

TCAA: Programme: Tai Chi Cultural Moon Festival, 15 September 2019

9:00-9:15 am: Welcome and Opening Remarks, Housekeeping and Programme Outline

9:15-9:30 am (15 Mins): WARM UP EXERCISES

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|-------------|-------------------|---------|
| 1. Shibashi | Led by Ric Bolzan | 10 Mins |
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9:30-10:00 am (30 Mins): GROUP DEMOS/PUBLIC PARTICIPATION

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| 1. Yang 24 Form | Led by Lina/Desmond | 5-6 Mins |
| 2. Push Hands | James Gao | 10 Mins |

10:00-1100 am: (60 Mins) GROUP/INDIVIDUAL DEMOS

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|--------------------------|-----------------------|----------|
| 1. Ba Fa Wu Bu | Peilei WuShu | 5 Mins |
| 2. Traditional Yang Form | Central Coast | 5 Mins |
| 3. Trad Cheng Man Ching | KC et oths | 6-7 Mins |
| 4. Traditional Yang 28 | Damon (Newcastle) | 5 Mins |
| 5. Traditional Yang | YangZhao | 4-5 Mins |
| 6. Sun 38 Form | Eastwood | 6 Mins |
| 7. Chen Form | Sunny Li | 5 Mins |
| 8. Chen Form | Aus Tai Chi Institute | 5 Mins |
| 9. Mulan Taiji Fan | Parramatta | 5 Mins |
| 10. Chen/Yang comb Form | Brian Gregson | 5 Mins |
| 11. Baguazhang Taiji | Fong Lee | 3 Mins |
| 12. XingYi Form | Festus | 2 Mins |

11:00-11:20 am: (30 Mins) GROUP PHOTOS, MOONCAKES AND TEA

11:20-12:30 pm (70 Mins): INDIVIDUALS/GROUP DEMOS

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| 1. Chen Practical Method | Janet Ho | 10 Mins |
| 2. Swimming dragon taiji | Eastwood | 5 Mins |
| 3. Xuan Wu Chuan | Amy Li | 5 Mins |
| 4. WuDang Boxing | PeiLei Wushu | 5 Mins |
| 5. Taiji Fan | Brian Gregson | 5 Mins |
| 6. Zui Fong Fan | Aus Tai Chi Institute | 5 Mins |
| 7. Kungfu Fan | Parra/BlighPark | 5 Mins |
| 8. Bangs Flute | Amanda Heidke | 8 Mins |
| 9. Broadwords/Fan | Central Coast | 5 Mins |
| 10. Broadwords | Damon (Newcastle) | 3 Mins |
| 11. Swords 24 Yang | Eastwood | 5 Mins |
| 12. Swords 32 Yang | Lidcombe/Chatswood | 5 Mins |
| 13. Taichi/Qigong Medley | Led by Brian Gregson | 5 Mins |
| 14. Chen Silk Reeling | Led by Ric Bolzan | 3 Mins |

12:30-1:00pm: Closing Remarks and Clean Up