

# Tai Chi

(Aug 2024 version)

Exam Item	Skill (60%)		Attendance & Participation	Written	Total
	Individual Sequencing	Group Demonstration			
Marks	50%	10%	20%	20%	100%
CONTENT	Based on the style principles, each student performs the whole sequence of 24 Styles Simplified Tai Chi Chuan. The time limit is within 4-6 minutes.	Group 3-4 students select one section of 24 Styles Simplified Tai Chi Chuan by the drawing of lots. Based on the style principles, the group performs the 8 sequences (Frist Section: from “Commencing Form” to “Right Grasp The Bird’s Tail”, Middle Section: from “Single Whip” to “Left Squat Down And Stand On One Leg”, Last Section: from “Right Squat Down And Stand On One Leg” to “Closing Form”).)			
	<p><b><u>Style Scoring (45 pts):</u></b></p> <p>Each sequence 2 pts (Slightly inconsistent with the requirements: 0.5 pt deduction; obviously inconsistent with the requirements: 1 pt deduction; seriously inconsistent with the requirements: 1.5 pts deduction.) Examinees can only get up to 45 pts.</p> <p><b><u>Whole Sequence Scoring (5 pts):</u></b></p> <p>The quality of skills for the whole sequence 5 pts (Extremely smooth and skillful: 5 pts. Fairly smooth and skillful: 3 pts. Not smooth and skillful: 1 pt.)</p>	<p><b><u>Group Scoring (10 pts):</u></b></p> <p>Group formation 5 pts (Extremely consistent: 5 pts. Fairly consistent: 3 pts. Not consistent: 1 pt.)</p> <p>The quality of movement for the section 5 pts (Extremely smooth and skillful: 5 pts. Fairly smooth and skillful: 3 pts. Not smooth and skillful: 1 pt.)</p>			
No.of Trial	1	1			