



协办单位



主办单位



支持单位

狮城国际内家拳交流赛 2025

International Internal Martial Arts Competition @ Lion City 2025

修订/ Revision B - 3/8/2025

查阅附录 See Appendix

1 宗旨 Objectives

- 1.1 庆祝陈式太极拳协会（新加坡）成立 40 周年。
Celebrating the 40th anniversary of the Chen Shi Taijiquan Association (Singapore).
- 1.2 通过交流增进感情, 加强武术界的团结。
Fostering unity in the martial arts community through open communication.
- 1.3 通过竞赛提升各家拳种流派的技术水平。
Raising the technical level of all martial arts styles and schools through healthy competition.

2 主办单位 : 陈式太极拳协会（新加坡）
Organiser Chen Shi Taijiquan Association (Singapore)

3 协办单位 : 淡滨尼西社区体育网络
Co-organiser Community Sports Network @ Tampines West

4 支持单位 : 淡滨尼天地
Supporter Our Tampines Hub

5 比赛日期 : 2025 年 11 月 7 至 9 日
Competition Date 7th to 9th November 2025

6 地点 : 淡滨尼天地
Venue Our Tampines Hub
1 Tampines Walk, Singapore 528523
<https://maps.app.goo.gl/xvneEn3u4n8mpo1EA>

7 竞赛类目 Competition Category

- 7.1 太极拳（陈、杨、吴、武、孙、赵堡、混元与禅门）
Taijiquan (Chen, Yang, Wu, Hao, Sun, ZhaoBao, HunYuan and Chan-Men)
- 7.2 六合八法 LiuHe BaFa
- 7.3 八卦掌 BaGua Zhang
- 7.4 形意拳 XingYi Quan
- 7.5 八极拳 Baji Quan

注 : 套路项目表请参阅附件

Note : Please refer to the attachment for the list of routines

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8 参加办法 Participation Guidelines

8.1 欢迎国内外武术爱好者参与赛会。

Martial arts enthusiasts from home and abroad are warmly invited to join the competition.

8.2 每位选手参赛项目不限，但只限代表一个团体出赛。

Each participant may enter unlimited events but can only represent one organisation.

9 年龄分组 Age Groups

9.1 A 儿童组 : 12 岁或以下 (2013 年及以后出生者)
A Children 12 years old or below (born in 2013 and later)

9.2 B 少年组 : 13 - 20 岁 (2005 - 2012 年出生者)
B Junior 13 - 20 years old (born in 2005 - 2012)

9.3 C 青年组 : 21 - 35 岁 (1990 - 2004 年出生者)
C Youth 21 - 35 years old (born in 1990 - 2004)

9.4 D 成年组 : 36 - 45 岁 (1980 - 1989 年出生者)
D Adult 36 - 45 years old (born in 1980 - 1989)

9.5 E 壮年组 : 46 - 55 岁 (1970 - 1979 年出生者)
E Veteran 46 - 55 years old (born in 1970 - 1979)

9.6 F 乐龄组 : 56 - 65 岁 (1960 - 1969 年出生者)
F Senior 56 - 65 years old (born in 1960 - 1969)

9.7 G 耆英组 : 66 岁以上 (1959 及之前出生者)
G Pioneer 66 years old and above (born in 1959 and earlier)

10 集体项目 Group Events

10.1 每个队伍人数最少 5 人, 最多 10 人. 每少或多于规定人数, 1 人扣 0.5 分, 以此类推。
Each team must consist of 5 to 10 members.

For every member fewer or more than this range, 0.5 points will be deducted per person.

10.2 每个团体可报最多 2 项拳术类及 2 项器械类。每位集体赛运动员最多可以参加一项集体拳和一项集体器械项目。

Each team may register for a maximum of 2 fist events and 2 weapon events.

Each athlete may participate in no more than one team fist event and one team weapon event.

