

TCAA: Programme: Tai Chi Cultural Moon Festival, 30 September 2018

9:00-9:15 am

Welcome and Opening Remarks; Housekeeping and Programme Outline

9:15-9:30 am (15 Mins) : WARM UP EXERCISES WITH PUBLIC IN HALL

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| 1. Eight Pieces Brocades | Sam Ruan | 10 Mins |
| 2. Chen Silk Reeling | Ric Bolzan | 3 Mins |

9:30-9:50 am (20 Mins): GROUP DEMOS WITH PUBLIC IN HALL

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| 1. Yang 24 forms | Redfern Group | 5-6 Mins |
| 2. Sun 98 forms | David Dight | 9 Mins |
| 3. Push Hands | Damon Bramich | 5 Mins |

9:50-1040 am: (50 Mins) GROUP DEMOS WITHOUT PUBLIC IN HALL

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|---------------------------|----------------------------|---------|
| 1. Comb. Fan-Swords | Serenity | 5 Mins |
| 2. Mulan Chuan Fan | Parramatta Group | 5 Mins |
| 3. Yang forms | Pei Lei | 4 Mins |
| 4. Traditional Yang 28 | Yang family TaiChi | 5 Mins |
| 5. Traditional Yang Short | YangZhao Taiji | 4 Mins |
| 6. Swords 42 forms | Central Coast Yang Tai Chi | 6 Mins |
| 7. Chen Practical Method | Janet Ho | 10 Mins |
| 8. Chen Form | Pei Lei | 4 Mins |
| 9. Sun 73 | John Gough | 6 Mins |
| 10. Tai Chi/Qigong Medley | Brian Gregson (Tamwth) | 5 Mins |

10:40-11:00 am: (20 Mins) GROUP PHOTOS, MOONCAKES AND TEA

11:00-1145 am (45 Mins): INDIVIDUALS/SMALL GROUP DEMOS ON STAGE

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| 1. Broadswords | Damon Bramich | 4 Mins |
| 2. Mixed Style swords | Amy Li | 5 Mins |
| 3. Short swords forms | Pei Lei | 4 Mins |
| 4. 32 form (Yang/Chen) | Brian Gregson | 5 Mins |
| 5. Traditional Chen (Yi Lu) | Sunny Li | 4-5 Mins |
| 6. Yang/Xingyi Tai Chi | James Gao | 4-5 Mins |
| 7. Tan Tai Chi forms | Ben Tanny | 8 Mins |
| 8. 8 Immortal Flute | Amanda Heidke (N'Cstle) | 8 Mins |

11:45-12:00 Noon: Closing Remarks, Clean Up and Close