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GB/T 44104-2024

**Evaluation specification for student's athletic ability of Wushu
course**

武术课程学生运动能力测评规范

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Foreword

This document is in accordance with the provisions of GB/T 1.1-2020 "Guidelines for standardization work Part

1. Structure and drafting rules for standardization documents" Drafting. Please note that some of the contents of this document may involve patents. The issuing organization of this document does not assume the responsibility for identifying patents. This document is proposed and coordinated by the Ministry of Education of the People's Republic of China. This document was drafted by: China Academy of Educational Sciences, Luoyang Institute of Technology, Shijiazhuang Lei Feng Primary School, Luoyang Normal University, Chinese The Second Branch of the Affiliated Middle School of Minzu University, Shangqiu Normal University, Curriculum and Teaching Materials Research Institute, Wuhan Institute of Physical Education, Shijiazhuang Qiaoxi Experimental Primary School, Hebei Province Wuhun Wushu Youth Club, Luoyang No.

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1 Scope

GB/T 44104-2024 sets the method for assessing the athletic ability of students taking a wushu course. It belongs to a Chinese series that gives each school sport a common six-level ladder, so that a student's attainment means the same thing in one province as in another and can be recorded across the years of schooling. Wushu is the hardest of them to grade, because the material is a routine rather than a measured time or distance, and the assessment has to convert a judged performance into a defensible level. The standard sets the classification of the assessment and the attainment requirements for each level, then the conduct of the assessment - the venue and equipment, the duties of the assessor, and the criteria applied at each of levels 1 to 6 - with a normative annex setting out the routines for levels 1 to 6 themselves. It took effect on 28 May 2024.

This document specifies the classification and achievement requirements of the athletic ability levels of students in martial arts courses, and describes the evaluation methods for each level. This document is applicable to the assessment of martial arts athletic ability of students in primary school, junior high school, high school, and university.

2 Normative references

This document has no normative references.

3 Terms and definitions

The following terms and definitions apply to this document.

3.1 Students develop the ability to apply basic techniques, routines and fighting skills in martial arts courses and competitions to complete specific tasks in performances or competitions. The comprehensive performance of the business.

3.2 Hand techniques A martial arts technique that uses basic hand shapes such as punch, palm, and hook, combined with upper limb movements such as rushing, lifting, blocking, and chopping.

3.3 Leg techniques Martial arts techniques that use the lower limbs to perform straight swings, flexion and extension, sweeping and turning movements.

3.4 sweepbackward It is a martial arts technique in which the supporting leg is bent at the knee and the patient fully squats, with the sole of the foot as the axis and the hands supporting the ground. The patient straightens the leg and sweeps backward with the sole of the foot touching the ground for at least one circle.

3.5 swallowbalance Stand with one leg straight and the other leg stretched backward, with the sole of the foot flat and higher than the head. Bend the torso forward and above the horizontal level, with the chest and head raised. A martial arts technique that requires balance to be maintained in a static state for more than 2 seconds.

3.6 Wristswordflower A martial arts sword technique in which the wrist is used as the axis, and the sword is placed on the inside and outside of the arm, moving forward and downward in a circle close to the body.

3.7 Fighting setsparring A hypothetical attack and defense exercise conducted by two or more people under predetermined conditions.

4 Classification and compliance requirements

4.1 Level classification The athletic ability of students in the martial arts course is divided into 6 levels, namely level one, level two, level three, level four, level five, and level six.