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- 10.3 音乐自备（纯音乐，不可有说唱）。大会将提供音响设备, 由团体代表到音响处配合播放。

Please bring your own background music (instrumental only, no rap).

Audio equipment will be provided by the organiser. Team representative will need to assist the playback at the sound booth.

11 套路竞赛时间 Routine Competition Time

11A 个人单项竞赛时间 Individual Routine Competition Time

11A.1a 太极/六合八法拳术 Taiji/ LiuHe BaFa Quan : 2 - 5 分钟/min

11A.1b 八卦掌/形意拳/八极拳/其他内家拳术
BaGua Zhang/ XingYi Quan/Baji Quan/
Other Traditional Internal Quan : 40 秒/sec - 3 分钟/min

11A.2 传统内家器械 Traditional Internal Weapon : 1 - 4 分钟/min

11A.3 竞赛套路单项 (拳术) Competition Routine Individual (Quan)

24 式太极拳 24 Form Taijiquan : 3 - 5 分钟/min

其他竞赛套路 Other Competition Routines : 5 - 6 分钟/min

11A.4 竞赛套路 (器械) Competition Routine (Weapon) : 3 - 4 分钟/min

11B 集体项目竞赛时间 Group Event Competition Time

11B.1 集体内家拳术 Group Event Internal Quan : 4 - 5 分钟/min

11B.2 集体内家器械 Group Event Internal Weapon : 2 - 4 分钟/min

11C 对练项目竞赛时间 Sparring Event Competition Time

11C.1 徒手对练 Bare Fist Sparring : 40 秒/sec - 2 分钟/min

11C.2 器械对练 Weapon Sparring : 40 秒/sec - 2 分钟/min



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12 相关规则 Related Rules

12.1 竞赛评分标准 Competition Scoring Criteria

12.1.1	拳/器械 评分准则 Quan / Weapon Scoring Criteria			
	姿势正确 方法清楚 Correct Posture Clear Techniques	劲力顺达 连贯协调 Effective Force Discharge Co-ordination	内容充实 风格合理 Content Form Compliance	意识集中 神态自然 Focus Natural Demeanor
	4 分/Points	3 分/Points	2 分/Points	1 分/Point

12.1.2	集体项目 评分准则 Group Event Scoring Criteria			
	姿势正确 技术熟练 Correct Posture Skilled Techniques	内容充实 富于变化 Content Variation in Formation	队形整齐 配合协调 Teamwork Coordination	结构合理 布局均称 Well-structured Choreography
	4 分/Points	3 分/Points	2 分/Points	1 分/Point

12.1.3	竞赛套路 评分准则 Competition Routine Scoring Criteria		
	动作规格 符合标准 Compliance to Standard	劲力顺达 动作协调 Effective Force Discharge Co-ordination	精神贯注 节奏分明 Focus Rhythmic Display
	6 分/Points	2 分/Points	2 分/Points

12.1.4	对练 评分准则 Sparring Event Scoring Criteria			
	方法准确 攻防合理 Correct Techniques Reasonable Combat	动作熟练 配合严密 Skilled Movements Teamwork	内容充实 结构紧凑 Content Compact Structure	意识逼真 风格突出 Realistic Outstanding Style
	4 分/Points	3 分/Points	2 分/Points	1 分/Point

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12.2 服装 Costumes

- I. 参赛者必须穿武术平底鞋、武术表演服。演练太极项目时不得系腰带，违者扣 0.5 分。

Participants are required to wear martial arts flat shoes and the performance costumes. No belt is allowed for Taiji Events. Failure to comply will result in a deduction of 0.5 points.

- II. 参赛者不得佩戴任何首饰或装饰品 (除眼镜、发夹以外), 违例者扣 0.1 分。

Participants are not allowed to wear any jewellery or accessories (except for eyeglasses and hair clips). A 0.1-point deduction will be made for any violations.

