



AUSTRALIAN TAI CHI CHAMPIONSHIPS 2024

Saturday 25 May 2024 9:30 am to 5:30 pm

Niagara Park Stadium, 18 Washington Ave, NIAGARA PARK, NSW 2250
(Next to Niagara Park Railway Station, an hour from Hornsby Station)

Entry Closing Date: 27th April 2024

OPEN TO ALL TAI CHI ENTHUSIASTS

Registration Link: <https://www.taichiaustralia.com/competition.html>

[Taolu \(Forms\) Individual](#)

[Taolu \(Forms\) Team](#)

[Push Hands Individual](#)

INVITATION ■

All are cordially invited to take part. Not limited to members of TCAA.

Taolu Forms: Individual and Team

- Please download Rules from Registration hyperlink above.

Duration. Bare Hands forms sequence (taolu) will be timed as follows:

- Standard Bare Hands "24 Yang/24 Beijing/24 Short Form" (between 3 and 5 mins).
- Standard Bare Hands "Combined 42" (between 4 and 6 mins).
- Family Forms "Yang, Sun, Wu2, Wu3, Chen" & "Others" (between 3 and 5 mins). These will be "participant-composed" sequences of any of the five major styles and "others". They can be composed by truncating any form you have already trained in, standard or not, so as to be completed between the duration specified.
- Team Bare Hands of any above styles (between 2 and 6 mins) with music allowed.

APPARATUS FORMS

- Please download Rules from Registration hyperlink above.

PUSH HANDS

- Please download Rules from Registration hyperlink above.

COVID-19 MANAGEMENT

TCAA will comply with any applicable measure/s at the time by NSW Health. Face masks and hand sanitisers will be made available for use.

Convenors: Forms : Steve Heard, tcaa.competition@gmail.com

Push Hands : James Gao, jgao@live.com.au