

# Taolu Modern

## Grupe de vârstă:

- 6-8 ani (născuți în 2006, 2007, 2008)
  - 16 forme Changquan ([https://www.youtube.com/watch?v=ezR\\_S-38Tp4](https://www.youtube.com/watch?v=ezR_S-38Tp4) )
  - duilian
- 9-11 ani (născuți în 2003, 2004, 2005)
  - CHUJI TAOLU (elementary):
    - Changquan  
(<https://www.facebook.com/video.php?v=1409310632655476&set=vl.1380012195638553&type=2&theater> )
    - Daoshu  
(<https://www.facebook.com/video.php?v=1413770488876157&set=vl.1380012195638553&type=2&theater> )
    - Jianshu  
(<https://www.facebook.com/video.php?v=1413300635589809&set=vl.1380012195638553&type=2&theater> )
    - Gunshu  
(<https://www.facebook.com/video.php?v=1419206008332605&set=vl.1380012195638553&type=2&theater> )
    - Qiangshu  
(<https://www.facebook.com/video.php?v=1418625461723993&set=vl.1380012195638553&type=2&theater> )
    - Nanquan ( <https://www.youtube.com/watch?v=ZRky5Me8xK8> )
    - Nandao (<https://www.youtube.com/watch?v=EjjkTUhr-8M> )
    - Nangun (<https://www.youtube.com/watch?v=hZLleICuyrY> )
  - duilian
- 12-14 ani (născuți în 2000, 2001, 2002)
  - 1st set International Competition Taolu:
    - Changquan  
([https://www.youtube.com/watch?v=iQcvboZp\\_PU&index=15&list=PL3C9294069EBDF1E](https://www.youtube.com/watch?v=iQcvboZp_PU&index=15&list=PL3C9294069EBDF1E) )
    - Daoshu  
(<https://www.youtube.com/watch?v=asiF4hybVXI&index=13&list=PL3C9294069EBDF1E> )
    - Jianshu (<https://www.youtube.com/watch?v=VQyC7CiKdkE> )
    - Gunshu (<https://www.youtube.com/watch?v=ajyJxM0ZmuQ> )

- Qiangshu (<https://www.youtube.com/watch?v=UcmL83FZKvk> )
  - 24 forme Taijiquan (<https://www.youtube.com/watch?v=TBvF6r6DOvc> )
  - 32 forme Taijijian (<https://www.youtube.com/watch?v=vHZYKXeDn3E> )
  - Nanquan ([https://www.youtube.com/watch?v=RCr8DmNJK\\_g](https://www.youtube.com/watch?v=RCr8DmNJK_g) )
  - Nandao (<https://www.youtube.com/watch?v=FSwDyteNeKg> )
  - Nangun (<https://www.youtube.com/watch?v=2zvGw2hxTvY> )
  - duilian
- 15-17 ani (născuți în 1997, 1998, 1999)
  - 2nd set International Competition Taolu:
    - Changquan  
(<https://www.youtube.com/watch?v=FJyeo6OFTtU&index=14&list=PL3C9294069EBDF1E> )
    - Daoshu (<https://www.youtube.com/watch?v=VoLas5NLp20> )
    - Jianshu ([https://www.youtube.com/watch?v=os\\_EaMpjs-o](https://www.youtube.com/watch?v=os_EaMpjs-o) )
    - Gunshu (<https://www.youtube.com/watch?v=dolbFKl2zQ0> )
    - Qiangshu (<https://www.youtube.com/watch?v=K1bfXWUV6vY> )
  - 3rd set International Competition Taolu:
    - Changquan  
(<https://www.facebook.com/video.php?v=1441992869387252&set=vl.701502659969800&type=2&theater> )
    - Daoshu  
(<https://www.facebook.com/video.php?v=1445228099063729&set=vl.701502659969800&type=2&theater> )
    - Jianshu  
(<https://www.facebook.com/video.php?v=1444667952453077&set=vl.701502659969800&type=2&theater> )
    - Gunshu  
(<https://www.facebook.com/video.php?v=1450341771885695&set=vl.701502659969800&type=2&theater> )
    - Qiangshu  
(<https://www.facebook.com/video.php?v=1448178408768698&set=vl.701502659969800&type=2&theater> )
    - Nanquan  
(<https://www.facebook.com/video.php?v=1451850505068155&set=vl.701502659969800&type=2&theater> )