12.3 器械 Weapons

参赛者必须使用符合一般规格兵器，器械自备, 不作检录。

Participants must use weapons that comply with general specifications and bring their own equipment. No inspection will be conducted

12.4 检录报到 Reporting

参赛者必须于项目开赛前 30 分钟到检录处报到。个人项目参赛者可直接自行报到，集体项目则只需由领队/教练代为报到。

All reporting at registration must be completed at least 30 minutes before the event begins. Individual event participants should report directly. For team events, only the team leader or coach is required to report on behalf of the team.

12.5 在宣告员宣布队伍/个人参赛者进场后一分钟内未进场者, 当弃权论。

Participants who fail to enter the venue within one minute after the announcer calls their team or individual name will be considered as having forfeited.

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13A 个人名次录取 & 奖励办法 Individual Ranking & Award Method

13A.1 个人获奖标准采用排名制：(30%金 / 40%银 / 30% 铜)

主办当局将颁发金、银 和 铜奖。未完成套路者不予评分。

Individual Event is awarded by ranking : (30% Gold/ 40% Silver /30% Bronze)

Participants who do not complete their routine will not be scored.

13A.2 金奖 : 金牌一枚及奖状一张

Gold Award : One gold medal and one certificate of achievement

13A.3 银奖 : 银牌一枚及奖状一张

Silver Award : One silver medal and one certificate of achievement

13A.4 铜奖 : 铜牌一枚及奖状一张

Bronze Award : One bronze medal and one certificate of achievement

13B 集体项目奖励 Awards for Group Events

13B.1 冠军 : 奖杯一座、个人奖牌一枚及奖状一张

Champion : One trophy, one individual medal and one certificate of achievement

13B.2 亚军 : 奖杯一座、个人奖牌一枚及奖状一张

Runner-Up : One trophy, one individual medal and one certificate of achievement

13B.3 季军 : 奖杯一座、个人奖牌一枚及奖状一张

Third Place : One trophy, one individual medal and one certificate of achievement

13C 增设各年龄组男、女个人三项全能冠军、亚军 和 季军。

参加拳术、短器械与长器械项目，总分最高之前三名运动员将获颁奖杯一座及奖状一张。

All-around champions (Gold, Silver, and Bronze) will be awarded for each age group in both male and female category. These titles will be based on the highest total scores across three events: bare-hand forms (Quan), short weapon and long weapon. Winners will receive one trophy and one certificate of achievement.



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- 13D 另设“益壮奖”与“新苗奖”, 个别颁发给最年长及最小之参赛者, 唯其必须完成套路。
The "Ever-Vitality Award" and "Rising Star Award" will be presented individually to the oldest and youngest participants, respectively. Recipients must have successfully completed their routines to be eligible.
- 14 报名截止日期 : 2025 年 8 月 22 日
Registration Deadline : 22nd August 2025
- 15 **报名费 & 项目费 Registration & Event Fees**
- 15.1 团体/个人报名费 Organisation/Individual Registration Fees : SGD100
- 15.2 **个人项目费 Individual Event Fees**
- 15.2.1 1 个单项 One Individual Event : SGD35
- 15.2.2 2 个单项 Two Individual Events : SGD70
- 15.2.3 3 个单项或以上 Three or More Individual Events : 每项/Each SGD30
- 15.3 集体项目 Group Event : 每项/Each SGD100
- 16 **40 周年庆晚宴 40th Anniversary Celebration Dinner**
- 16.1 晚宴费 Dinner Banquet Fees : 每席位/Per Seat SGD90

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17 住宿与交通 Accommodation and Transportation

17.1 我们已与 Dorsett Changi City Singapore 酒店达成协议，为境外团队提供优惠房价如下：

高级客房 / 早餐	单人入住	双人入住
不含早餐	SGD180.00++	SGD180.00++
含早餐	SGD200.00++	SGD225.00++

您可以登录以下链接进行客房预订：

- 高级客房 - [CSTJQ](#)
- 高级客房含早餐 - [CSTJQ-BF](#)

我们将为留宿于 Dorsett Changi City Singapore 酒店的境外参赛者提供以下交通接送服务：

往返 机场与酒店 (接机与送机)

往返 酒店与竞技场 (赛事期间每日往返 1 趟)

往返 酒店与酒楼 (9/11/2025 酒店往返宴会厅 1 趟)

费用：每人 SGD150.00

We have reached an agreement with Dorsett Changi City Singapore to offer special room rates for our International Teams.

