

session 1 Dec. 9, 2023, 2 p.m.

#	event
1	Style Group F - Taiji Weapon Routines 8-9 years old trad boys - Traditional Routines
2	Style Group F - Taiji Weapon Routines 9-11 years boys - Traditional Routines
3	Style Group F - Taiji Weapon Routines 12-14 years boys - Traditional Routines
4	Style Group F - Taiji Weapon Routines 19-40 years old trad men - Traditional Routines
5	Style Group F - Taiji Weapon Routines 19-40 years old trad women - Traditional Routines
6	Style Group F - Taiji Weapon Routines 41-50 years old trad men - Traditional Routines
7	Style Group F - Taiji Weapon Routines 41-50 years old trad women - Traditional Routines
8	Style Group F - Taiji Weapon Routines over 60 years men - Traditional Routines
9	Style Group G - Short Weapon Routines 9-11 years boys - Traditional Routines
10	Style Group G - Short Weapon Routines 9-11 years girls - Traditional Routines
11	Style Group G - Short Weapon Routines 12-14 years boys - Traditional Routines
12	Style Group G - Short Weapon Routines 15-17 years boys - Traditional Routines
13	Style Group G - Short Weapon Routines 15-17 years girls - Traditional Routines
14	Style Group G - Short Weapon Routines 19-40 years old trad men - Traditional Routines
15	Style Group G - Short Weapon Routines 19-40 years old trad women - Traditional Routines
16	Style Group G - Short Weapon Routines 41-50 years old trad men - Traditional Routines
17	Style Group H - Long Weapon Routines 12-14 years boys - Traditional Routines
18	Style Group H - Long Weapon Routines 15-17 years boys - Traditional Routines
19	Style Group H - Long Weapon Routines 15-17 years girls - Traditional Routines
20	Style Group H - Long Weapon Routines 19-40 years old trad men - Traditional Routines
21	Style Group H - Long Weapon Routines 19-40 years old trad women - Traditional Routines
22	Style Group H - Long Weapon Routines over 60 years men - Traditional Routines
23	Style Group L - Wing Chun Weapon Routines 8-9 years old trad boys - Traditional Routines
24	Style Group L - Wing Chun Weapon Routines 9-11 years boys - Traditional Routines
25	Style Group L - Wing Chun Weapon Routines 9-11 years girls - Traditional Routines
26	Style Group L - Wing Chun Weapon Routines 12-14 years boys - Traditional Routines
27	Style Group L - Wing Chun Weapon Routines 12-14 years girls - Traditional Routines
28	Style Group L - Wing Chun Weapon Routines 15-17 years boys - Traditional Routines
29	Style Group L - Wing Chun Weapon Routines 15-17 years girls - Traditional Routines
30	Style Group L - Wing Chun Weapon Routines 19-40 years old trad men - Traditional Routines
31	Style Group L - Wing Chun Weapon Routines 19-40 years old trad women - Traditional Routines
32	Style Group L - Wing Chun Weapon Routines 41-50 years old trad men - Traditional Routines

session 2 Dec. 9, 2023, 7 p.m.

#	event
1	Changquan 32 Movements Esordienti 10-12 years old boys - Compulsory Routines
2	Changquan 32 Movements Esordienti 10-12 years old girls - Compulsory Routines
3	Changquan 1 Set Youth 13-18 years old boys - Compulsory Routines
4	Changquan 1 Set Youth 13-18 years old girls - Compulsory Routines
5	Changquan 3 Set Senior 19-40 years old men - Compulsory Routines
6	Changquan 3 Set Senior 19-40 years old women - Compulsory Routines
7	Changquan Master 41-50 years old men - Optional Routines (no nandu required)
8	Changquan Master 41-50 years old women - Optional Routines (no nandu required)
9	Daoshu 32 Movements Esordienti 10-12 years old boys - Compulsory Routines
10	Daoshu 32 Movements Esordienti 10-12 years old girls - Compulsory Routines
11	Daoshu 1 Set Youth 13-18 years old boys - Compulsory Routines
12	Daoshu 1 Set Youth 13-18 years old girls - Compulsory Routines
13	Daoshu Master 41-50 years old men - Optional Routines (no nandu required)
14	Daoshu Master 41-50 years old women - Optional Routines (no nandu required)
15	Daoshu 3 Set Senior 19-40 years old men - Compulsory Routines
16	Jianshu 32 Movements Esordienti 10-12 years old girls - Compulsory Routines
17	Jianshu Master 41-50 years old women - Optional Routines (no nandu required)
18	Jianshu 1 Set Youth 13-18 years old boys - Compulsory Routines
19	Jianshu 3 Set Senior 19-40 years old men - Compulsory Routines
20	Jianshu Master 41-50 years old men - Optional Routines (no nandu required)
21	Nandao 32 Movements Esordienti 10-12 years old boys - Compulsory Routines
22	Nandao 1 Set Youth 13-18 years old boys - Compulsory Routines
23	Nandao 3 Set Senior 19-40 years old men - Compulsory Routines
24	Nandao Master 41-50 years old men - Optional Routines (no nandu required)
25	Simplified 32 Movements Taijijian Esordienti 10-12 years old girls - Compulsory Routines
26	42 Movements Taijijian Youth 13-18 years old boys - Compulsory Routines
27	42 Movements Taijijian Youth 13-18 years old girls - Compulsory Routines
28	Taijijian Master 41-50 years old men - Optional Routines (no nandu required)

session 3 Dec. 10, 2023, 8 a.m.

