

The Chinese University of Hong Kong
Elective Physical Education Course
Martial Arts Bing Dao

I. Brief Introduction

Martial Arts Bing Dao, literally interpreted, can be understood as the “way of weapons through martial arts.” “Bing Dao” encompasses two aspects: “Bing” (weapons) and “Dao” (the way). According to the ancient Chinese dictionary Shuo Wen Jie Zi, “Bing” refers to weapons, and in later annotations, it refers to those who wield weapons. In China, “Dao” represents the highest pursuit in martial arts. Historically, the martial arts community has sayings like “entering the way through skills,” “skills approaching the way,” and “learning skills while cultivating the mind.” The phrases “proving the way through martial arts” and “cultivating the way through weapons” reflect the personal experiential understanding of “using the body to comprehend the way.” This concept is similar to other martial arts systems such as kendo (the way of the sword), kyudo (the way of the bow), judo (the way of the empty hand), and taekwondo (the way of the foot and fist). Modern Martial Arts Bingdao is a contemporary sport focusing on weapon combat, where two individuals or teams engage in offensive and defensive confrontations according to specific rules on the same field. It originates from ancient Chinese fencing and is a general term for martial arts weapon combat, including five subcategories: short weapons, long weapons, flexible weapons, concealed weapons, and throwing weapons. Currently, the promotion and competitions of Martial Arts Bingdao mainly focus on the short weapons category.

II. Classification and Levels

Modern Martial Arts Bing Dao is mainly divided into two categories: Bing Dao Kata and Bing Dao Combat. Bing Dao Kata includes individual kata and paired kata. Bing Dao Combat is classified by gender, age, and weight, as detailed in Table 1: Bing Dao Combat Classification and Weight. Both Bing Dao Kata and Bing Dao Combat are graded from levels 1 to 10 and ranks 1 to 9.

III. Equipment and Gear

i. Equipment

The weapon used in Bing Dao is a short weapon made of rubber material. The total length is 85-95 cm, with a body diameter of 2.9-3.9 cm. The thickness of the guard plate is 1.2-1.5 cm, and the handle is 15-18 cm long. The tip of the short weapon has a cushioning pad with a diameter of 2.9-3.9 cm, and the pommel (end of the handle) has a cushioning pad with a diameter of 1.9-2.9 cm. The center of gravity is located 8-10 cm from the guard plate along the body of the weapon, and the weight ranges from 200-500 g. The length and weight requirements of the short weapon used in competitions vary according to gender, age, and weight. For details, please refer to Table 2: Weight Table of Weapons for Different Genders, Ages, and Weight Categories.

Table 1: Bing Dao Combat Classification and Weight

Youth (18-40 years)	Teenagers (15-17 years)		Adults (18-40 years)	
Men & Women	Men	Women	Men	Women
39 kg class (≤39kg)	48 kg class (≤48kg)	44 kg class (≤44kg)	56 kg class (≤56kg)	48k g class (≤48kg)
42 kg class (>39kg - ≤42kg)	52 kg class (>48kg - ≤52kg)	47 kg class (>44kg - ≤47kg)	60 kg class (>56kg - ≤60kg)	52 kg class (>48kg - ≤52kg)
45 kg class (>42kg - ≤45kg)	56 kg class (>52kg - ≤56kg)	50 kg class (>47kg - ≤50kg)	65 kg class (>60kg - ≤65kg)	56 kg class (>52kg - ≤56kg)
48 kg class (>45kg - ≤48kg)	60 kg class (>56kg - ≤60kg)	54 kg class (>50kg - ≤54kg)	70 kg class (>65kg - ≤70kg)	60 kg class (>56kg - ≤60kg)
52 kg class (>48kg - ≤52kg)	65 kg class (>60kg - ≤65kg)	58 kg class (>54kg - ≤58kg)	75 kg class (>70kg - ≤75kg)	65 kg class (>60kg - ≤65kg)
56 kg class (>52kg - ≤56kg)	70 kg class (>65kg - ≤70kg)	63 kg class (>58kg - ≤63kg)	80 kg class (>75kg - ≤80kg)	70 kg class (>65kg - ≤70kg)
60 kg class (>56kg - ≤60kg)	75 kg class (>70kg - ≤75kg)	68 kg class (>63kg - ≤68kg)	85 kg class (>80kg - ≤85kg)	75 kg class (>70kg - ≤75kg)
Over 60 kg class (>60kg)	Over 75 kg class (>75kg)	Over 68 kg class (>68kg)	Over 85 kg class (>85kg)	Over 75 kg class (>75kg)

Table 2: Weight Table of Weapons for Different Genders, Ages, and Weight Categories

Adult Men		Youth Men		Junior Boys	
Weight Class	Weapon Weight	Weight Class	Weapon Weight	Weight Class	Weapon Weight
60 kg class and below	400g	52kg class and below	350g	42kg class and below	300g
65-75kg class	450g	56-65kg class	400g	45-52kg class	350g
80kg class and above	500g	70kg class and above	450g	56kg class and above	400g
Adult Women		Youth Women		Junior Girls	
Weight Class	Weapon Weight	Weight Class	Weapon Weight	Weight Class	Weapon Weight
52kg class and below	300g	47kg class and below	250g	42kg class and below	200g
56-65kg class	350g	50-58kg class	300g	45-52kg class	250g
70kg class and above	400g	63kg class and above	350g	56kg class and above	300g

