

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

| #  | event   |
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| 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  |
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| 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  |
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| 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                   |