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**Evaluation specification for student's athletic ability of Chinese
wrestling course**

中国式摔跤课程学生运动能力测评规范

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Table of Contents

1 Scope	1
2 Normative references	1
3 Terms and definitions	1
4 Level division and qualifying requirements	2
4.1 Level division	2
4.2 Qualifying requirements for each level	2
5 Athletic ability assessment	7
5.1 Site and equipment	7
5.2 Work of the assessors	8
5.3 Level one assessment	8
5.4 Level two assessment	8
5.5 Level three assessment	9
5.6 Level four assessment	9
5.7 Level five assessment	10
5.8 Level six assessment	11

3 Terms and definitions

3.1 Student's athletic ability of Chinese wrestling course is defined as the combined performance shown by a student in completing a particular task with the motor skills built up in the learning, practice and competition of the course, such as grip taking and attacking and defending throws.

3.2 Wrestling jiaoban is defined as the general name for all the techniques that throw an opponent down.

3.3 Wrestling stance is defined as the standing ready position each side holds in a Chinese wrestling bout.

3.4 Hand position is defined as the particular part of the opponent's jacket or body that is gripped in training and in competition.

3.5 Hand techniques are defined as the ways of gripping the opponent's jacket or body and of restricting the opponent.

3.6 Move pace is defined as the way body balance is kept by changing the footwork.

3.7 Quick wrestling is defined as a training method in which two people work together to

throw each other down quickly so as to raise their skill.

3.8 Shadow boxing is defined as the method of training the basic skills and the basic techniques without a partner.

4 Level division and qualifying requirements

4.1 Athletic ability in the Chinese wrestling course is divided into six levels, level one through level six, ability rising from level one to level six.

4.2.1 Level one is assessed on the content of Table 1: two single movements, the backward fall and the leg circling kick, and one throwing technique, the leg hook into the single leg hold. For the backward fall the observation points are the regularity of the movement, which calls for a squat, the head down with the chin drawn in and both palms striking the mat downwards at the same time to soften the shock of landing; the squat and head angle, with the knee bent to 90 degrees, the head down, the chin close to the collarbone and the upper and lower limbs working together; the state of the forearms and palms, which strike the mat together with the fingers held closed and enough force to cushion; and not more than one failure, the movement being done three times. For the leg circling kick the points are the regularity of the movement, the feet apart a little wider than the shoulders, the knees slightly bent, the hands hanging naturally and the left foot swinging up past the right knee to waist and hip height in the manner of kicking a shuttlecock; the knee angle, both knees slightly bent; the height reached past the knee, the sole of the circling leg turned upwards and passing the knee to waist and hip height; and not more than one failure, again three repetitions. For the throwing technique the points are the regularity of the movement, the leg hook calling for a fast step in, coordinated movement and a strong downward push with the upper hand and the single leg hold for a fast step in, a prompt following step and a strong upward pull with both hands; the direction of force, behind the opponent for the leg hook and to the side of the opponent for the single leg hold; the point at which the force meets the opponent's body, which is to be accurate; and a number of repetitions within 10 s of not less than two for boys and not less than two for girls. Every observation point of the level has to meet the requirement of the table, and every assessor has to judge it a pass.

4.2.2 Level two is assessed on the content of Table 2: the forward shoulder roll fall to the side and the twisting stance as single movements, and the neck cut into the charging double leg hold as the throwing technique. The roll calls for one hand stretched out to the mat, the arm bending and the head dropping at the same time, the body tucked and turned to the side, contact taken in turn on the side of the shoulder and the back through a full forward roll and a quick rise; the points are the roll and the tuck, which are to flow smoothly and continuously, the head tuck and the slap, which is to be strong enough to protect the body through a tucked, head-down roll, and not more than one failure over three repetitions. The twisting stance calls for the feet parallel and a little wider than the shoulders, the knees slightly bent, the hands half closed in front of the body, the body turning to the left on the

balls of the feet with the left leg bent and the right leg straight, both hands drawing back past the lower abdomen to the small of the back; the points are the turn on the balls of the feet, the heels turning through 90 degrees, one leg bent and the other straight with the weight shifting smoothly from side to side, and not more than one failure over three repetitions. The throwing technique calls for a fast rear leg step in on the neck cut, a fast front leg sweeping step landing accurately, a tight bottom hand, a cutting upper hand and a full bend and turn of the waist, and, for the charging double leg hold, a front leg step in and a fast rear leg follow after the hands are controlled, the body bent to hold both legs while pulling the hands and driving forward with the body straightened; force is directed behind the opponent in both, the point of contact is to be accurate with a clear effect, and the number of repetitions within 10 s is not less than two for boys and not less than two for girls. Every observation point has to be met and every assessor has to judge it a pass.