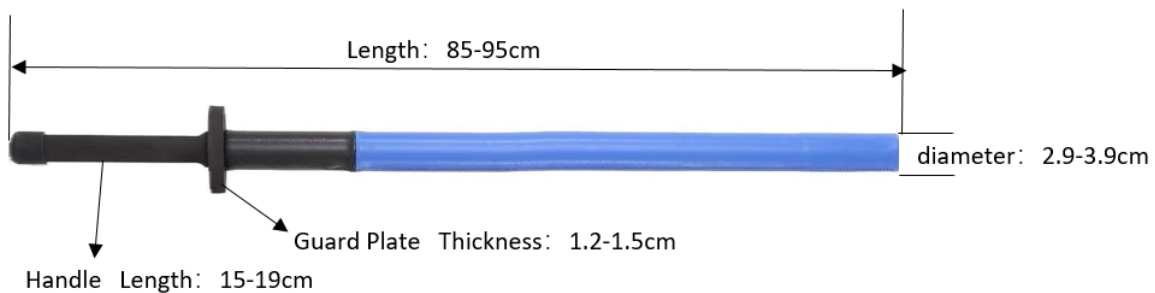


Figure 1 Short Weapon

ii. Gear

Practitioners of Bing Dao Kata need to wear Bing Dao uniforms. For Bing Dao Combat, they must wear gear approved by the Chinese Martial Arts Association, including helmets, shoulder guards, chest protectors, hand guards, groin protectors, leg guards, and Bing Dao shoes. The helmets used in Bing Dao Combat are made of steel to protect the head from injury; other protective gear is made of thickened sponge material, which has a certain degree of resilience to protect various parts of the body from injury.



Figure 2 Gear

IV. Basic Weapon Holding Stance

Hold the handle below the guard plate with left hand, with the thumb pressing against the first joint of the index finger, and the other three fingers gripping the handle tightly. The tiger's mouth (the space between the thumb and index finger) should be close to the guard plate. Hold the short weapon with left hand at the left hip, with the handle pointing upwards, the weapon body pointing downwards, and the tip of the weapon angled downwards at 45 degrees. Let right arm hang naturally at the right side of body. Stand with feet together or apart at shoulder width. Refer to the Figure 3: Standing Weapon Holding Stance.



3-1 Front View: Feet Together



3-2 Front View: Feet Shoulder-Width Apart



3-3 Side View

Figure 3 Basic Weapon Holding Stance

V. Basic Etiquette

i. Fist and Palm Salute

Salute with fist and palm stand with feet together, chest out, and abdomen in. Look straight ahead. Clench right hand into a fist. Fully tuck left thumb inward, with the other four fingers together. Raise both arms quickly and bring them together in front of chest, with the left hand touching the first knuckle of the right hand. The salute should be level with shoulders, elbows slightly lower than the shoulders, and 20-30 cm away from chest. Refer to the Figure 4: Salute with Fist and Palm.



4-1 Front View



4-2 Overhead View



4-3 Side View

Figure 4 Fist and Palm Salute

ii. Salute with Weapon

Stand in the weapon-holding stance. Raise both arms quickly and wrap them around the chest, with the four fingers of the right hand horizontally aligned with the knuckles of the weapon-holding hand. The weapon should be level with the shoulders, with the elbows slightly lower than the shoulders, and 20-30 cm away from the chest. Bow 30 degrees while saluting, then rise and return the arms to the weapon-holding stance. Refer to the Figure 5: Salute with Weapon.



5-1 Front View



5-2 Overhead View



5-3 Bow

Figure 5 Salute with weapon

iii. Greeting and Farewell Etiquette

- When meeting or bidding farewell to a senior in Bing Dao, the junior should first perform the fist and palm salute or salute with weapon. The senior will return the fist and palm salute or salute with weapon.
- When meeting or bidding farewell to a peer in martial arts, both parties should simultaneously perform the fist and palm salute or salute with weapon.

VI. Basic Grips

i. Lock Grip

Posture: Using the right hand as an example, the thumb locks onto the first joint of the index finger, while the middle finger, ring finger, and little finger grip the handle tightly. The tiger's mouth (the area between the thumb and index finger) is close to the guard. The same applies to the left hand. Refer to the Figure 6: Lock Grip.

Key Points: The thumb locks onto the index finger, and the other three fingers naturally grip the handle, firm but not rigid.



Figure 6: Lock Grip

ii. Open Grip

Posture: Using the right hand as an example, the thumb is opened and extended, with the fingertip pressing against the guard. The remaining four fingers come together to grip the handle. The same applies to the left hand. Refer to the Figure 7: Open Grip.

