

session 1 June 12, 2021, 10 a.m.

#	event
1	Yang Style Taijiquan (traditional) - 18-39 years women - Taijiquan Routines, Yang Style Taijiquan (traditional) - 40-59 years men - Taijiquan Routines
2	Yang Style Taijiquan (40 Movements) - 40-59 years women - Taijiquan Routines, Yang Style Taijiquan (40 Movements) - 60 years and above women - Taijiquan Routines, Chen Style Taijiquan (56 Movements) - 40-59 years women - Taijiquan Routines, 42 Movements Taijiquan - 15-17 years boys - Taijiquan Routines, 42 Movements Taijiquan - 40-59 years men - Taijiquan Routines, 42 Movements Taijiquan - 40-59 years women - Taijiquan Routines
3	Chen Style Taijiquan (traditional) - 18-39 years women - Taijiquan Routines, Chen Style Taijiquan (traditional) - 40-59 years men - Taijiquan Routines, Chen Style Taijiquan (traditional) - 40-59 years women - Taijiquan Routines
4	Taijiquan 32 - 40-59 years women - Taijiquan Routines, Taijiquan 32 - 60 years and above men - Taijiquan Routines, Taijiquan 32 - 60 years and above women - Taijiquan Routines, Taijiquan Various Styles (traditional) - 40-59 years women - Taijiquan Routines
5	Simplified 24 Movements Taijiquan - 18-39 years women - Taijiquan Routines, Simplified 24 Movements Taijiquan - 40-59 years women - Taijiquan Routines, Simplified 24 Movements Taijiquan - 60 years and above men - Taijiquan Routines, Simplified 24 Movements Taijiquan - 60 years and above women - Taijiquan Routines
6	Yang Style Taijijian (traditional) - 40-59 years men - Taijiquan Routines, Chen Style Taijijian (traditional) - 18-39 years women - Taijiquan Routines, Chen Style Taijijian (traditional) - 40-59 years men - Taijiquan Routines, Chen Style Taijijian (traditional) - 40-59 years women - Taijiquan Routines, Yang Style Taiji Dao (traditional) - 40-59 years women - Taijiquan Routines, Taijiquan Short Weapons (traditional) - 18-39 years women - Taijiquan Routines
7	42 Movements Taijijian - 40-59 years men - Taijiquan Routines, 42 Movements Taijijian - 40-59 years women - Taijiquan Routines, Simplified 32 Movements Taijijian - 40-59 years women - Taijiquan Routines, Simplified 32 Movements Taijijian - 60 years and above men - Taijiquan Routines

session 2 June 12, 2021, 3 p.m.

#	event
1	Changquan - 18 years and above men - Optional Routines (no nandu required), Changquan - 18 years and above women - Optional Routines (no nandu required), Nanquan 1 Set - 18-39 years men - Compulsory Routines
2	Nanquan 1 Set - Group A (15-17years) boys - Compulsory Routines, Changquan 3 Set - Group A (15-17years) boys - Compulsory Routines, Changquan 3 Set - Group A (15-17years) girls - Compulsory Routines
3	Changquan 1 Set - Group B (12-14years) girls - Compulsory Routines, Nanquan 1 Set - Group B (12-14years) boys - Compulsory Routines
4	Changquan 32 Movements - Group C (under 12) boys - Compulsory Routines, Changquan 32 Movements - Group C (under 12) girls - Compulsory Routines
5	Daoshu - 18 years and above men - Optional Routines (no nandu required), Jianshu - 18 years and above men - Optional Routines (no nandu required), Jianshu 1 Set - 18-39 years men - Compulsory Routines, Jianshu 1 Set - 40-59 years men - Compulsory Routines, Jianshu 2 Set - 18-39 years men - Compulsory Routines, Jianshu 3 Set - 40-59 years women - Compulsory Routines
6	Daoshu 1 Set - Group A (15-17years) boys - Compulsory Routines, Jianshu 1 Set - Group A (15-17years) boys - Compulsory Routines
7	Daoshu 32 Movements - Group C (under 12) boys - Compulsory Routines, Daoshu 32 Movements - Group C (under 12) girls - Compulsory Routines
8	Nangun 1 Set - Group B (12-14years) boys - Compulsory Routines, Nangun 1 Set - Group A (15-17years) boys - Compulsory Routines
9	Gunshu 1 Set - 18-39 years men - Compulsory Routines, Qiangshu 1 Set - 18-39 years men - Compulsory Routines, Qiangshu 2 Set - 18-39 years women - Compulsory Routines
10	Gunshu 1 Set - Group A (15-17years) boys - Compulsory Routines
11	Qiangshu 2 Set - Group A (15-17years) girls - Compulsory Routines
12	Gunshu 1 Set - Group B (12-14years) girls - Compulsory Routines
13	Gunshu 32 Movements - Group C (under 12) boys - Compulsory Routines, Gunshu 32 Movements - Group C (under 12) girls - Compulsory Routines