Superior Room/ Breakfast	Single Occupancy	Double Occupancy
Exclude Breakfast	SGD180.00++	SGD180.00++
Include Breakfast	SGD200.00++	SGD225.00++

You can make your room reservation through the following booking link：

- Superior Room Only - [CSTJQ](#)
- Superior Room with Breakfast - [CSTJQ-BF](#)

Following shuttle services will be provided for our International Teams staying at Dorsett Changi City Singapore：

Airport and Hotel (Pick Up & Drop-off)

Hotel and Competition Venue (1 Round trip/day during the event)

Hotel and Restaurant (1 Round Trip on 9/11/2025)

Fee：SGD150.00 per person.



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18 特刊 Commemorative Magazine

- 18.1 大会为纪念此武林盛事, 特出版纪念特刊以志其盛。报名参赛的团体或个人可免费在特刊上刊登 1 张团体或个人照片, 并将可获赠 2 本纪念特刊。在团体或个人报名者呈交表格之后, 即可将团体或个人照片(JPEG File)传至以下主办单位电邮。

To commemorate this martial arts event, a special commemorative magazine will be produced to highlight its significance. Each registered club or individual may publish one group or personal photo free of charge in this magazine. All registered clubs and individuals will receive two complimentary copies. After submitting the registration forms, participants may email their group or personal photos (in JPEG format) to the organiser below.

19 咨询与联络 Inquiries and Contact

19.1 联络人 Contact Person

- a. 秘书处 Secretariat : +65 96152035 (李遴毅 Lee Linyi)
- b. 竞赛组 : +65 82682688 (方明凤 Hong Meng Fong)
- Competition Committee

- 19.2 电子邮件 E-mail : contact@chenshi-taijiquan.org

- 19.3 脸书 Facebook : <https://www.facebook.com/chenshi.taijiquan>

20 付款详情 Payment Details

- 20.1 收款人 Payee : Chen Shi Taijiquan Assoc
- 20.2 银行 Bank : UOB Singapore
- 20.3 账号 Account No : 9163448684





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21 免责声明 Disclaimer

21.1 大会有权在必要时为竞赛章程作增删。

The organiser reserves the rights to make any changes to the competition rules and regulations as deemed necessary.

21.2 选手年龄不限，健康状况自审。参赛选手和代表队伍需自行处理个人保险。比赛期间若发生任何病痛或损伤，参赛选手和监护人必须自行承担一切责任。报名表格需连同《个人及团体参赛安全责任声明书》表格一起呈交。

There is no age limit for participants, and each individual is responsible for assessing his/her own health condition. All athletes and participating organisation must arrange their own personal insurance. In the event of any illness or injury during the competition, participants and their guardians will bear full responsibility. The registration form must be submitted together with the "Indemnity and Acknowledgement of Risk Form".

21.3 参赛团体及选手须同意大会在无任何限制下, 使用参赛团体名称、参赛视频、图像用于宣传报道。该团体将不得有任何索偿。

Participating organisations and athletes must acknowledge and agree that the organiser has the unrestricted rights to use the club name, as well as competition videos and images, for promotional purposes. No claims or objections may be made by the participating organisation regarding such use.

21.4 大会不设仲裁或上诉委员会, 大会裁判的判决将是最终裁定。

There will be no arbitration or appeal committee for the competition. All decisions made by our panel of judges are final and binding.

备注: 若中文版本与英文版本有任何差异, 以中文版本为准。

Note: In case of any discrepancies between the Chinese and English versions, the Chinese version shall prevail.