Key Points: The thumb must press against the guard, and the other four fingers must grip the handle tightly to prevent the weapon from being dislodged by an opponent's strike. This grip is suitable for thrusting and lifting movements.

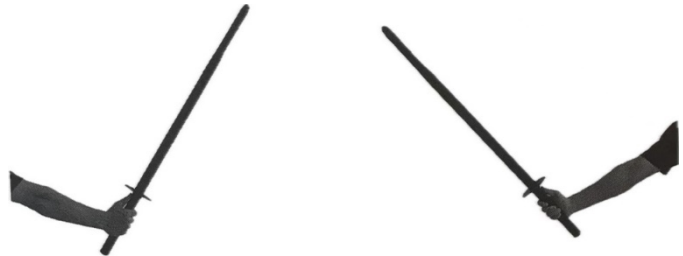


Figure 7: Open Grip

iii. Two-Handed Grip

Posture: The two-handed grip is based on the single-handed grip, with the addition of the other hand to form a grip where both hands hold the handle. Typically, the back hand faces the front hand, holding the short weapon's handle. When gripping, the back hand can either fully grasp the handle or use four fingers to assist, creating combined force. Refer to the Figure 8: Two-Handed Grip.

Key Points: Both hands should assist each other, being flexible and adaptable. The purpose of the two-handed grip is to enhance the strength of defensive blocks, parries, and offensive chops, cuts, and thrusts.



Figure 8: Two-Handed Grip

VII. Combat Ready Stance

Posture: Taking the right-hand grip as an example, the torso should be naturally relaxed and upright, slightly turned towards the front. The right arm is slightly bent with the palm facing left, while the left hand naturally extends backward to the left. The chin is slightly tucked in, and the eyes look forward. The right foot is in front with the toes slightly turned inward, and the left foot is behind with the toes turned outward at an angle of 60-90 degrees. The distance between the feet is approximately twice the length of your own foot. Bend the knees and squat down, placing the center of gravity between the legs. The same applies to the left side. Refer to the Figure 9: Basic Stance.



Figure 9: Basic Stance

VIII. Basic Footwork

Description: Combat in martial arts is a dynamic process. Only through continuous movement and distance adjustment can one seize advantageous positions for attack or defense. There are ten basic footwork techniques in martial arts combat. The detailed movements and key points of each footwork technique are listed in Table 3: Basic Footwork in Bing Dao Combat. All footwork movements and key points are described with the right foot in front as an example, and the same applies to the left foot. You can scan the QR codes next to each footwork technique to watch the corresponding action videos.

Table 3: Basic Footwork in Bing Dao Combat

Footwork	Movement Process	Key Points	QR-Code
Forward Step	Push off with the left foot, move the right foot forward slightly, about 20-30 cm, then follow with the left foot, matching the previous step's length; keep the center of gravity between both feet, maintain a sideways stance; look forward.	Keep the upper body upright and sideways, avoid leaning forward or backward; push off with the back foot to propel the body forward, then follow with the back foot; the forward distance should equal the following distance; avoid making the steps too large.	
Backward Step	With the center of gravity between both feet, move the left foot back slightly, about 20-30 cm, then follow with the right foot, matching the previous step's length; keep the center of gravity between both feet, maintain a sideways stance; look forward.	Keep the upper body upright and sideways, avoid leaning forward or backward; push off with the right foot to move the left foot, then follow with the right foot; the backward distance should equal the following distance; keep the steps moderate in size.	
Right Step	Move the right foot half a step to the right, then follow with the left foot half a step to the right; maintain a sideways stance; look forward.	Move to the right by first moving the right foot, then follow with the left foot, keeping the step length the same; keep the center of gravity between both feet, avoid swaying or leaning forward or backward.	
Left Step	Move the left foot half a step to the left, then follow with the right foot half a step to the left; maintain a sideways stance; look forward.	Move to the left by first moving the left foot, then follow with the right foot, keeping the step length the same; keep the center of gravity between both feet, avoid swaying or leaning forward or backward.	
Rush Step	Suddenly move the right foot forward, bending the knee into a forward lunge, push off with the left foot, and move the left foot forward; look forward.	Make a sudden forward step, avoiding the opponent's line of sight, and attack unexpectedly.	
Retreat Step	Move the right foot back half a step, keeping the left foot still, maintain balance, and keep the upper body sideways to the front.	Maintain the combat stance, retreat to prepare for an attack.	
Lift Step	Lift the right leg with the knee bent, the lower leg hanging down, the right foot level with the left knee; grip the ground with the left foot's toes to support body balance.	The lift step is used to avoid the opponent's horizontal slash or sweep to the lower leg, requiring quick movements.	