#	event
1	Nanquan 32 Movements Esordienti 10-12 years old boys - Compulsory Routines
2	Nanquan 32 Movements Esordienti 10-12 years old girls - Compulsory Routines
3	Nanquan 1 Set Youth 13-18 years old boys - Compulsory Routines
4	Nanquan 1 Set Youth 13-18 years old girls - Compulsory Routines

#	event
5	Nanquan 3 Set Senior 19-40 years old men - Compulsory Routines
6	Nanquan 3 Set Senior 19-40 years old women - Compulsory Routines
7	Nanquan Master 41-50 years old men - Optional Routines (no nandu required)
8	Nanquan Master 41-50 years old women - Optional Routines (no nandu required)
9	Nangun 32 Movements Esordienti 10-12 years old girls - Compulsory Routines
10	Nangun 1 Set Youth 13-18 years old girls - Compulsory Routines
11	Nangun 3 Set Senior 19-40 years old women - Compulsory Routines
12	Gunshu 32 Movements Esordienti 10-12 years old boys - Compulsory Routines
13	Gunshu 32 Movements Esordienti 10-12 years old girls - Compulsory Routines
14	Gunshu 1 Set Youth 13-18 years old boys - Compulsory Routines
15	Gunshu 1 Set Youth 13-18 years old girls - Compulsory Routines
16	Gunshu 3 Set Senior 19-40 years old men - Compulsory Routines
17	Gunshu Master 41-50 years old men - Optional Routines (no nandu required)
18	Gunshu Master 41-50 years old women - Optional Routines (no nandu required)
19	Qiangshu 32 Movements Esordienti 10-12 years old girls - Compulsory Routines
20	Qiangshu 1 Set Youth 13-18 years old boys - Compulsory Routines
21	Qiangshu 3 Set Senior 19-40 years old men - Compulsory Routines
22	Qiangshu Master 41-50 years old men - Optional Routines (no nandu required)
23	Qiangshu Master 41-50 years old women - Optional Routines (no nandu required)
24	Nangun Master 41-50 years old women - Optional Routines (no nandu required)
25	Simplified 24 Movements Taijiquan Esordienti 10-12 years old girls - Compulsory Routines
26	42 Movements Taijiquan Youth 13-18 years old boys - Compulsory Routines
27	42 Movements Taijiquan Youth 13-18 years old girls - Compulsory Routines
28	Taijiquan Master 41-50 years old men - Optional Routines (no nandu required)

session 4 Dec. 10, 2023, 1 p.m.

#	event
1	Style Group A - Taijiquan Hand Routines 8-9 years old trad boys - Traditional Routines
2	Style Group A - Taijiquan Hand Routines 9-11 years boys - Traditional Routines
3	Style Group A - Taijiquan Hand Routines 12-14 years boys - Traditional Routines
4	Style Group A - Taijiquan Hand Routines 19-40 years old trad men - Traditional Routines
5	Style Group A - Taijiquan Hand Routines 19-40 years old trad women - Traditional Routines
6	Style Group A - Taijiquan Hand Routines 41-50 years old trad men - Traditional Routines
7	Style Group A - Taijiquan Hand Routines 41-50 years old trad women - Traditional Routines
8	Style Group A - Taijiquan Hand Routines over 60 years men - Traditional Routines
9	Style Group B - Shaolinquan Hand Routines 9-11 years boys - Traditional Routines
10	Style Group B - Shaolinquan Hand Routines 9-11 years girls - Traditional Routines
11	Style Group B - Shaolinquan Hand Routines 12-14 years boys - Traditional Routines
12	Style Group B - Shaolinquan Hand Routines 15-17 years boys - Traditional Routines
13	Style Group B - Shaolinquan Hand Routines 15-17 years girls - Traditional Routines
14	Style Group B - Shaolinquan Hand Routines 19-40 years old trad men - Traditional Routines
15	Style Group B - Shaolinquan Hand Routines 19-40 years old trad women - Traditional Routines
16	Style Group B - Shaolinquan Hand Routines 41-50 years old trad men - Traditional Routines
17	Style Group C - Wing Chun Hand Routines 12-14 years boys - Traditional Routines
18	Style Group C - Wing Chun Hand Routines 15-17 years boys - Traditional Routines
19	Style Group C - Wing Chun Hand Routines 15-17 years girls - Traditional Routines
20	Style Group C - Wing Chun Hand Routines 19-40 years old trad men - Traditional Routines
21	Style Group C - Wing Chun Hand Routines 19-40 years old trad women - Traditional Routines
22	Style Group C - Wing Chun Hand Routines over 60 years men - Traditional Routines
23	Style Group E - Quanshu 8-9 years old trad boys - Traditional Routines
24	Style Group E - Quanshu 9-11 years boys - Traditional Routines
25	Style Group E - Quanshu 9-11 years girls - Traditional Routines
26	Style Group E - Quanshu 12-14 years boys - Traditional Routines
27	Style Group E - Quanshu 12-14 years girls - Traditional Routines
28	Style Group E - Quanshu 15-17 years boys - Traditional Routines
29	Style Group E - Quanshu 15-17 years girls - Traditional Routines
30	Style Group E - Quanshu 19-40 years old trad men - Traditional Routines
31	Style Group E - Quanshu 41-50 years old trad men - Traditional Routines
32	Style Group E - Quanshu 19-40 years old trad women - Traditional Routines