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套路项目表 Routine List

陈式太极 Chen Style Taiji	代号 Code	拳术 Fist (Quan)	代号 Code	短器械 Short Weapon	代号 Code	长器械 Long Weapon
	CTJ 01	朱天才老架 13 式太极拳 Zhu Tian Cai Style 13-Form Old Frame	CTJ 21	陈式太极扇 Chen Style Taiji Fan	CTJ 31	陈式太极枪 Chen Style Taiji Spear
	CTJ 02	陈式新架 13 式太极拳 Chen Style 13-Form New Frame	CTJ 22	陈式单刀 Chen Style Single Broadsword	CTJ 32	陈式春秋大刀 Chen Style ChunQiu Broadsword
	CTJ 03	陈式老架一路太极拳 Chen Style Old Frame 1st Routine	CTJ 23	陈式双刀 Chen Style Double Broadsword	CTJ 33	陈式十三杆 Chen Style Long Pole 13 Form
	CTJ 04	陈式老架二路太极拳 Chen Style Old Frame 2nd Routine	CTJ 24	陈式单剑 Chen Style Straight Sword		
	CTJ 05	陈式新架一路太极拳 Chen Style New Frame 1st Routine	CTJ 25	陈式双剑 Chen Style Double Sword		
	CTJ 06	陈式新架二路太极拳 Chen Style New Frame 2nd Routine	CTJ 26	规定陈式太极剑 Chen Style Stipulated Taiji Sword		
	CTJ 07	陈式小架太极拳 Chen Style Small Frame				
	CTJ 08	陈式散手发劲 Chen Style Sanshou Fajin				
	CTJ 09	规定陈式太极拳 Chen Style Stipulated Taijiquan				
	CTJ 10	陈式综合太极拳 Chen Style Comprehensive Taijiquan				

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陈式太极 Chen Style Taiji	代号 Code	拳术 Fist (Quan)
	CTJ 11	陈正雷精要 18 式太极拳 Chen Zheng Lei Style 18-Form
	CTJ 12	陈小旺 19 式太极拳 Chen Xiao Wang Style 19-Form
	CTJ 13	王西安 24 式太极拳 Wang Xi An Style 24-Form

杨式太极 Yang Style Taiji	代号 Code	拳术 Fist (Quan)
	YTJ 01	杨式 18 式太极拳 Yang Style 18-Form Taijiquan
	YTJ 02	32 式太极拳 32-Form Taijiquan
	YTJ 03	杨式太极拳 Yang Style Taijiquan
	YTJ 04	杨式快拳 Yang Style Fast Quan
	YTJ 05	郑子太极 37 式 ZhengZi Taijiquan 37-Form

代号 Code	短器械 Short Weapon
YTJ 21	杨式太极刀 Yang Style Taiji Broadsword
YTJ 22	杨式太极剑 Yang Style Taiji Sword

代号 Code	长器械 Long Weapon
YTJ 31	杨式太极枪 Yang Style Taiji Spear

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吴式太极 Wu Style Taiji	代号 Code	拳术 Fist (Quan)
	WTJ 01	吴式传统太极拳 Traditional Wu Style Taijiquan

代号 Code	短器械 Short Weapon
WTJ 21	吴式太极刀 Wu Style Taiji Broadsword
WTJ 22	吴式太极剑 Wu Style Taiji Sword

武式太极 Hao Style Taiji	代号 Code	拳术 Fist (Quan)
	HTJ 01	武式传统太极拳 Traditional Hao Style Taijiquan

代号 Code	短器械 Short Weapon
HTJ 21	武式太极刀 Hao Style Taiji Broadsword
HTJ 22	武式太极剑 Hao Style Taiji Sword

代号 Code	长器械 Long Weapon
HTJ 31	武式太极枪 Hao Style Taiji Spear

孙式太极 Sun Style Taiji	代号 Code	拳术 Fist (Quan)
	STJ 01	孙式传统太极拳 Traditional Sun Style Taijiquan

