

session 1 Oct. 17, 2020, 10 a.m.

| # | event |
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| 1 | Southern Styles under 9 years women (Traditional Routines) |
| 2 | Southern Styles 9-11 years men (Traditional Routines), Southern Styles 9-11 years women (Traditional Routines) |
| 3 | Southern Styles 12-14 years men (Traditional Routines), Southern Styles 12-14 years women (Traditional Routines) |
| 4 | Southern Styles 15-17 years men (Traditional Routines), Southern Styles 15-17 years women (Traditional Routines) |
| 5 | Northern Styles 9-11 years men (Traditional Routines), Northern Styles 9-11 years women (Traditional Routines) |
| 6 | Southern Styles under 9 years men (Demonstration Event) |
| 7 | Northern Styles 15-17 years men (Traditional Routines), Northern Styles 15-17 years women (Traditional Routines) |
| 8 | Broadsword Routines 9-11 years men (Traditional Routines) |
| 9 | Broadsword Routines 12-14 years men (Traditional Routines), Broadsword Routines 12-14 years women (Traditional Routines) |
| 10 | Broadsword Routines 15-17 years men (Traditional Routines), Broadsword Routines 15-17 years women (Traditional Routines) |
| 11 | Sword Routines 15-17 years women (Traditional Routines) |
| 12 | Cudgel Routines 9-11 years women (Traditional Routines) |
| 13 | Cudgel Routines 12-14 years men (Traditional Routines), Cudgel Routines 12-14 years women (Traditional Routines) |
| 14 | Cudgel Routines 15-17 years men (Traditional Routines), Cudgel Routines 15-17 years women (Traditional Routines) |
| 15 | Spear Routines 12-14 years men (Traditional Routines) |
| 16 | Spear Routines 15-17 years women (Traditional Routines) |
| 17 | Other Short and Soft Apparatus R 9-11 years women (Traditional Routines) |
| 18 | Other Short and Soft Apparatus R 12-14 years men (Traditional Routines), Other Short and Soft Apparatus R 12-14 years women (Traditional Routines) |
| 19 | Other Short and Soft Apparatus R 15-17 years men (Traditional Routines), Other Short and Soft Apparatus R 15-17 years women (Traditional Routines) |
| 20 | Duilian (Set Sparring) 15-17 years men (Traditional Routines) |

session 2 Oct. 17, 2020, 3 p.m.

| # | event |
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| 1 | Wu Bu Quan under 9 years women (Demonstration Event) |
| 2 | Changquan Optional taolu (over 18years) men (Optional Routines (no nandu required)), Changquan Optional taolu (over 18years) women (Optional Routines (no nandu required)), Changquan 1 Set Group A (15-17years) men (Compulsory Routines), Changquan 2 Set Obligatory taolu 18-39 years women (Compulsory Routines) |
| 3 | Changquan 1 Set Group B (12-14years) women (Compulsory Routines) |
| 4 | Nanquan 1 Set Group B (12-14years) men (Compulsory Routines) |
| 5 | Changquan 32 Movements Group C (under 12) men (Compulsory Routines), Changquan 32 Movements Group C (under 12) women (Compulsory Routines) |
| 6 | Daoshu Optional taolu (over 18years) men (Optional Routines (no nandu required)) |
| 7 | Daoshu 1 Set Group B (12-14years) women (Compulsory Routines) |
| 8 | Daoshu 1 Set Group A (15-17years) men (Compulsory Routines) |
| 9 | Daoshu 32 Movements Group C (under 12) women (Compulsory Routines) |
| 10 | Jianshu 1 Set Obligatory taolu 18-39 years men (Compulsory Routines) |
| 11 | Gunshu 32 Movements Group C (under 12) men (Compulsory Routines), Gunshu 32 Movements Group C (under 12) women (Compulsory Routines) |
| 12 | Gunshu Optional taolu (over 18years) men (Optional Routines (no nandu required)) |

session 3 Oct. 18, 2020, 10 a.m.

| # | event |
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| 1 | Southern Styles 18-39 years women (Traditional Routines) |
| 2 | Southern Styles 18-39 years men (Traditional Routines), Southern Styles 40-60 years men (Traditional Routines) |
| 3 | Northern Styles 18-39 years men (Traditional Routines), Northern Styles 18-39 years women (Traditional Routines), Northern Styles 40-60 years men (Traditional Routines) |
| 4 | Broadsword Routines 18-39 years men (Traditional Routines), Broadsword Routines 18-39 years women (Traditional Routines), Broadsword Routines 40-60 years men (Traditional Routines) |
| 5 | Sword Routines 18-39 years men (Traditional Routines), Sword Routines 18-39 years women (Traditional Routines) |
| 6 | Cudgel Routines 18-39 years men (Traditional Routines), Cudgel Routines 18-39 years women (Traditional Routines), Cudgel Routines 40-60 years men (Traditional Routines) |
| 7 | Spear Routines 18-39 years women (Traditional Routines) |
| 8 | Other Long Apparatus Routines 18-39 years women (Traditional Routines) |
| 9 | Other Long Apparatus Routines 40-60 years men (Traditional Routines) |
| 10 | |

| # | event |
|---|---|
| | Other Short and Soft Apparatus R 18-39 years men (Traditional Routines), Other Short and Soft Apparatus R 18-39 years women (Traditional Routines), Other Short and Soft Apparatus R 40-60 years men (Traditional Routines) |