

**session 1** June 15, 2024, 9 a.m.

#	event
1	Simplified 24 Movements Taijiquan - 40-59 years men - 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
2	Taijiquan 32 - 40-59 years men - Taijiquan Routines, Taijiquan 32 - 40-59 years women - Taijiquan Routines
3	Yang Style Taijiquan (40 Movements) - 40-59 years men - Taijiquan Routines, Yang Style Taijiquan (40 Movements) - 40-59 years women - Taijiquan Routines, 42 Movements Taijiquan - 15-17 years girls - Taijiquan Routines, 42 Movements Taijiquan - 40-59 years men - Taijiquan Routines
4	Yang Style Taijiquan (traditional) - 40-59 years men - Taijiquan Routines, Yang Style Taijiquan (traditional) - 40-59 years women - Taijiquan Routines, Yang Style Taijiquan (traditional) - 60 years and above women - Taijiquan Routines, Taijiquan Various Styles (traditional) - 40-59 years men - Taijiquan Routines, Yang Style Taijiquan New Standardized Routine - 18-39 years women - Taijiquan Routines
5	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
6	42 Movements Taijijian - 15-17 years girls - Taijiquan Routines, 42 Movements Taijijian - 40-59 years men - Taijiquan Routines
7	Yang Style Taijijian New Standardized Routine - 18-39 years women - Taijiquan Routines
8	Taijiquan Short Weapons (traditional) - 40-59 years men - Taijiquan Routines, Taijiquan Short Weapons (traditional) - 40-59 years women - Taijiquan Routines, Taijiquan Short Weapons (traditional) - 60 years and above women - Taijiquan Routines
9	Chen Style Taijijian New Standardized Routine - 18-39 years women - Taijiquan Routines, Chen Style Taijijian (traditional) - 40-59 years men - Taijiquan Routines
10	Taijiquan Long Weapons (traditional) - 40-59 years men - Taijiquan Routines

**session 2** June 15, 2024, 2 p.m.

#	event
1	Sword Routines - 12-14 years girls - Traditional Routines, Sword Routines - 15-17 years boys - Traditional Routines
2	Other Short and Soft Apparatus R - under 9 years girls - Traditional Routines, Other Short and Soft Apparatus R - 9-11 years boys - Traditional Routines, Other Short and Soft Apparatus R - 9-11 years girls - Traditional Routines
3	Spear Routines - 12-14 years boys - Traditional Routines
4	Other Short and Soft Apparatus R - 12-14 years boys - Traditional Routines, Other Short and Soft Apparatus R - 12-14 years girls - Traditional Routines
5	Other Short and Soft Apparatus R - 15-17 years boys - Traditional Routines
6	Other Short and Soft Apparatus R - 15-17 years girls - Traditional Routines
7	Other Long Apparatus Routines - 12-14 years boys - Traditional Routines, Other Long Apparatus Routines - 15-17 years boys - Traditional Routines, Other Long Apparatus Routines - 15-17 years girls - Traditional Routines
8	Spear Routines - 15-17 years boys - Traditional Routines, Spear Routines - 15-17 years girls - Traditional Routines
9	Changquan 32 Movements - Group C (under 12) boys - Compulsory Routines, Changquan 32 Movements - Group C (under 12) girls - Compulsory Routines, Nanquan 32 Movements - Group C (under 12) girls - Compulsory Routines
10	Nanquan 1 Set - Group B (12-14years) boys - Compulsory Routines
11	Changquan 1 Set - 18-39 years women - Compulsory Routines
12	Daoshu 32 Movements - Group C (under 12) boys - Compulsory Routines, Daoshu 32 Movements - Group C (under 12) girls - Compulsory Routines, Nandao 32 Movements - Group C (under 12) girls - Compulsory Routines
13	Nandao 1 Set - Group B (12-14years) boys - Compulsory Routines
14	Daoshu - 18 years and above men - Optional Routines (no nandu required), Daoshu 1 Set - 18-39 years women - Compulsory Routines
15	Gunshu 32 Movements - Group C (under 12) boys - Compulsory Routines, Gunshu 32 Movements - Group C (under 12) girls - Compulsory Routines, Nangun 32 Movements - Group C (under 12) girls - Compulsory Routines
16	Nangun 1 Set - Group B (12-14years) boys - Compulsory Routines
17	Gunshu - 18 years and above men - Optional Routines (no nandu required), Qiangshu - 18 years and above women - Optional Routines (no nandu required)

**session 3** June 16, 2024, 9 a.m.

#	event
1	Northern Styles - 18-39 years men - Traditional Routines
2	Northern Styles - 18-39 years women - Traditional Routines
3	Northern Styles - 40-59 years men - Traditional Routines
4	Northern Styles - 40-59 years women - Traditional Routines
5	Sword Routines - 18-39 years men - Traditional Routines, Sword Routines - 40-59 years men - Traditional Routines
6	Sword Routines - 18-39 years women - Traditional Routines
7	Other Short and Soft Apparatus R - 18-39 years men - Traditional Routines

#	event
8	Other Short and Soft Apparatus R - 18-39 years women - Traditional Routines
9	Spear Routines - 18-39 years men - Traditional Routines, Spear Routines - 18-39 years women - Traditional Routines, Spear Routines - 40-59 years men - Traditional Routines
10	Other Long Apparatus Routines - 18-39 years men - Traditional Routines
11	Other Long Apparatus Routines - 18-39 years women - Traditional Routines, Other Long Apparatus Routines - 40-59 years men - Traditional Routines, Other Long Apparatus Routines - 40-59 years women - Traditional Routines
12	Duilian (Set Sparring) - 18-39 years men - Traditional Routines
13	Duilian (Set Sparring) - 18-39 years women - Traditional Routines, Duilian (Set Sparring) - 40-59 years men - Traditional Routines, Duilian (Set Sparring) - 40-59 years women - Traditional Routines