

session 1 April 20, 2024, 10:30 a.m.

| # | event |
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| 1 | Style Group A - Taijiquan Hand Routines - 8-9 years old trad girls - Traditional Routines |
| 2 | Style Group A - Taijiquan Hand Routines - 9-11 years boys - Traditional Routines |
| 3 | Style Group A - Taijiquan Hand Routines - 9-11 years girls - Traditional Routines |
| 4 | Style Group A - Taijiquan Hand Routines - 12-14 years boys - Traditional Routines |
| 5 | Style Group A - Taijiquan Hand Routines - 15-17 years boys - Traditional Routines |
| 6 | Style Group A - Taijiquan Hand Routines - 15-17 years girls - Traditional Routines |
| 7 | Style Group A - Taijiquan Hand Routines - 19-40 years old trad men - Traditional Routines |
| 8 | Style Group A - Taijiquan Hand Routines - 19-40 years old trad women - Traditional Routines |
| 9 | Style Group A - Taijiquan Hand Routines - 41-50 years old trad women - Traditional Routines |
| 10 | Style Group A - Taijiquan Hand Routines - 51-60 years old trad men - Traditional Routines |
| 11 | Style Group B - Shaolinquan Hand Routines - 8-9 years old trad boys - Traditional Routines |
| 12 | Style Group B - Shaolinquan Hand Routines - 9-11 years boys - Traditional Routines |
| 13 | Style Group B - Shaolinquan Hand Routines - 9-11 years girls - Traditional Routines |
| 14 | Style Group B - Shaolinquan Hand Routines - 12-14 years boys - Traditional Routines |
| 15 | Style Group B - Shaolinquan Hand Routines - 12-14 years girls - Traditional Routines |
| 16 | Style Group B - Shaolinquan Hand Routines - 15-17 years boys - Traditional Routines |
| 17 | Style Group B - Shaolinquan Hand Routines - 15-17 years girls - Traditional Routines |
| 18 | Style Group B - Shaolinquan Hand Routines - 19-40 years old trad men - Traditional Routines |
| 19 | Style Group B - Shaolinquan Hand Routines - 19-40 years old trad women - Traditional Routines |
| 20 | Style Group D - Nanquan Hand Routines - 8-9 years old trad boys - Traditional Routines |
| 21 | Style Group D - Nanquan Hand Routines - 8-9 years old trad girls - Traditional Routines |
| 22 | Style Group D - Nanquan Hand Routines - 9-11 years boys - Traditional Routines |
| 23 | Style Group D - Nanquan Hand Routines - 9-11 years girls - Traditional Routines |
| 24 | Style Group D - Nanquan Hand Routines - 12-14 years boys - Traditional Routines |
| 25 | Style Group D - Nanquan Hand Routines - 12-14 years girls - Traditional Routines |
| 26 | Style Group D - Nanquan Hand Routines - 15-17 years boys - Traditional Routines |
| 27 | Style Group D - Nanquan Hand Routines - 15-17 years girls - Traditional Routines |
| 28 | Style Group D - Nanquan Hand Routines - 19-40 years old trad men - Traditional Routines |
| 29 | Style Group D - Nanquan Hand Routines - 19-40 years old trad women - Traditional Routines |
| 30 | Style Group D - Nanquan Hand Routines - 41-50 years old trad men - Traditional Routines |
| 31 | Style Group E - Quanshu - 9-11 years boys - Traditional Routines |
| 32 | Style Group E - Quanshu - 12-14 years boys - Traditional Routines |
| 33 | Style Group E - Quanshu - 15-17 years boys - Traditional Routines |
| 34 | Style Group E - Quanshu - 15-17 years girls - Traditional Routines |
| 35 | Style Group E - Quanshu - 19-40 years old trad men - Traditional Routines |
| 36 | Style Group E - Quanshu - 19-40 years old trad women - Traditional Routines |

session 2 April 20, 2024, 2 p.m.

