Martial Arts Bing Dao (Male)

Skills (54%)								Attendance & Participation	Written Exam	Total
Exam Item	(R		_	e stabbi Skill qu	ng ality 3%)	Combination movements (Skill quality 18%)	Two-person routine (Skill quality 18%)	26%	20%	100%
Content	Stan first Whe swor	d with b lunge of an stepping to the and the s	ody side out and ing out target.	e facing mark th to the lu Retract t e. Score	to the target ne start line nge, stab the he front foot the hits or	Demonstrate the 6 combination movements. Accuracy: 8 pts i) Accuracy (4 pts)	Demonstrate the flow of 'Two-person routine III'. Accuracy: 8 pts i) Accuracy (4 pts)			
	the t	Times 70 68	Pts 15 14	Times 56 54	Pts 7 6	ii) Moving (2 pts) iii) Balance (2 pts) Presentation: 10 pts i) Speed (2 pts)	ii) Moving (2 pts)iii) Balance (2 pts)Presentation: 10 ptsi) Speed (2 pts)			
		67 66 65 64	13 12 11 10	52 50 48 46	5 4 3 2	ii)Power (2 pts) iii) Rhythm (2 pts) iv) Energy (2 pts)	ii)Power (2 pts) iii) Rhythm (2 pts) iv) Energy (2 pts)			
		60 58	9	44	1	v) Fluency (2 pts)	v) Fluency (2 pts)			
Skill point	3pts: student can demonstrate the skill very smoothly and meet the skill requirements. 2pts: 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.					Tvot applicable	Not applicable			
No. of Trial	1					1	1			

Martial Arts Bing Dao (Female)

Skills (54%)								Attendance & Participation	Written Exam	Total	
Exam	60s lunge stabbing						Combination movements	Two-person routine	• • • •		
Item	(Results 15% + Skill quality 3%)					6)	(Skill quality 18%)	(Skill quality 18%)	26%	20%	100%
	Stan	d with	body	side fa	cing to	the	Demonstrate the 6 combination	Demonstrate the flow of			
	target, first lunge out and mark the start						movements.	'Two-person routine III'.			
	line. When stepping out to the lunge, stab the sword to the target. Retract the						Accuracy: 8 pts	Accuracy: 8 pts			
							i) Accuracy (4 pts)	i) Accuracy (4 pts)			
	the hits on the target within 60 seconds.					nds.	ii) Moving (2 pts)	ii) Moving (2 pts)			
Q		Times	Pts	Times	Pts		iii) Balance (2 pts)	iii) Balance (2 pts)			
Content	•	62	15	48	7		Presentation: 10 pts	Presentation: 10 pts			
ent	•	60	14	46	6		i) Speed (2 pts)	i) Speed (2 pts)			
		59	13	44	5						
		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								
	3pts: student can demonstrate the skill very						Not applicable	Not applicable			
	smoothly and meet the skill requirements. 2pts: student can demonstrate the skill										
Skill	smoothly and meet some of the skill										
point	requirements.										
1	1pt: student cannot demonstrate the skill										
	smoothly and cannot meet the skill										
NI CODII	requir	equirements.					1	1	-		
No. of Trial	1						1	1			