Footwork	Movement Process	Key Points	QR-Code
Jump Step	Quickly lift the right foot backward and upward, push off with the left foot to jump up, and simultaneously step down with the right foot; maintain body balance, look forward.	Jump no higher than the knee joint, land lightly and quickly, and change positions freely.	
Follow Step	Move the right foot forward, bending the knee into a forward lunge, then follow with the left foot, attaching it behind the right foot, with the left knee bent and the left heel lifted, the left knee attached to the inside of the right lower leg; keep the upper body upright and sideways to the front.	Keep the step length consistent with the follow step, maintaining the height of the center of gravity.	
Lunge Step	Move the right foot forward in a large step, bending the knee into a forward lunge, push off with the left leg, straightening the knee joint; keep the upper body upright, look forward.	Move quickly and unexpectedly.	-Not applicable

IX. Basic Techniques

i. Offensive Techniques

The offensive techniques in Bing Dao Combat are composed of a flexible combination of basic offensive techniques such as point, collapse, cut, chop, lift, pick, slash, hack, and thrust. These techniques are integrated with agile footwork and comprehensive tactical strategies. The detailed movements and key points of various offensive techniques are listed in Table 4: Bing Dao Combat Offensive Techniques. All technical movements and key points are exemplified with both parties using short weapons. You can scan the QR codes on the right side of various footwork to watch the corresponding technical movement videos.

ii. Defensive Techniques

Bing Dao Combat defensive techniques are divided into two main categories: contact defense and non-contact defense. Contact defense includes blocking, parrying, intercepting, and closing down; non-contact defense includes dodging. The detailed movements and key points of various defensive techniques are listed in Table 5: Bing Dao Combat Defensive Techniques. All technical movements and key points are exemplified with both parties using short weapons. You can scan the QR codes on the right side of various footwork to watch the corresponding technical movement videos.

Table 4: Bing Dao Combat Offensive Techniques

Name	Subcategory	Movement Process	Key Points	QR-Code
Point Techniques	Straight Point	Party A extends the arm with a suspended wrist, making the front end of the short weapon droop, passing over Party B's short weapon guard, and directly points at Party B's wrist or forearm.	Extend the arm forward, lift the suspended wrist, and make the weapon body strike suddenly at the shortest distance.	
	Side Point	Party A steps diagonally forward while extending the arm with a suspended wrist, pointing at Party B's wrist or arm from the inside or outside.		
Collapse Techniques	-	Party A holds the short weapon and strikes upward with the blade part of the short weapon against Party B's wrist or the underside of the forearm.	Extend the arm, sink the wrist, and suddenly exert force, reaching the end of the weapon.	
Cut Techniques	Inner Wrist Cut	Party A holds the short weapon, rotates the forearm inward, lowers the wrist, lifts the suspended wrist, turns the hand down, and reaches the tip of the weapon, crossing the underside of Party B's wrist with the front end of the short weapon.	Extend the arm, relax the shoulder, lift, and suspend the wrist, attacking unexpectedly.	
	Outer Wrist Cut	Party A rotates the forearm outward, rotates the wrist until the palm faces up, lifts the suspended wrist with the backhand, and reaches the tip of the weapon, crossing Party B's wrist with the outer side of the front end of the short weapon.		
Chop Techniques	Vertical Chop	Party A raises the weapon and chops downward towards Party B's head, arm, or shoulder, focusing the force on the blade part of the short weapon, extending the arm forward.	Due to the large range of motion of the chop, the speed of the attack must be fast to prevent counterattacks from the opponent.	
	Circular Chop	Inner Circular Chop: Party A uses the wrist joint as the axis, the short weapon closely follows the inner side of the body, rotating 360 degrees downward, backward, upward, and downward, chopping Party B. The forearm follows and accelerates, aiming to increase the rotation speed.		

		Outer Circular Chop: Party A uses the wrist joint as the axis, the short weapon closely follows the outer side of the body, rotating 360 degrees downward, backward, upward, and downward, chopping Party B.		
	Diagonal Chop	Left Diagonal Chop: Party A starts from the right side of the body's central axis, instantly exerting force diagonally downward to the left, chopping Party B. Right Diagonal Chop: Party A starts from the left side of the body's central axis, instantly exerting force diagonally downward to the right, chopping Party B.		- 不適用
Lift Techniques	Straight Lift	Party A holds the short weapon with the wrist as the axis, bends the elbow outward, making the short weapon follow the outer side of the body, lifting upward from the lower back to the front, striking Party B's torso, legs, arms, or weapon.	When lifting, extend the arm to send out the short weapon. The wrist should be flexible and agile, avoiding swinging the upper arm to prevent counterattacks. This technique is often used in combination with feints, distractions, and inducements.	
	Reverse Lift	Party A holds the short weapon with the wrist as the axis, bends the elbow inward, making the short weapon follow the inner side of the body, lifting upward from the lower back to the front, striking Party B's torso, legs, arms, or weapon.		
Pick Techniques	Straight Pick	Party A extends the arm straight with the short weapon, lifting it from bottom to top, directly picking Party B's blade and arm.	Relax the shoulder, extend the arm, and turn the body sideways. Pay special attention to forming a cross with the opponent's blade and arm on the lifting line.	Not applicable
	Inner Side Pick	Party A extends the arm straight with the short weapon, lifting it from bottom to top, picking Party B's arm from the inside.		
	Outer Side Pick	Party A extends the arm straight with the short weapon, lifting it from bottom to top, picking Party B's arm from the outside.		

