Terpwushu Curriculum

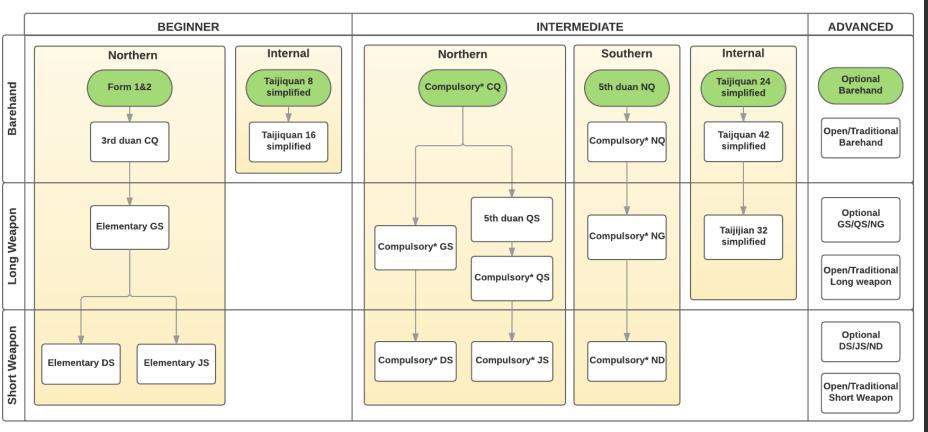
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Acronyms

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 3rd and 4th 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 1st, 2nd, and 3rd sets of compulsory taolu routines that were compiled by IWUF. The 1st and 3rd 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 occurs after completion of each form as well when transitioning to the next experience level. The latter requires performance of all learned forms in a student's current experience level. Performing at competition is also an acceptable alternative to testing at practice. Note that at least three active coaches should be present during advancement testing that takes place during practice.

*Compulsory forms: In general, it is up to the coach and student which compulsory form is taught/learned however, it is recommended to begin with the 1st set of compulsory forms. Additionally, some compulsory forms must be modified to be appropriate for the intermediate level (i.e. reducing any jumping technique rotation from 540 to 360 degrees, simplifying a jump technique landing from split to crouch, or etc). Please refer to UWG and/or Collegiate Wushu rules to insure that a form is appropriate for a particular experience level.

**Any deviations from the curriculum should be discussed with all currently active coaches before implementation!

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. 3rd duan 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

- Major Criteria for advancing from beginner to intermediate:
 - Correct memorization of the form
 - No more than three major bobbles
 - Clean, recognizable stancework

^{*}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.

Intermediate Level

- 3 forms required (4 if switching to QS):
 - 1. Compulsory CQ
 - 2. (5th 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 1st 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. 5th 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
 - 3rd set of compulsory forms
 - Optional Taijiquan and Taijijian