

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

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

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

#	event
1	Changquan Optional taolu (over 18years) men (Optional Routines (no nandu required)), Changquan Optional taolu (over 18years) women (Optional Routines (no nandu required)), Nanquan 1 Set Obligatory taolu 18-39 years men (Compulsory Routines)
2	Nanquan 1 Set Group A (15-17years) men (Compulsory Routines), Changquan 3 Set Group A (15-17years) men (Compulsory Routines), Changquan 3 Set Group A (15-17years) women (Compulsory Routines)
3	Changquan 1 Set Group B (12-14years) women (Compulsory Routines), Nanquan 1 Set Group B (12-14years) men (Compulsory Routines)
4	Changquan 32 Movements Group C (under 12) men (Compulsory Routines), Changquan 32 Movements Group C (under 12) women (Compulsory Routines)
5	Daoshu Optional taolu (over 18years) men (Optional Routines (no nandu required)), Jianshu Optional taolu (over 18years) men (Optional Routines (no nandu required)), Jianshu 1 Set Obligatory taolu 18-39 years men (Compulsory Routines), Jianshu 1 Set Obligatory taolu 40-60 years men (Compulsory Routines), Jianshu 2 Set Obligatory taolu 18-39 years men (Compulsory Routines), Jianshu 3 Set Obligatory taolu 40-60 years women (Compulsory Routines)
6	Daoshu 1 Set Group A (15-17years) men (Compulsory Routines), Jianshu 1 Set Group A (15-17years) men (Compulsory Routines)
7	Daoshu 32 Movements Group C (under 12) men (Compulsory Routines), Daoshu 32 Movements Group C (under 12) women (Compulsory Routines)
8	Nangun 1 Set Group B (12-14years) men (Compulsory Routines), Nangun 1 Set Group A (15-17years) men (Compulsory Routines)
9	Gunshu 1 Set Obligatory taolu 18-39 years men (Compulsory Routines), Qiangshu 1 Set Obligatory taolu 18-39 years men (Compulsory Routines), Qiangshu 2 Set Obligatory taolu 18-39 years women (Compulsory Routines)
10	Gunshu 1 Set Group A (15-17years) men (Compulsory Routines)
11	Qiangshu 2 Set Group A (15-17years) women (Compulsory Routines)
12	Gunshu 1 Set Group B (12-14years) women (Compulsory Routines)
13	Gunshu 32 Movements Group C (under 12) men (Compulsory Routines), Gunshu 32 Movements Group C (under 12) women (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 40-60 years men (Traditional Routines), Northern Styles 40-60 years men (Traditional Routines)
5	Broadsword Routines 18-39 years women (Traditional Routines), Sword Routines 18-39 years women (Traditional Routines)
6	Broadsword Routines 40-60 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 40-60 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 40-60 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 40-60 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) 40-60 years men (Traditional Routines), Xun Qiao (Chum Kil) 18-39 years men (Traditional Routines), Xun Qiao (Chum Kil) 40-60 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) 40-60 years men (Traditional Routines)