Slash Techniques	-	When Party A's short weapon is above Party B's short weapon, quickly raise the weapon and slash Party B's short weapon, forcing Party B's weapon down, creating an opening for other techniques.	Exert force quickly, briefly, and decisively.	
Hack Techniques	Straight Hack	Party A rotates the waist to the right, holding the weapon and hacking horizontally from right to left at Party B's calf or waist.	The waist rotation drives the wrist rotation. During the rotation, be quick and flexible. When storing power with the waist rotation, avoid large arm swings to prevent the opponent from noticing and countering.	
	Reverse Hack	Party A rotates the waist to the left, holding the weapon and hacking horizontally from left to right at Party B's calf or waist.		
Thrust Techniques	Straight Thrust	Party A thrusts forward from the back, extending the arm straight, aligning the wrist, and sending the shoulder forward, exerting force quickly, making the weapon and arm one, reaching the tip of the weapon.	Thrust with lightning speed to hit the specific target. When striking, it should be as if an arrow is on the string, and it must hit the target.	
	Diagonal Thrust	Party A avoids Party B's centerline, raises the arm, and thrusts from the outside, striking Party B's chest.		
	Reverse Thrust	When Party A's short weapon is on the outside of Party B, Party A rotates the arm outward, with the palm facing up, and thrusts backward, striking Party B's shoulder or back.		

X. Combination Techniques in Combat

In Bing Dao Combat, when both parties engage in intense battles, relying solely on single techniques makes it difficult to gain an advantage. Therefore, whether attacking or defending, both parties need to use multiple techniques in combination, connecting and coordinating them. Bīngdào combination techniques are based on single offensive or defensive movements, linking individual movements together or repeatedly using single techniques. The key to using

combination techniques lies in the proficient mastery and flexible application of individual techniques, combined with footwork and body movements, to maximize the offensive and defensive effects of the techniques. Table 6: Bing Dao Combat Combination Techniques lists examples of offensive and defensive combination techniques in Bīngdào; all examples are illustrated with both parties holding short weapons. You can scan the QR codes on the right side to watch the corresponding videos.

Table 5: Bing Dao Combat Defensive Techniques

Category	Name	Subcategory	Movement Process	Key Points	QR-Code
Contact Defense	Blocking	Left Block	Party A bends the wrist inward, blocking to the left, deflecting the opponent's thrusts and chops.	The blade should not leave the body's centerline, using the base of the short weapon as the force point. The blocking range should not exceed the body's sides, deflecting the opponent's attack outside the body.	
		Right Block	Party A holds the weapon and blocks to the right, using the base of the short weapon to deflect Party B's wrist cuts, points, or side attacks.		
	Parrying	Straight Parry	Party A rotates the forearm inward and raises it, parrying the short weapon above the head, slightly higher than the head, with the parry point at the middle of the short weapon, using the front hand to parry.	When parrying, raise the forearm, but not too much, just enough to protect the head and shoulders. Used to parry the opponent's chops.	
		Reverse Parry	Party A raises the forearm and rotates it outward, positioning the short weapon diagonally above the left side, with the hand slightly higher than the head, and the force point at the middle of the short weapon, using the backhand to parry upward.		
	Intercepting	Left Intercept	Party A rotates the right wrist outward, the front end of the short weapon drops, forming a diagonal plane, pushing to the left along the body's outer line.	The range should not be too large, using the body's inner and outer lines as the boundary. The force point is at the middle of the	
		Right Intercept	Party A rotates the left wrist outward, the back end of the short weapon drops, forming a diagonal plane, pushing to the right along the body's outer line.		

		Right Intercept	Party A rotates the right wrist inward, the front end of the short weapon drops, forming a diagonal plane, pushing to the right along the body's outer line.	short weapon. When intercepting, whether to the left or right, slightly follow back to neutralize the opponent's lateral force, preparing for a counterattack.	
	Closing Down	-	Party A raises the right hand, rotates inward and lowers, the front end of the short weapon swings back, with the tip pointing down or diagonally down, using the middle or base of the short weapon to block the opponent's strong horizontal strikes or mid-level thrusts, moving the body to the right to block the attack outside the body.	When using this technique, push the short weapon to the left and slightly follow back, facilitating a counterattack.	
Non-Contact Defense	Dodging	Backward Dodge	Party A uses a backward step as the basis, quickly retreating one step or half a step with one or both feet according to Party B's attack, causing Party B's attack to miss and disrupting the opponent's attack distance.	The retreat step should be based on the opponent's attack range, not too large. Dodging steps are active defense, advancing by retreating, not passive retreat. When dodging, combine with body movements like leaning back, leaning forward, or light side movements to enhance defense.	Not applicable
		Left and Right Dodge	Party A slides sideways to the left or right to evade the opponent's attack. To dodge right, slide sideways with the back foot to the right; to dodge left, slide sideways with the front foot to the left.		Not applicable
		Downward Dodge	Party A bends the knees, sinks the hips, squats down, lowering the center of gravity to dodge Party B's horizontal attack to the head with the short weapon.	Bend the knee and hip joints simultaneously, keeping eyes on Party B's horizontal strike to the head, ready to defend or attack with the short weapon.	Not applicable