| # | event |
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| 1 | Style Group F - Taiji Weapon Routines - 8-9 years old trad girls - Traditional Routines |
| 2 | Style Group F - Taiji Weapon Routines - 9-11 years boys - Traditional Routines |
| 3 | Style Group F - Taiji Weapon Routines - 9-11 years girls - Traditional Routines |
| 4 | Style Group F - Taiji Weapon Routines - 12-14 years boys - Traditional Routines |
| 5 | Style Group F - Taiji Weapon Routines - 15-17 years boys - Traditional Routines |
| 6 | Style Group F - Taiji Weapon Routines - 15-17 years girls - Traditional Routines |
| 7 | Style Group F - Taiji Weapon Routines - 19-40 years old trad men - Traditional Routines |
| 8 | Style Group F - Taiji Weapon Routines - 19-40 years old trad women - Traditional Routines |
| 9 | Style Group F - Taiji Weapon Routines - 41-50 years old trad women - Traditional Routines |
| 10 | Style Group F - Taiji Weapon Routines - 51-60 years old trad men - Traditional Routines |
| 11 | Simplified 32 Movements Taijijian - Esordienti 10-12 years old girls - Compulsory Routines |
| 12 | 42 Movements Taijijian - Master 41-50 years old women - Compulsory Routines |
| 13 | Jianshu 32 Movements - Esordienti 10-12 years old boys - Compulsory Routines |
| 14 | Jianshu - Youth 13-18 years old boys - Optional Routines (no nandu required) |
| 15 | Jianshu - Youth 13-18 years old girls - Optional Routines (no nandu required) |
| 16 | Jianshu - Senior 19-40 years old men - Optional Routines (no nandu required) |
| 17 | Jianshu - Senior 19-40 years old women - Optional Routines (no nandu required) |
| 18 | Daoshu 32 Movements - Esordienti 10-12 years old boys - Compulsory Routines |
| 19 | Daoshu 32 Movements - Esordienti 10-12 years old girls - Compulsory Routines |
| 20 | Daoshu - Youth 13-18 years old boys - Optional Routines (no nandu required) |
| 21 | Daoshu - Youth 13-18 years old girls - Optional Routines (no nandu required) |
| 22 | Daoshu - Senior 19-40 years old men - Optional Routines (no nandu required) |
| 23 | Daoshu - Senior 19-40 years old women - Optional Routines (no nandu required) |
| 24 | Nandao 32 Movements - Esordienti 10-12 years old boys - Compulsory Routines |
| 25 | Nandao - Senior 19-40 years old men - Optional Routines (no nandu required) |
| 26 | Nandao 32 Movements - Esordienti 10-12 years old girls - Compulsory Routines |
| 27 | Nandao - Youth 13-18 years old boys - Optional Routines (no nandu required) |
| 28 | Nandao - Youth 13-18 years old girls - Optional Routines (no nandu required) |
| 29 | Nandao - Senior 19-40 years old women - Optional Routines (no nandu required) |
| 30 | Qiangshu 32 Movements - Esordienti 10-12 years old boys - Compulsory Routines |
| 31 | Qiangshu - Youth 13-18 years old boys - Optional Routines (no nandu required) |
| 32 | Qiangshu - Youth 13-18 years old girls - Optional Routines (no nandu required) |
| 33 | Qiangshu - Senior 19-40 years old women - Optional Routines (no nandu required) |

| # | event |
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| 34 | Qiangshu - Senior 19-40 years old men - Optional Routines (no nandu required) |
| 35 | Gunshu 32 Movements - Esordienti 10-12 years old girls - Compulsory Routines |
| 36 | Gunshu 32 Movements - Esordienti 10-12 years old boys - Compulsory Routines |
| 37 | Gunshu - Youth 13-18 years old boys - Optional Routines (no nandu required) |
| 38 | Gunshu - Youth 13-18 years old girls - Optional Routines (no nandu required) |
| 39 | Gunshu - Senior 19-40 years old men - Optional Routines (no nandu required) |
| 40 | Gunshu - Senior 19-40 years old women - Optional Routines (no nandu required) |
| 41 | Nangun 32 Movements - Esordienti 10-12 years old boys - Compulsory Routines |
| 42 | Nangun 32 Movements - Esordienti 10-12 years old girls - Compulsory Routines |
| 43 | Nangun - Youth 13-18 years old boys - Optional Routines (no nandu required) |
| 44 | Nangun - Youth 13-18 years old girls - Optional Routines (no nandu required) |
| 45 | Nangun - Senior 19-40 years old men - Optional Routines (no nandu required) |
| 46 | Nangun - Senior 19-40 years old women - Optional Routines (no nandu required) |

session 3 April 21, 2024, 8 a.m.

