



詠 春 體 育 會

VING TSUN ATHLETIC ASSOCIATION LTD.

會址：九龍旺角水渠道三號長寧大廈三樓C座 3, NULLAH ROAD, 2C/FL., KOWLOON, HONG KONG.
Tel: (852) 2381-6044 Email: vtaa@vingtsun.org.hk
Fax: (852) 2381-6042 Website: <http://www.vingtsun.org.hk>

TM

2019 Ip Man Ving Tsun Taolu (Forms) Match **& Sticking Hands Match**

Ip Man Ving Tsun Taolu (Forms) Match & Sticking Hands Match organized by Ving Tsun Athletic Association, will be held on 17th November 2019 (Sunday).

- Time : Start at 10:00am, 17th November 2019
- Place : Hall of The Tsim Sha Tsui District Kaifong Welfare Association
- Address : 136 Nathan Road, Tsim Sha Tsui, Kowloon, Hong Kong.
- Event : (a) Siu Lim Tau
(b) Chum Kiu
(c) Biu Gee
(d) Wooden Dummy
(e) Partner Artistic-Style Sticking Hands

(For “Siu Lim Tau”, “Chum Kiu” and “Wooden Dummy”, participants should follow the demonstrations made by Grand Master Ip Man; for “Biu Gee”, participants should follow the demonstration made by Sifu Ip Ching; for Sticking Hands, participants should refer to the demonstrations approved by the Association. All demonstration videos can be found on our website <http://www.vingtsun.org.hk>)

Details of the Match

- A. Groups :
- Taolu (Forms) Match: For (a) to (d)
- Kids – Boy & Girl (Age between 8 to under 11 years old)
 - Junior – Boy & Girl (Age between 11 to under 14 years old)
 - Youth – Boy & Girl (Age between 14 to under 18 years old)
 - Adult – Male & Female (Age between 18 to under 45 years old)
 - Senior Adult – Male & Female (Age between 45 to 75 years old)
 - Team Group – (a), (b) & (c) events (for Age between 8 to 75 years old ; Minimum 8 persons, Maximum 15 persons)

*Divide into Male & Female Groups (except Team Group above).

*The age of participants shall be calculated on the date of 17th November 2019 according to their personal identity document.



詠 春 體 育 會
VING TSUN ATHLETIC ASSOCIATION LTD.

會址：九龍旺角水渠道三號長寧大廈三樓C座 3, NULLAH ROAD, 2C/FL., KOWLOON, HONG KONG.
Tel: (852) 2381-6044 Email: vtaa@vingtsun.org.hk
Fax: (852) 2381-6042 Website: <http://www.vingtsun.org.hk>

TM

Sticking Hands Match: For (e), 2 persons to form a unit for assessment

- Youth – Boy & Girl Group (Age between 14 to under 18 years old)
- Adult – Male & Female (Age between 18 to under 45 years old)
- Senior Adult – Male & Female (Age between 45 to 75 years old)

*Divide into Male & Female & Mixed Groups.

*The age of participants shall be calculated on the date of 17th November 2019 according to their personal identity document.

Entry is limited and available on a first-come, first served basis. (Based on the date marked on mail or email). The organizer reserves the right of final determination. Any change or information of the events shall be based on announcement in our web-site.

B. Rules of Match and Time Prescribed :

- All match shall only be held with at least 4 participants, and in that case, only Gold Award and Silver Award will be awarded.
- For match with 6 participants or over, Gold Award, Silver Award and Bronze Award will be awarded.
- Taolu Form (Event (a) to (d)) shall be completed between 1 minutes 30 seconds and 3 minutes.
- Sticking Hands Event (e) shall be completed between 1 minutes and 2 minutes.

C. Eligibility

- Open for any lineage of Grandmaster Ip Man.
- Each participant should take no more than three events altogether (Taolu (Forms) or Sticking Hands).
- Each participant should sign the “Safety Declaration”, please press [[Appendix 1](#)] to download the form (those who have not signed the declaration will not be eligible for the Match).

D. Assessment standard of Taolu (Forms) or Sticking Hands

1. Etiquete - Appropriate clothing and due etiquette;
2. Hand shap/stance shap: limb movement that can correctly express the characteristics of Ip Man lineage;
3. Hands & Footwork Techniques – correctly express the motion trajectory in line with the specifications of action and use the correct method;
4. Waist & horse step: matching of body shape and body movement to stabilize the balance of stance, smoothen the force application, and accuracy of hitting;
5. Structure: The whole set of movements should be consistent with the style of Ip Man lineage. Requirements of Forms, strict structure, reasonable arrangement, rich content; Compact structure of partner artistic-style and realistic action, outstanding style, tight coordination, reasonable offensive and defensive actions.



詠 春 體 育 會
VING TSUN ATHLETIC ASSOCIATION LTD.

會址：九龍旺角水渠道三號長寧大廈三樓C座 3, NULLAH ROAD, 2C/FL., KOWLOON, HONG KONG.
Tel: (852) 2381-6044 Email: vtaa@vingtsun.org.hk
Fax: (852) 2381-6042 Website: http://www.vingtsun.org.hk

TM

6. Proficiency/fluency: due rythum, concentration in mind, proficient in techniques.
 7. Strength: intention, breathing , sense, force, internal and external co-ordination, able to express complete strength of force
- E. The sequence and groupings of the participants for each event will be arranged by our Association.
- F. The referees will be designated by our Association.
- G. Prize
Gold, Silver, Bronze and Merit Awards for each category of competition.
- H. Enrolment Method
- Application form can be downloaded here:
[Personal Application Form for Taolu \(Form\) Match.pdf](#)
[Group Application Form for Taolu \(Form\) Match](#)
[Application Form for Partner Artistic-Style Sticking Hands Match.pdf](#)
 - Payment of Application Fee
Pay by cash or cheque (payable to “Ving Tsun Athletic Association Limited”), please bank in our account, details as follows:
 - Account Name : Ving Tsun Athletic Association Limited
 - Account No. : HSBC 001-147776-002
 - Please send the application form together with the deposit slip by mail or email to our Association. Email: vtaa@vingtsun.org.hk. Please mark as Enrolment Form of 2019 Match.
 - Please make copy of the application form and the deposit slip for your own record for verification
- I. Application deadline : 30th September 2019
- J. Application fee :
HK\$200- for individual registration fee per single category of match;
HK\$400 per partner artistic-style sticking hands match;
For Team Group Taolu (Forms) Match, application fee HK\$200 per group plus HK\$100 per participant in the same group (e.g. For 8 participants in a group as above, the fee is HK\$200 + HK\$800 = HK\$1,000)
- K. A Certificate of Attendance and T-shirt will be given to each participant

The Chairman of VTAA

Dated 5th July, 2019.