

# Terpwushu Curriculum

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# Acronyms

Event	Description
CQ	Changquan (“long fist”), northern-style barehand
GS	Gunshu, staff
QS	Qiangshu, spear
DS	Daoshu, broadsword
JS	Jianshu, straightsword
NQ	Nanquan, southern-style barehand
NG	Nangun, southern-style staff
ND	Nandao, southern-style broadsword
TQ	Taijiquan, taiji fist
TJ	Taijijian, taiji sword

# Elementary, Compulsory, and Optional Forms

- **ELEMENTARY FORMS** are 3<sup>rd</sup> and 4<sup>th</sup> duan forms designated by IWUF as elementary wushu taolu routines. They may also be referred to as Junior Group C forms.
- **COMPULSORY FORMS** refer to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> sets of compulsory taolu routines that were compiled by IWUF. The 1<sup>st</sup> and 3<sup>rd</sup> sets of compulsory routines are currently being used as Junior Group B and A forms, respectively.
- **OPTIONAL FORMS** are routines that are choreographed by individual competitors or coaches and thus, are unique to each competitor.



# Advancement Testing

- **To progress to the next form**, a club member must test out at practice or perform the form at a competition.
- **To progress to the next experience level**, a club member must revisit and test out of all the forms they have learned at their current experience level (e.g. 3<sup>rd</sup> dan CQ, elementary GS, and elementary JS) at practice or they must have performed all the aforementioned forms at competitions.
- When testing out at practice, a club member will perform their form such that at least three active coaches are present to observe and discuss the club member's advancement.

# Beginner level

- 5 forms required:

1. \*Forms 1 & 2
2. 3rd duan CQ
3. Elementary GS
4. Elementary DS or JS

\*Forms 1&2 may be skipped at a coach's discretion if they deem the student as showing sufficient aptitude either due to previous experience in martial arts or other related activities.

- **Major Criteria** for advancing from beginner to intermediate:

- Correct memorization of the form
- No more than three major bobbles
- Clean, recognizable stancework

# Intermediate Level

- 3 forms required (4 if switching to QS):
  1. Compulsory CQ
  2. (5<sup>th</sup> duan QS)
  3. Compulsory GS or QS
  4. Compulsory DS or JS
- To reiterate, it is largely up to the coach and student which compulsory forms are taught/learned however, it is recommended to begin with the 1<sup>st</sup> set of compulsory routines.
- Additionally, some compulsory forms must be modified to be appropriate for the intermediate level i.e. reducing jumping technique rotations from 540 to 360 degrees, changing a split landing to a crouch or horse stance, temporarily cutting out a section, or etc.
- **Major Criteria** for advancing from intermediate to advanced:
  - Memorization of form should not be an issue
  - Demonstration of solid stancework
  - Begin to develop understanding of the more subjective aspects of wushu such as power, control, and flavor
  - Achievement of some jumping techniques

# Advanced level

- There is no particular order/sequence of forms which an advanced athlete must learn but it is recommend to learn at least five forms on an advanced level:
  - Optional forms
    - Barehand
    - Short weapon
    - Long weapon
  - Open/Traditional Barehand (examples below)
    - Fanziquan
    - Tongbei
    - Chaquan
  - Open/Traditional Weapons (examples below)
    - Double DS or JS
    - Pu dao
    - Chain whip



# Southern-style, Intermediate level

- This track depends heavily on if there is an active coach who is able to teach these forms!
- 4 forms required:
  1. 5<sup>th</sup> duan NQ
  2. Compulsory NQ
  3. Compulsory NG
  4. Compulsory ND

# Internal style track

- This track depends heavily on if there is an active coach who is able to teach these forms!
- Beginner level – two required forms:
  - Taijiquan 8 simplified
  - Taijiquan 16 simplified
- Intermediate level – three required forms:
  - Taijiquan 24 simplified
  - Taijiquan 32 simplified
  - Taijiquan 42 simplified
- Advanced level
  - 3<sup>rd</sup> set of compulsory forms
  - Optional Taijiquan and Taijijian