

## CHAPTER 7

### CALLS AND GESTURES

#### Article 28 Platform Judge's Calls and Gestures

##### 28.1 Fist-Palm Salute

In a standing position with feet together, place the left palm against the right fist in front of and 20-30 cm away from the chest. (Figs 1 and 2).



Fig 1



Fig 2

##### 28.2 Mount the platform

Standing at the center of the platform, extend both arms sideways, palms up and pointing at the competitors (Fig 3). As a call on them to mount the platform, bend both arms at the elbow into a right angle, palms facing each other (Fig 4).



Fig 3



Fig

4

##### 28.3 Competitors salute each other

Place the left hand on top of the right fist in front of the body as a signal to both competitors to salute each other (Fig 5).



Fig 5

#### 28.4 First round

Facing the head judge, take a bow stance and, while calling “Diyiju (First round) !” extend one arm forward with the index finger pointing up and the other three fingers and the thumb clenched into a fist (Fig 6).



Fig 6

#### 28.5 Second round

Facing the head judge, take a bow stance and, while calling “Di'erju (Second round) !”, extend one arm forward with the index and middle fingers separated and pointing up, and the thumb and the other two fingers clenched (Fig 7).



Fig 7

#### 28.6 Third round

Facing the head judge, take a bow stance and, while calling “Disanju (Third round) !”, extend one arm forward with the thumb and the index and middle fingers separated and pointing up and the other two fingers clenched (Fig 8).



Fig 8

Take a bow stance between the two competitors and, while calling "Yubei (Ready)!" extend both arms sideways, palm facing up and pointing at the competitors (Fig 9). Then, while calling "Kaishi (Start)!" cross pronated palms in front of the abdomen (Fig 10).



Fig 9



Fig 10

#### 28.8 "Ting (Stop)!"

While calling "Ting (Stop)!" take a bow stance and insert one extended arm between the two competitors, fingers pointing up (Figs 11-12).



Fig 11



Fig

12

### 28.9 8-second passivity

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" raise both hands in front of the body, with the small and ring fingers of one hand bent and the thumbs and other fingers of both hands separated and stretched naturally (Fig 13).



Fig 13

### 28. 10 Count

Facing the fallen competitor, with both arms bent at elbow and both hands clenched into fists in front of the body, palm side facing forward, unbend the fingers one by one from the thumb to the little finger, at an interval of one (1) second (Figs 14-15).



Fig 14



Fig

15

### 28.11 Passive hold

Fold the arms in front of the body (Fig 16).



Fig 16

28.12 8-second forcible counting

Facing the head judge, extend one arm with the thumb pointing up and the other fingers clenched (Fig 17)



Fig 17

28.13 Three seconds

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" extend one arm obliquely up with the palm supinated and pointing at the competitor. Meanwhile, move the other hand across the abdomen to the side of the body, with the thumb and the index and middle fingers separated naturally and the other two fingers clenched (Fig 18).



Fig 18

28.14 Appointed attack

Extend one arm between the two competitors, with the thumb extended and the fingers clenched, palm side down. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" move the hand horizontally in the direction of the thumb as a signal for appointed attack (Fig 19).



Fig 19

#### 28.15 Down

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" extend one arm with palm facing up and pointing at the fallen competitor, as the other arm moves to the side of the body, bent at elbow and with palm facing down (Fig 20).



Fig 20

#### 28.16 Down First

Extend one arm towards the competitor who is the first to fall down and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" cross the arms in front of the abdomen, palms facing down (Figs 21-22).



Fig 21



Fig 22

### 28.17 Simultaneous fall

Extend both arms horizontally forward and withdraw them to press both palms down (Fig 23).



Fig 23

### 28.18 One side off the platform

Extend one arm towards the competitor off the platform (Fig 24) and, while calling "Hongfang (Red side)!" or Heifang (Black side)!" push the other hand forward in a bow stance, fingers pointing up (Fig 25).



Fig 24



Fig 25

### 28.19 Both sides off the platform

Take a bow step and push both palms forward, arms fully stretched and fingers pointing up (Fig26). Then bend both arms at elbow into a right angle in front of the body, palms facing back, while bringing the feet together to stand upright (Fig 27).



Fig 26



Fig

27

#### 28.20 Kick the crotch

Extend one arm towards the offender and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" point the other hand at the crotch, palm facing inward (Fig 28).



Fig 28

#### 28.21 Hit the back of head

Extend one arm towards the offender and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" place the other hand on the back of the head (Fig 29).



Fig 29

#### 28.22 Elbow foul

Bend both arms in front of the chest and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" cover one elbow with the other hand (Fig 30).





Fig 30

28.23 Knee foul

Raise one knee and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" pat the knee with the hand of the same side (Fig 31).



Fig 31

28.24 Warning

Extend one arm towards the offender, palm up. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" bend the other arm at elbow into a right angle, fingers clenched into a fist with the thumb side facing outward (Fig 32).



Fig 32

28.25 Admonition

Extend one arm towards the offender, palm up. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" indicate the foul with the other hand and bend the arm at elbow into a right angle in front of the body, fingers pointing up and palm facing backward (Fig 33).



Fig 33

28.26 Disqualification

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" clench both hands into fists and cross the forearms in front of the body (Fig 34).



Fig 34

28.27 Not valid

Extend both arms and cross them in a swing in front of the abdomen (Figs 35-37).



Fig 35



Fig 36



Fig 37

28.28 Emergency treatment

Facing the medical supervision desk, cross forearms in front of the chest, fingers pointing up (Fig 38)



Fig 38

28.29 Rest

Extend both arms sideways, palms up, to point at the competitors' rest places (Fig 39).



Fig 39

28.30 Exchange positions

Standing at the center of the platform, cross arms in front of the abdomen (Fig 40)



Fig 40

28.31 Draw

Standing between the competitors, hold their wrists and raise their hands. (Fig 41).



Fig 41

28.32 Winner

Standing between the competitors, hold the winner's wrist and raise his hand (Fig 42).



Fig 42

**Article 29 Sideline Judges' Gestures**

29.1 Off or down

Point down with a forefinger, with the other four fingers clenched (Fig 43).



Fig 43

29.2 Not off or down

Move one hand from side to side once, fingers pointing up (Fig 44).



Fig 44

29.3 Not seen clearly

Bend both arms at elbow and spread forearms sideways in front of the body, palms up (Fig 45).



Fig 45