| # | event |
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| 1 | Changquan - Youth 13-18 years old boys - Optional Routines (no nandu required) |
| 2 | Changquan - Youth 13-18 years old girls - Optional Routines (no nandu required) |
| 3 | Changquan - Senior 19-40 years old men - Optional Routines (no nandu required) |
| 4 | Changquan - Senior 19-40 years old women - Optional Routines (no nandu required) |
| 5 | Changquan 32 Movements - Esordienti 10-12 years old boys - Compulsory Routines |
| 6 | Changquan 32 Movements - Esordienti 10-12 years old girls - Compulsory Routines |
| 7 | Nanquan 32 Movements - Esordienti 10-12 years old boys - Compulsory Routines |
| 8 | Nanquan 32 Movements - Esordienti 10-12 years old girls - Compulsory Routines |
| 9 | Nanquan - Youth 13-18 years old boys - Optional Routines (no nandu required) |
| 10 | Nanquan - Youth 13-18 years old girls - Optional Routines (no nandu required) |
| 11 | Nanquan - Senior 19-40 years old men - Optional Routines (no nandu required) |
| 12 | Nanquan - Senior 19-40 years old women - Optional Routines (no nandu required) |
| 13 | Nanquan 32 Movements - Master 41-50 years old men - Compulsory Routines |
| 14 | Simplified 24 Movements Taijiquan - Esordienti 10-12 years old girls - Compulsory Routines |
| 15 | 42 Movements Taijiquan - Master 41-50 years old women - Compulsory Routines |
| 16 | Taijiquan - Senior 19-40 years old men - Optional Routines (no nandu required) |

session 4 April 21, 2024, 2 p.m.

| # | event |
|----|---|
| 1 | Style Group C - Wing Chun Hand Routines - 8-9 years old trad boys - Traditional Routines |
| 2 | Style Group C - Wing Chun Hand Routines - 8-9 years old trad girls - Traditional Routines |
| 3 | Style Group C - Wing Chun Hand Routines - 9-11 years boys - Traditional Routines |
| 4 | Style Group C - Wing Chun Hand Routines - 9-11 years girls - Traditional Routines |
| 5 | Style Group C - Wing Chun Hand Routines - 12-14 years boys - Traditional Routines |
| 6 | Style Group C - Wing Chun Hand Routines - 12-14 years girls - Traditional Routines |
| 7 | Style Group C - Wing Chun Hand Routines - 15-17 years boys - Traditional Routines |
| 8 | Style Group C - Wing Chun Hand Routines - 19-40 years old trad men - Traditional Routines |
| 9 | Style Group C - Wing Chun Hand Routines - 19-40 years old trad women - Traditional Routines |
| 10 | Style Group G - Short Weapon Routines - 9-11 years boys - 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 H - Long Weapon Routines - 8-9 years old trad boys - Traditional Routines |
| 17 | Style Group H - Long Weapon Routines - 8-9 years old trad girls - Traditional Routines |
| 18 | Style Group H - Long Weapon Routines - 9-11 years boys - Traditional Routines |
| 19 | Style Group H - Long Weapon Routines - 9-11 years girls - Traditional Routines |
| 20 | Style Group H - Long Weapon Routines - 12-14 years boys - Traditional Routines |
| 21 | Style Group H - Long Weapon Routines - 12-14 years girls - Traditional Routines |
| 22 | Style Group H - Long Weapon Routines - 15-17 years boys - Traditional Routines |
| 23 | Style Group H - Long Weapon Routines - 15-17 years girls - Traditional Routines |
| 24 | Style Group H - Long Weapon Routines - 19-40 years old trad men - Traditional Routines |
| 25 | Style Group H - Long Weapon Routines - 19-40 years old trad women - Traditional Routines |
| 26 | Style Group H - Long Weapon Routines - 41-50 years old trad men - Traditional Routines |
| 27 | Style Group I - Soft and Flexible Weapon Routines - 12-14 years boys - Traditional Routines |
| 28 | Style Group I - Soft and Flexible Weapon Routines - 15-17 years boys - Traditional Routines |
| 29 | Style Group I - Soft and Flexible Weapon Routines - 15-17 years girls - Traditional Routines |
| 30 | Style Group I - Soft and Flexible Weapon Routines - 19-40 years old trad men - Traditional Routines |
| 31 | Style Group I - Soft and Flexible Weapon Routines - 19-40 years old trad women - Traditional Routines |
| 32 | Style Group L - Wing Chun Weapon Routines - 12-14 years girls - Traditional Routines |
| 33 | Style Group L - Wing Chun Weapon Routines - 15-17 years boys - Traditional Routines |
| 34 | Style Group L - Wing Chun Weapon Routines - 19-40 years old trad men - Traditional Routines |
| 35 | Style Group L - Wing Chun Weapon Routines - 19-40 years old trad women - Traditional Routines |