session 3 June 13, 2021, 10 a.m.

#	event
1	Southern Styles - 18-39 years women - Traditional Routines, Northern Styles - 18-39 years women - Traditional Routines
2	Northern Styles - 18-39 years men - Traditional Routines
3	Southern Styles - 18-39 years men - Traditional Routines
4	Southern Styles - 40-59 years men - Traditional Routines, Northern Styles - 40-59 years men - Traditional Routines
5	Broadsword Routines - 18-39 years women - Traditional Routines, Sword Routines - 18-39 years women - Traditional Routines

#	event
6	Broadsword Routines - 40-59 years men - Traditional Routines, Sword Routines - 18-39 years men - Traditional Routines
7	Cudgel Routines - 18-39 years women - Traditional Routines, Spear Routines - 18-39 years women - Traditional Routines
8	Cudgel Routines - 18-39 years men - Traditional Routines, Cudgel Routines - 40-59 years men - Traditional Routines, Spear Routines - 18-39 years men - Traditional Routines, Other Long Apparatus Routines - 18-39 years men - Traditional Routines, Other Long Apparatus Routines - 40-59 years men - Traditional Routines
9	Other Short and Soft Apparatus R - 18-39 years women - Traditional Routines
10	Other Short and Soft Apparatus R - 18-39 years men - Traditional Routines
11	Other Short and Soft Apparatus R - 40-59 years women - Traditional Routines
12	Other Long Apparatus Routines - 18-39 years women - Traditional Routines
13	Duilian (Set Sparring) - 18-39 years men - Traditional Routines, Duilian (Set Sparring) - 18-39 years women - Traditional Routines
14	Xiao Nian Tou (Shil Lim Tao) - 18-39 years men - Traditional Routines, Xiao Nian Tou (Shil Lim Tao) - 40-59 years men - Traditional Routines, Xun Qiao (Chum Kil) - 18-39 years men - Traditional Routines, Xun Qiao (Chum Kil) - 40-59 years men - Traditional Routines, Biao Zhi (Bil Jee) - 18-39 years men - Traditional Routines
15	Xiao Nian Tou (Shil Lim Tao) - 18-39 years women - Traditional Routines, Xun Qiao (Chum Kil) - 18-39 years women - Traditional Routines
16	Hu Die Shuang Dao (Bart Cham Dao) - 18-39 years women - Traditional Routines
17	Hu Die Shuang Dao (Bart Cham Dao) - 18-39 years men - Traditional Routines
18	Liu Dian Ban Gun (Look Dim Boon Kwun) - 18-39 years women - Traditional Routines
19	Liu Dian Ban Gun (Look Dim Boon Kwun) - 18-39 years men - Traditional Routines, Liu Dian Ban Gun (Look Dim Boon Kwun) - 40-59 years men - Traditional Routines