

FORMS JUDGE'S WORKSHEET: TRADITIONAL HAND FORM

Name of Candidate: _____

Ranking Level: _____

Name of Forms Judge: _____

Date: _____

Place a checkmark beside each move as it is executed. If the candidate makes a mistake (e.g. omitting, repeating, scrambling, etc.) describe it in the space provided for each move.

	Traditional Hand Form	
1	Prepare	
2	Opening	
3	Grasp the Bird's Tail	
4	Single Whip	
5	Raise Hands & Step Forward	
6	White Crane Spreads Wing	
7	Left Brush Knee and Push	
8	Hand Strums the Lute	
9	Left Brush Knee and Push	
10	Right Brush Knee and Push	
11	Left Brush Knee and Push	
12	Hand Strums Lute	
13	Left Brush Knee and Push	
14	Step Forward, Parry, Block and Punch	
15	Apparent Close-up	
16	Cross Hands	
17	Embrace the Tiger and Return to Mountain	
18	Fist Under Elbow	
19	Step Back and Repulse Monkey Left	
20	Step Back and Repulse Monkey Right	
21	Step Back and Repulse Monkey Left	
22	Diagonal Flying	
23	Raise Hands & Step Forward	
24	White Crane Spreads Its Wings	
25	Left Brush Knee and Push	
26	Needle at Sea Bottom	
27	Fan Through Back	
28	Turn Body and Chop with Fist	

	Traditional Hand Form	
29	Step Forward, Parry, Block and Punch	
30	Step Forward and Grasp the Bird's Tail	
31	Single Whip	
32	Cloud Hands 1	
33	Cloud Hands 2	
34	Cloud Hands 3	
35	Single Whip	
36	High Pat on Horse	
37	Right Separation Kick	
38	Left Separation Kick	
39	Turn Body and Left Heel Kick	
40	Left Brush Knee and Push	
41	Right Brush Knee and Push	
42	Step Forward and Punch Downward	
43	Turn Body and Chop with Fist	
44	Step Forward, Parry, Block and Punch	
45	Right Heel Kick	
46	Left Strike Tiger	
47	Right Strike Tiger	
48	Turn Body and Right Heel Kick	
49	Twin Fists Strike Opponent's Ears	
50	Left Heel Kick	
51	Turn body and Right Heel Kick	
52	Step Forward, Parry, Block and Punch	
53	Apparent Close up	
54	Cross Hands	
55	Embrace the Tiger and Return to Mountain	
56	Diagonal Single Whip	

	Traditional Hand Form	
57	Part Wild Horse's Mane Right	
58	Part Wild Horse's Mane Left	
59	Part Wild Horse's Mane Right Style	
60	Grasp the Bird's Tail	
61	Single Whip	
62	Fair Lady Works at Shuttles	
63	Grasp the Bird's Tail	
64	Single Whip	
65	Cloud Hands 1	
66	Cloud Hands 2	
67	Cloud Hands 3	
68	Single Whip	
69	Snake Creeps Down	
70	Golden Cock Stands on One Leg Left	
71	Golden Cock Stands on One Leg Right	
72	Step Back to Repulse Monkey Left	
73	Step Back to Repulse Monkey Right	
74	Step Back to Repulse Monkey Left	
75	Diagonal Flying	
76	Raise Hands & Step Forward	
77	White Crane Spreads Its Wings	
78	Left Brush Knee and Push	
79	Needle at Sea Bottom	
80	Fan Through Back	

	Traditional Hand Form	
81	Turn Body and White Snake Spits Out Its Tongue	
82	Step Forward, Parry, Block and Punch	
83	Step Forward and Grasp Bird's Tail	
84	Single Whip	
85	Cloud Hands 1	
86	Cloud Hands 2	
87	Cloud Hands 3	
88	Single Whip	
89	High Pat on Horse and Palm Thrust	
90	Cross Kick	
91	Step Forward and Punch Groin	
92	Step Forward and Grasp Bird's Tail	
93	Single Whip	
94	Snake Creeps Down	
95	Step Forward Seven Stars	
96	Step Back and Ride the Tiger	
97	Turn Body and Swing Over Lotus	
98	Bend the Bow and Shoot the tiger	
99	Step Forward, Parry and Punch	
100	Apparent Close-up	
101	Cross Hands	
102	Closing	
103	Return to Normal	

Judge's Signature: _____

FORMS JUDGE'S WORKSHEET: ESSENTIAL HAND FORM

Name of Candidate: _____

Ranking Level: _____

Name of Forms Judge: _____

Date: _____

Place a checkmark beside each move as it is executed. If the candidate makes a mistake (e.g. omitting, repeating, scrambling, etc.) describe it in the space provided for each move.