代号 Code	短器械 Short Weapon
STJ 21	孙式太极剑 Sun Style Taiji Sword

赵堡太极 ZhaoBao Taiji	代号 Code	拳术 Fist (Quan)
	ZBTJ 01	赵堡太极拳 ZhaoBao Taijiquan

代号 Code	短器械 Short Weapon
ZBTJ 21	赵堡太极剑 ZhaoBao Taiji Sword



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混元太极 HunYuan Taiji	代号 Code	拳术 Fist (Quan)
	HYTJ 01	混元太极拳 HunYuan Taijiquan

代号 Code	短器械 Short Weapon
HYTJ 21	混元太极刀 HunYuan Taiji Broadsword
HYTJ 22	混元太极剑 HunYuan Taiji Sword
HYTJ 23	混元太极棒 HunYuan Taiji Cudgel

禅门太极 Chan-Men Taiji	代号 Code	拳术 Fist (Quan)
	CMTJ 01	禅门太极拳 Chan-Men Taijiquan

六合八法 LiuHe BaFa	代号 Code	拳术 Fist (Quan)
	LHBF 01	六合八法拳 LiuHe BaFa Quan

代号 Code	短器械 Short Weapon
LHBF 21	六合八法刀 LiuHe BaFa Broadsword
LHBF 22	六合八法剑 LiuHe BaFa Sword
LHBF 23	六合八法双枪 LiuHe BaFa Double Spear

代号 Code	长器械 Long Weapon
LHBF 31	六合八法棍 LiuHe BaFa Cudgel

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套路项目表 Routine List

八卦掌 BaGua Zhang	代号 Code	拳术 Fist (Quan)	代号 Code	短器械 Short Weapon	代号 Code	长器械 Long Weapon
	BGZ 01	八卦掌 BaGua Zhang	BGZ 21	八卦刀 BaGua Broadsword	BGZ 31	八卦大刀 BaGua DaDao
			BGZ 22	八卦剑 BaGua Sword	BGZ 32	八卦枪 BaGua Spear
			BGZ 23	八卦鸳鸯钺 BaGua Yuanyangyue	BGZ 33	八卦双头枪 BaGua Double-headed Spear
形意拳 XingYi Quan	代号 Code	拳术 Fist (Quan)	代号 Code	短器械 Short Weapon	代号 Code	长器械 Long Weapon
	XYQ 01	形意传统拳 XingYi Quan	XYQ 21	形意刀 XingYi Broadsword	XYQ 31	形意棍 XingYi Cudgel
			XYQ 22	形意剑 XingYi Sword	XYQ 32	形意枪 XingYi Long Spear
八极拳 Baji Quan	代号 Code	拳术 Fist (Quan)				
	BJQ 01	八极传统拳 Baji Quan				
其他太极 Other Taiji	代号 Code	拳术 Fist (Quan)	代号 Code	短器械 Short Weapon	代号 Code	长器械 Long Weapon
	QTTJ 01	(注明套路名称) (Specify Routine name)	QTTJ 21	(注明套路名称) (Specify Routine name)	QTTJ 31	(注明套路名称) (Specify Routine name)
其他内家拳 Other Traditional Internal Quan	代号 Code	拳术 Fist (Quan)	代号 Code	短器械 Short Weapon	代号 Code	长器械 Long Weapon
	QTNJ 01	(注明套路名称) (Specify Routine name)	QTNJ 21	(注明套路名称) (Specify Routine name)	QTNJ 31	(注明套路名称) (Specify Routine name)