4.2.3 Level three is assessed on the content of Table 3: grip taking and the step-in with back step as single movements, and the leg scoop into the armpit lift as the throwing technique. Grip taking calls for hands, footwork and body work together to seize the jacket grips that suit one's own attack and defence, the bottom hand taking the small sleeve or the side panel and the upper hand the side panel, the front panel, the lapel or the belt; the points are the soundness of the hand technique, with fast gripping and correct placing of the bottom and upper hands, the fit between hands, footwork and body work, and not more than one failure over three repetitions. The step-in with back step calls for the front foot of the stance to lead with an accurate landing point and the rear foot to follow as the back step, quickly, the weight leaning slightly forward and shifting smoothly; the points are the stepping foot, quick and accurately placed with the weight moving smoothly, the back stepping foot, quick, accurately and promptly placed and in step with the body work, and not more than one failure over three repetitions. The throwing technique calls for the front leg to step in and block behind the opponent's thigh with the upper hand pulling down and the bottom hand hooking the thigh and pulling up, and, for the armpit lift, the front leg blocking the thigh, the bottom hand pulling down and the upper hand pushing back under the armpit; force is directed to the rear and side of the opponent, the point of contact is to be accurate with a good throwing effect, and the number of repetitions within 10 s is not less than three for boys and not less than two for girls.

4.2.4 Level four is assessed on the content of Table 4: the leg withdrawal and the hop step as single movements, the belt twist into the kneeling leg as the throwing technique, and a bout. The leg withdrawal is done in four counts, step in, back step, withdraw the leg and turn the foot, from a horse stance with the feet parallel: the right foot steps forward to the left of the left foot, the left foot back steps behind the right into a crossed squat, the body turns through 180 degrees and the right leg is drawn out over the left thigh back to its place. The points are the height reached by the circling foot, which is to reach belt height with the withdrawn leg passing above the knee, the freedom with which the supporting leg turns on the ball of the foot, and not more than one failure over three repetitions. The hop step calls

for both feet to leave the ground briefly and move quickly to a position so as to save time, the body just clearing the ground, the balls of the feet taking the weight, the centre of gravity moving level and the landing point accurate; the points are the height of the hop, which is to be low, under 3 cm, with the movement free and the shift quick, the time in the air, which is to be short, under 1 s, and not more than one failure over three repetitions. The throwing technique asks for standard, regular movement with smooth application of force and an accurate direction of force in the belt twist, and for regular movement with an accurate angle of application, foot placing and point of force in the kneeling leg; force is directed in front of the opponent for the belt twist and behind for the kneeling leg, the point of contact is to be accurate with a good throwing effect, and the number of repetitions within 10 s is not less than three for boys and not less than two for girls. The bout is judged on three points: the coordination of hand, body and foot work, which is to be basically coordinated in a contest, with regular releasing technique, techniques applied together with the hand work and force applied in the right direction; the soundness of technical and tactical use, breaking the opponent's balance, judging the moment and attacking willingly; and the willingness to attack, with sound tactics, little passivity, passivity being defined as 15 s in a row without an attacking or defending movement, and a readiness to apply techniques on one's own initiative. The bout lasts not more than 2 min.

4.2.5 Level five is assessed on the content of Table 5: the long waist and the four-step spring as single movements, the twist joined to the kneeling leg as a linked throwing technique, and a bout. The long waist calls for the feet apart wider than the shoulders, the knees slightly bent, the hands half closed and hanging in front of the body, the body turning 90 degrees to the left on the drive of the feet and the hips, the left leg bending and the right straightening, the crown of the head close to the ground, the hips closed as the body turns, the right hand pressing past the lower abdomen and turning over to push out to the left front while the left hand draws back to the side of the waist, the head tucked and the face turned, the eyes looking at the heel, the head close to the ground and to the leg, the swing of the arm driving the turn and the heels turning on the balls of the feet. The points are the depth of the bend, with the head close to the thigh; the angle through which the heel turns on the ball of the foot, the trunk close to the thigh, the body stable and the heel of the bent leg turning inwards through more than 90 degrees; and not more than one failure over three repetitions. The four-step spring calls for a half horse stance, a step forward to the right front with the left foot, the left hand pushing forward, the right foot back stepping, the left hand drawing back to the side of the waist, the right hand pushing forward, both legs in a crossed squat, the right hand circling over the head and pulling down and the left hand following it down to the crotch, with the waist bent and the head down and a springing, dragging step. The points are how tightly the legs fold in the crossed squat and how deep the bend is, the thigh and lower leg of the back step folding tightly with smooth application of force and a deep bend; the continuity and coordination of the movement, the head tuck, the bend, the turn of the face and the springing drag being done together with the upper