Table 6: Bing Dao Combat Combination Techniques

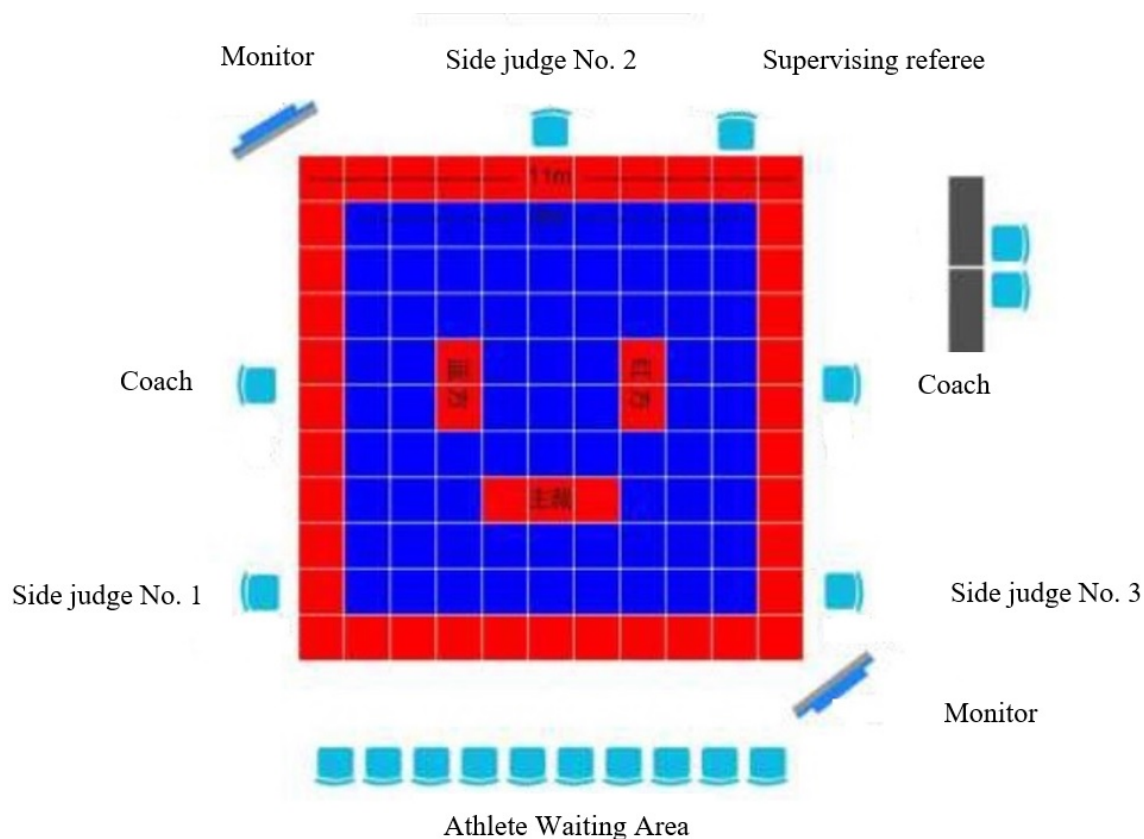
Category	Name	Movement Process	Key Points	QR-Code
Offensive Combination Moves	Straight Thrust - Swing Chop - Horizontal Slash	Party A feints a straight thrust at Party B's chest to provoke a reaction. When Party B reacts, Party A steps forward and swings to chop Party B's shoulder or head (not the back). As Party B defends and steps forward to attack, Party A lowers their body and slashes at Party B's inner lower leg.	The movements should be quick and fluid. When swinging, the short weapon should be close to the body, drawing an arc, with the waist driving the hand to chop. When slashing, the body should be low and close to Party B to avoid counterattacks and make it difficult for Party B to defend. The power rhythm for the three moves is light, heavy, heavy, or heavy, heavy, heavy.	
	Vertical Chop - Straight Slash - Reverse Slash	Party A steps forward and vertically chops at Party B's face, forcing Party B to block. Taking advantage of Party B's block, Party A retracts their forearm, rotates outward, steps forward, and slashes at Party B's lower leg. Then, Party A retracts their hand, palm down, and reversely slashes at Party B's shoulder and arm.	The vertical chop should be quick and powerful. When transitioning from chop to slash, the forearm should retract quickly, with the waist driving the arm. The straight slash and reverse slash should be closely connected. The power rhythm is light, heavy, heavy, or heavy, heavy, heavy. The movements should be smooth to be effective.	
	Wrist Cut - Thrust - Swing Chop	Party A steps forward with the left foot and cuts at Party B's wrist. When Party B defends on the left side, Party A retracts the foot, jumps forward with the right foot, and thrusts at Party B's chest. Then, Party A rotates the wrist inward and swings to chop at Party B's shoulder.	The wrist cut and thrust require flexible wrists and agile footwork. When thrusting, the arm rotates inward, palm down, with the wrist and arm in a horizontal line, delivering force to the weapon's tip. When transitioning from thrust to swing chop, the short weapon should be close to the body, drawing an arc to chop at Party B. The waist and arm should coordinate smoothly, starting from the foot, passing through the waist, and reaching the hand. The power rhythm is light, heavy, heavy, or light, light, heavy.	
	Lower Slash - Upper Thrust - Horizontal Slash	Party A lowers their body and slashes at Party B's inner lower leg. When Party B defends the lower body, Party A follows with an upward thrust at Party B's	The lower slash should be fierce, with heavy force to compel Party B to react. The upward thrust should follow smoothly, and the weapon should be retracted quickly for the horizontal slash. The waist	