- Nandao  
(<https://www.facebook.com/video.php?v=1452584511661421&set=vl.701502659969800&type=2&theater> )
- Nangun  
(<https://www.facebook.com/video.php?v=1455402571379615&set=vl.701502659969800&type=2&theater> )
- Taijiquan  
(<https://www.facebook.com/video.php?v=1457362644516941&set=vl.701502659969800&type=2&theater> )
- Taijijian  
(<https://www.facebook.com/video.php?v=1459860497600489&set=vl.701502659969800&type=2&theater> )
- 42 forme Taijiquan (<https://www.youtube.com/watch?v=ZcyHLJWJLEo> )
- 42 forme Taijijian (<https://www.youtube.com/watch?v=tTjBIT7XUMg> )
- Nanquan ( [https://www.youtube.com/watch?v=RCr8DmNJK\\_g](https://www.youtube.com/watch?v=RCr8DmNJK_g) )
- Nandao (<https://www.youtube.com/watch?v=FSwDyteNeKg> )
- Nangun (<https://www.youtube.com/watch?v=2zvGw2hxTvY> )
- duilian
- 18-35 ani (născuți între de 1 ianuarie 1979 și 31 decembrie 1996)
  - 3rd set International Competition Taolu:
    - Changquan  
(<https://www.facebook.com/video.php?v=1441992869387252&set=vl.701502659969800&type=2&theater> )
    - Daoshu  
(<https://www.facebook.com/video.php?v=1445228099063729&set=vl.701502659969800&type=2&theater> )
    - Jianshu  
(<https://www.facebook.com/video.php?v=1444667952453077&set=vl.701502659969800&type=2&theater> )
    - Gunshu  
(<https://www.facebook.com/video.php?v=1450341771885695&set=vl.701502659969800&type=2&theater> )
    - Qiangshu  
(<https://www.facebook.com/video.php?v=1448178408768698&set=vl.701502659969800&type=2&theater> )

- Nanquan  
(<https://www.facebook.com/video.php?v=1451850505068155&set=vl.701502659969800&type=2&theater> )
- Nandao  
(<https://www.facebook.com/video.php?v=1452584511661421&set=vl.701502659969800&type=2&theater> )
- Nangun  
(<https://www.facebook.com/video.php?v=1455402571379615&set=vl.701502659969800&type=2&theater> )
- Taijiquan  
(<https://www.facebook.com/video.php?v=1457362644516941&set=vl.701502659969800&type=2&theater> )
- Taijijian  
(<https://www.facebook.com/video.php?v=1459860497600489&set=vl.701502659969800&type=2&theater> )
- Optional (free):
  - Changquan, Daoshu, Jianshu, Gunshu, Qiangshu, Nanquan, Nandao, Nangun, Taijiquan, Taijijian
- Sintează Yang Taijiquan  
(<https://www.facebook.com/video.php?v=1419723868280819&set=vl.1702391093320499&type=2&theater> )
- Sintează Yang Taijijian  
(<https://www.facebook.com/video.php?v=1422181351368404&set=vl.1702391093320499&type=2&theater> )
- Sintează Chen Taijiquan  
(<https://www.facebook.com/video.php?v=1421330628120143&set=vl.1702391093320499&type=2&theater> )
- Sintează Chen Taijijian  
(<https://www.facebook.com/video.php?v=1423388491247690&set=vl.1702391093320499&type=2&theater> )
- duilian

**NOTA:**

- Vârsta sportivilor se consideră aceea de la **1 ianuarie 2015**.
- Sportivii vor putea participa **DOAR** cu Taolu-urile menționate mai sus, în funcție de grupa de vârstă în care se încadrează. (Apăsați pe link pentru video).