		Comments
	Prepare	
1	Opening	
2	Grasp the Bird's Tail	
3	Parting Horse's Mane Left	
4	Fair Lady Works with Shuttle Right and Left	
5	Brush Knee and Push	
6	Golden Rooster Stands on One Leg Left and Right	
7	Step Back and Repulse Monkey Left and Right	
8	High Pat on Horse and Thrust Palm	
9	Right Separation Kick	
10	Left Heel Kick	
11	Twin Fists Box Ears	
12	Step Back, Needle at Sea Bottom	
13	Cloud Hands	
14	Single Whip	
15	Step forward Seven Stars	
16	Step Back and Ride the Tiger	
17	Turn Body and Swing Over Lotus	
18	Bend the Bow and Shoot the tiger	
19	Step Forward, Parry and Punch	
20	Apparent Close-up	
21	Cross Hands	
22	Closing	
	Return to Normal	

Judge's Signature: _____

FORMS JUDGE'S WORKSHEET: SABER FORM

Name of Candidate: _____

Ranking Level: _____

Name of Forms Judge: _____

Date: _____

Place a checkmark beside each move as it is executed. If the candidate makes a mistake (e.g. omitting, repeating, scrambling, etc.) describe it in the space provided for each move.

			Comments
		Prepare	
1		Step Forward To Seven Stars, Step Back To Ride the Tiger, Switch the Blade To Right Hand	
2		Step Forward to Make Room, Raise and Flash Pass, Unfold and Extend With Your Spirit	
3		Look Left, Look Right, Separate Arms To Sides	
4		White Crane Separates Its Wings, Step Into Five Element Palm	
5		Turn Body and Rotate the Blade Around, As If Lotus Leaves Swirl in the Wind	
6		Fair Lady Works At Shuttles At Eight Directions	
7		Opening and Closing the Three Stars, Moving At Their Own Will	
8		Front Slap Kick and Step Into Hitting the Tiger	
9		Step Into Ward Off Energy and Lift the Leg	
10		Rotate the Blade Around As If Pushing the Canoe Along With the Current	
11		Move Forward At Free Will With [Three] Harmonized Techniques	
12		Part the Water With Left and Right Uppercuts, Jump Over the Dragon's Gate	
13		Rotate the Blade and Slice Downward, Step Back As If the Phoenix Returns To Its Nest	
		Closing	

Judge's Signature: _____

FORMS JUDGE'S WORKSHEET: SWORD FORM

Name of Candidate: _____

Ranking Level: _____

Name of Forms Judge: _____

Date: _____

Place a checkmark beside each move as it is executed. If the candidate makes a mistake (e.g. omitting, repeating, scrambling, etc.) describe it in the space provided for each move.

	Sword Form	
1	Prepare	
2	Opening	
3	Circle the Moon with Three Rings	
4	Big Dipper	
5	Swallow Skims the Water	
6	Block and Sweep, Right	
7	Block and Sweep, Left	
8	Little Dipper	
9	Swallow Returns to its Nest	
10	Agile Cat Seizes the Mouse	
11	Phoenix Lifts its Head	
12	Wasp Enters the Cave	
13	Phoenix Opens its Right Wing	
14	Little Dipper	
15	Phoenix Opens its Left Wing	
16	Casting the Fishing rod	

	Sword Form	
17	Poking the Grass to Seek the Snake Right	
18	Poking the Grass to Seek the Snake, Left	
19	Poking the Grass to Seek the Snake, Right	
20	Embracing the Moon	
21	Birds Lodging in the Forest	
22	Black Dragon Swings its Tail	
23	Green Dragon Comes Out of the Water	
24	Lotus Swirls Around in the Wind	
25	Lion Shakes its Head, Left	
26	Lion Shakes its Head, Right	
27	Tiger Covers its Head	
28	Mustang Jumps the Ravine	
29	Rein in the Stallion	
30	Compass Points the Way	
31	Dusting the Wind, One	
32	Dusting the Wind, Two	

	Sword Form	
33	Dusting the Wind, Three	
34	Push the Canoe Along with the Current	
35	Shooting Star Chases the Moon	
36	Heavenly Steed Flies Over the Waterfall	
37	Lifting up the Curtain	
38	Left Cart Wheel	
39	Right Cart Wheel	
40	Swallow Carries Pieces of Earth in its Beak	
41	Roc Extends its Wings	
42	Fishing for the Moon at the Sea Bottom	
43	Naza Explores the Sea Bottom	
44	Rhinoceros Looks at the Moon	
45	Shooting the Wild Goose	
46	Green Dragon Shows its Claws	
47	Phoenix Opens Both its Wings	
48	Step Over and Block Up, Left	
49	Step Over and Block Up, Right	
50	Shooting the Wild Goose	

	Sword Form	
51	White Ape Presents Fruit	
52	Falling Flowers, 1	
53	Falling Flowers, 2	
54	Falling Flowers, 3	
55	Falling Flowers, 4	
56	Falling Flowers, 5	
57	Fair Maid Works at Shuttles	
58	White Tiger Swings its Tail	
59	Tiger Covers its Head	
60	Fish Jumps Over the Dragon Gate	
61	Black Dragon Twists Around the Pole, Left	
62	Black Dragon Twists Around the Pole, Right	
63	Fairy Points the Way	
64	An Incense for Heaven	
65	Plum Flowers Swept by the Wind	
66	Presenting the Tablet	
67	Return the Sword to its Original Position	

Judge's Signature: _____