		armpit, making it difficult for Party B to exert force. Then, Party A rises and horizontally slashes at Party B's waist or shoulder.	should drive the hand. The entire set of movements should be quick, accurate, and fierce, with a power rhythm of heavy, heavy, heavy.	
Defensive Counterattack Combination Moves	Block - Thrust - Swing Chop	Party B steps forward and thrusts at Party A's chest or shoulder. Party A blocks to the right side (outside) with the middle or base of the short weapon, then quickly thrusts at Party B's chest. As Party B retracts their weapon to defend, Party A steps forward and swings to chop at Party B's shoulder or face.	When blocking, Party A should grip the short weapon tightly, rotate the waist to drive the hand, and move the body half a step to the right to avoid any potential attacks. The thrust should be quick, accurate, and fierce. Without waiting for Party B to react, Party A should step forward, rotate the wrist, and use the waist to drive the arm for the swing chop.	
	Block - Lower Slash - Straight Thrust	Party B steps forward and chops at Party A's head. Party A steps forward and blocks upward with the right hand, then quickly lowers their body and slashes at Party B's inner lower leg. As Party B defends the lower body, Party A retracts the weapon, steps forward, and thrusts at Party B's chest.	When blocking, Party A should step forward quickly to intercept, forcing Party B to struggle with the next move. The body should be arched backward, with the head protected under the short weapon. The transition from block to leg slash should be sudden, giving Party B no time to think. The lower body should move quickly, and the slash should be powerful. When rising to thrust, the force should reach the weapon's tip, aiming directly at Party B's chest.	
	Right Dodge - Weapon Slash - Thrust	Party B steps forward and vertically chops at Party A's shoulder. Party A dodges to the right, steps forward, and slashes at Party B's forearm and weapon. As Party B's weapon drops, Party A quickly jumps to the right, avoiding Party B's centerline, and thrusts at Party B's chest.	When dodging to the right, Party A should move the body with the waist driving the shoulder, and the short weapon should block inward to prevent any potential attacks. The weapon slash should be fast and powerful. The transition from reverse slash to thrust should be quick, with Party A moving to the right to avoid Party B and thrusting from the side.	
	Lower Dodge - Leg Slash - Thrust	Party B steps forward and chops at Party A's waist. Party A squats down to dodge, then quickly steps forward and slashes at Party B's inner lower leg. As Party	When dodging down, Party A should squat quickly, gripping the short weapon tightly, with the weapon held vertically for both defense and counterattack. The leg slash should be quick, accurate, and	

		B retracts the weapon to defend, Party A quickly jumps to the right, avoiding Party B's centerline, and thrusts at Party B's chest.	fierce. When thrusting, the force should reach the weapon's tip.	
Offensive Defense Combination Moves	Weapon Lift - Horizontal Slash - Straight Thrust - Swing Chop	Party A lifts Party B's short weapon from below left to above right, forcing Party B's weapon upward. Then, Party A rotates the wrist and slashes at Party B's waist. As Party B retracts the weapon to counterattack, Party A squats and thrusts at Party B's chest, then rises and steps forward to swing chop at Party B's shoulder.	When lifting the weapon, Party A's tiger mouth should face down, with the forearm driving the upper arm. When transitioning from lift to slash, the wrist and waist should rotate to drive the arm, increasing speed. After retracting the hand and squatting to thrust, Party A should quickly rise and step forward to swing chop, with the movements being quick and fierce, smoothly connecting left, right, up, and down.	
	Wrist Cut - Thrust - Horizontal Slash - Swing Chop	Party A steps forward with the left foot and cuts at Party B's wrist, then quickly jumps to the right and thrusts at Party B's chest. As Party B counterattacks, Party A horizontally slashes at Party B's waist, then steps forward to swing chop at Party B's shoulder.	When cutting the wrist, Party A should step forward quickly, with flexible wrists, aiming to disrupt Party B. Then, Party A should quickly jump to the right and thrust at Party B's chest, followed by a horizontal slash at the waist. Without waiting for Party B to react, Party A should step forward to swing chop, with the waist driving the hand, and the short weapon close to the body. The power rhythm should be heavy, light, heavy, heavy, with the directions being left, right, center, and up.	

