routine	2004	2 001	1000/
	(Results 15% + Skill quality 5%)						(Skill quality 20%)	(Skill quality 20%)	20%	20%	100%
Content	Stand with body side facing to the target,						Demonstrate the 6 combination	Demonstrate the flow of			
	first lunge out and mark the start line.						movements.	'Two-person routine III'.			
	When stepping out to the lunge, stab the sword to the target. Retract the front foot						Accuracy: 10 pts	Accuracy: 10 pts			
	behind the start line. Score the hits on						i) Accuracy (5 pts)	i) Accuracy (5 pts)			
	the target within 60 seconds.						ii) Moving (3 pts)	ii) Moving (3 pts)			
		Times	Pts	Times	Pts		iii) Balance (2 pts)	iii) Balance (2 pts)			
		70	15	56	7		Presentation: 10 pts	Presentation: 10 pts			
		68	14	54	6		i) Speed (2 pts)	i) Speed (2 pts)			
		67	13	52	5		ii)Power (2 pts)	ii)Power (2 pts)			
		66	12	50	4		iii) Rhythm (2 pts)	iii) Rhythm (2 pts)			
		65	11	48	3						
		64	10	46	2		iv) Energy (2 pts)	iv) Energy (2 pts)			
		60	9	44	1		v) Fluency (2 pts)	v) Fluency (2 pts)			
	58 8										
Skill point	5pts: student can demonstrate the skill very smoothly and meet the skill requirements.						Not applicable	Not applicable			
	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.										
No. of Trial	1						1	1	-		

Martial Arts Bing Dao (Female)

Skills (60%)								Attendance & Participation	Written Exam	Total	
Exam	60s lunge stabbing						Combination movements	Two-person routine	2004		
Item	(Results 15% + Skill quality 5%)					%)	(Skill quality 20%)	(Skill quality 20%)	20%	20%	100%
Content			•	e facing		•	Demonstrate the 6 combination	Demonstrate the flow of			
		0		mark th to the lu			movements.	'Two-person routine III'.			
			U	Retract t	0		Accuracy: 10 pts	Accuracy: 10 pts			
	behind the start line. Score the hits on						i) Accuracy (5 pts)	i) Accuracy (5 pts)			
	the target within 60 seconds.						ii) Moving (3 pts)	ii) Moving (3 pts)			
		Times	Pts	Times	Pts		iii) Balance (2 pts)	iii) Balance (2 pts)			
		62 60	15 14	48 46	7 6		Presentation: 10 pts	Presentation: 10 pts			
		59	14	40	5		i) Speed (2 pts)	i) Speed (2 pts)			
		58	12	42	4		ii)Power (2 pts)	ii)Power (2 pts)			
		57	11	40	3		iii) Rhythm (2 pts)	iii) Rhythm (2 pts)			
		56	10	38	2		iv) Energy (2 pts)	iv) Energy (2 pts)			
		52	9	36	1		v) Fluency (2 pts)	v) Fluency (2 pts)			
		50	8								
Skill point	-			onstrate		•	Not applicable	Not applicable			
		•		skill req emonstra							
	-			some							
	-	ements.									
	-			demonstr 10t mee							
		rements.	u calli			SKIII					
No. of Trial							1	1			