协办单位



主办单位



支持单位

修订/Revision A - 31/7/2025
查阅附录 See Appendix

狮城国际内家拳交流赛 2025 International Internal Martial Arts Competition @ Lion City 2025

套路项目表 Routine List

竞赛套路 Competition Routine	代号 Code	拳术 Fist (Quan)
	JSQ 01	24 式太极拳 24-Form Taijiquan
	JSQ 02	42 式太极拳 42-Form Taijiquan
	JSQ 03	陈式 56 式 Chen Style 56-Form
	JSQ 04	杨式 40 太极拳 Yang Style 40-Form Taijiquan
	JSQ 05	吴式竞赛套路 Wu Style Competition Routine
	JSQ 06	武式竞赛套路 Hao Style Competition Routine
	JSQ 07	孙式竞赛套路 Sun Style Competition Routine

代号 Code	短器械 Short Weapon
JSW 21	32 式太极剑 32-Form Taiji Sword
JSW 22	42 式太极剑 42-Form Taiji Sword

集体 Group Event	代号 Code	拳术 Fist (Quan)
	JTQ 01	(注明套路名称) (Specify Routine name)

代号 Code	器械 Weapon
JTW 21	(注明套路名称) (Specify Routine name)

对练 Sparring	代号 Code	拳术 Fist (Quan)
	DL 01	徒手对练 Bare Fist Sparring

代号 Code	器械 Weapon
DL 21	器械对练 Weapon Sparring



协办单位

主办单位

支持单位

狮城国际内家拳交流赛 2025 International Internal Martial Arts Competition @ Lion City 2025

附录 Appendix

修订 Revision A - 31/7/2025

1. 规程 - 第 3 页 Regulation - Page 3

调整个人单项竞赛时间 Adjustment of Individual Routine Competition Time

11A 个人单项竞赛时间 Individual Routine Competition Time

11A.1a 太极/六合八法拳术 Taiji/ LiuHe BaFa Quan : 2 - 5 分钟/min

11A.1b 八卦掌/形意拳/八极拳/其他内家拳术
BaGua Zhang/ XingYi Quan/Baji Quan/
Other Traditional Internal Quan : 40 秒/sec - 3 分钟/min

对练项目竞赛时间 Sparring Event Competition Time

11C 对练项目竞赛时间 Sparring Event Competition Time

11C.1 徒手对练 Bare Fist Sparring : 40 秒/sec - 2 分钟/min

11C.2 器械对练 Weapon Sparring : 40 秒/sec - 2 分钟/min

2. 套路项目表 - 第 5 页 Routine List - Page 5

增添项目 Addition of Routines

其他内家拳 Other Traditional Internal Quan	代号 Code	拳术 Fist (Quan)	代号 Code	短器械 Short Weapon	代号 Code	长器械 Long Weapon
	QTNJ 01	(注明套路名称) (Specify Routine name)	QTNJ 21	(注明套路名称) (Specify Routine name)	QTNJ 31	(注明套路名称) (Specify Routine name)

修订 Revision B - 3/8/2025

1. 规程 - 第 7 页 Regulation - Page 7

延后报名截止日期 Postponement of Registration Deadline

14 报名截止日期 : 2025 年 8 月 22 日
Registration Deadline : 22nd August 2025
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协办单位

主办单位

支持单位

狮城国际内家拳交流赛 2025 **International Internal Martial Arts Competition @ Lion City 2025**

附录 Appendix

2. 套路项目表 - 第 1 页 Routine List - Page 1

修改套路名称 Amendment of Routine Name

陈式太极 Chen Style Taiji	代号 Code	拳术 Fist (Quan)
	CTJ 01	朱天才老架 13 式太极拳 Zhu Tian Cai Style 13-Form Old Frame

3. 套路项目表 - 第 2 页 Routine List - Page 2

增添项目 Addition of Routines

陈式太极 Chen Style Taiji	代号 Code	拳术 Fist (Quan)
	CTJ 11	陈正雷精要 18 式太极拳 Chen Zheng Lei Style 18-Form
	CTJ 12	陈小旺 19 式太极拳 Chen Xiao Wang Style 19-Form
	CTJ 13	王西安 24 式太极拳 Wang Xi An Style 24-Form