

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

#	event
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
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
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
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