XI. Competition Venue for Sparring Matches

The competition venue must be an 11×11 meter mat/carpet/floor recognized by the Chinese Wushu Association. The central square area, with a side length of 9 meters (measured from the outer edge of the venue), is designated as the competition area for athletes. There is a one-meter safety zone around this area. Additionally, there is a two-meter clear safety zone around the perimeter of the venue. If a raised platform is used, an additional one-meter safety zone will be added to each side of the venue.



XII. Main Competition Rules

i. Scoring Techniques

The four scoring techniques are: chop, slash, cut, and thrust.

ii. Scoring Types

a) 1 Point

- Hitting the opponent's scoring area: 1 point
- Opponent receives a warning: 1 point
- Direct score from the opening move: 1 additional point from the referee.

b) 2 Points

- Successful defensive contact followed by hitting the opponent's scoring area: 2 points
- Using airborne techniques to hit the opponent's scoring area: 2 points
- Opponent receives a severe warning: 2 points.

c) 3 Points

- Using a spinning technique to hit the opponent's scoring area: 3 points.

iii. Prohibited and Scoring Areas

a) Prohibited Areas

Back of the head, throat, groin, hands (above the wrist), feet (below the ankle).

b) Scoring Areas

Head: Entire head except prohibited areas, including the top, face, and sides.

Torso: Front, sides, back, and shoulder areas covered by protective gear.

Legs: Areas covered by protective gear from above the ankle to below the knee, excluding the knee and ankle joints.

iv. Scoring Standards and Judgement

a) Scoring Standards

- Proper technical execution
- Clear striking effect
- Clear scoring intention
- Good offensive and defensive state.

b) Scoring Judgement

- Points are awarded if the scoring technique hits the opponent's scoring area within the match time and meets all four scoring standards. Techniques performed after the referee's "pause" or "stop" command do not count, and violators may be penalized.
- If both athletes are outside the ring, no techniques (including valid ones) will be scored. Attacks on an opponent who is already out of bounds do not count. If one athlete performs a valid technique while still inside the ring before the opponent steps out, the technique is scored.

c) No Score Awarded

- Techniques without clear intent, unclear execution, or unclear striking effect.
- Strikes using any part of the body other than the weapon.
- Techniques performed after the referee's command to stop.
- Techniques performed while out of bounds or after falling.
- Attacks on an opponent who is out of bounds or has fallen.
- Techniques using reverse grip.

v. Fouls and Penalties

Athletes committing fouls during the match will be penalized with warnings, severe warnings, or disqualification. Specific fouls and corresponding penalties are detailed in Table 7: Fouls and Corresponding Penalties.

Table 7: Fouls and Corresponding Penalties

	Warning	Severe Warning	Disqualification
Fouls	1. Attacking prohibited areas. 2. Using non-competitive techniques to attack the opponent. 3. Continuing to attack after the referee's stop command. 4. Stepping out of bounds. 5. Dropping the weapon. 6. Passive competition (not attacking within 5 seconds after referee's prompt). 7. Attacking an opponent who is down. 8. Falling down. 9. Using illegal techniques, blind attacks, or defenses. 10. Grabbing the opponent's weapon or blocking with the arm. 11. Deliberate collision, pushing, or obstructing the opponent's attack. 12. Failing to salute properly after the referee's reminder. 13. Unjustified request for a timeout by the athlete or coach. 14. Improper attire or protective gear after the referee's reminder, corrected within 1 minute. 15. Uncivil behavior such as insulting language, spitting, or rude gestures. 16. Other misconduct by the coach (e.g., loud noise, protests, leaving the seat).	1. Attacking prohibited areas and causing injury. 2. Using illegal techniques and causing injury. 3. Improper attire or protective gear, corrected within 3 minutes after 1-minute reminder. 4. Unsportsmanlike conduct (e.g., insulting the referee, opponent, or coach).	1. Attacking prohibited areas and causing severe injury, preventing the opponent from continuing. 2. Insulting or assaulting the opponent or others through actions like helmet throwing or sit-in protests. 3. Violent or insulting misconduct towards referees, officials, or competition staff.
Penalties	Opponent gains 1 point	Opponent gains 2 points	Opponent wins by default

Reference Books:

1. 李龍 (2021). 中國武術短兵教程. 人民體育出版社
2. 王華鋒 (2007). 中國短兵教程. 北京體育大學出版社
3. 溫搏 (2021). 中國武術中英雙語教程. 北京師範大學出版社
4. 譚悅能 (2023). 武術：跨時代的文化禮物. 紅出版 (青森文化)
5. 武世俊 (2015). 實戰刀法. 人民體育出版社
6. 蔡龍雲 (2013). 劍術運動. 人民體育出版社

Websites:

1. Chinese Wushu Association: <http://www.wushu.com.cn> (2024)
2. Hong Kong Wushu Union: <http://www.hkwushuu.com.hk/> (2024)
3. Chinese Martial Arts Bing Dao Association: <http://www.wushudianbing.com/> (2024)
4. World Fighting Martial Arts Federation : <https://www.wfmaf.org/en/> (2024)