

TAI CHI ASSOCIATION OF AUSTRALIA (TCAA)

World Tai Chi and Qigong Day, 27 April 2019 Programme

Glebe Town Hall, Sydney NSW

9:00-9:10 am (10 Mins): Welcome; Housekeeping and Programme Outline

Time	Description	Person/Group	Duration
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9:15-9:45 am (30 Mins): QIGONG: WARM UP EXERCISES WITH PUBLIC

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|--------------------------|-------------------------|---------|
| 1. Eight Pieces Brocades | Lina He | 10 Mins |
| 2. Daoyin, 12 Methods | Serene Harris/Cyril Loa | 15 Mins |

9:50-10:20 am (30 Mins): GROUP PRACTICE WITH PUBLIC

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|---------------------|-------------|------------|
| 1. Yang 24 forms | Serene/Lina | 5-6 Mins |
| 2. Yang 40 forms | Steve Heard | 5-6 Mins |
| 3. Yang 42/48 forms | TBA | 10 Minutes |

10:20-10:30 am: (10 Mins) GROUP PHOTO BREAK

10:30-11:00 am: (30 Mins) INDIVIDUAL/GROUP DEMOS: BAREHANDS

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|-----------------------------|-------------------------|----------|
| 1. 32 form (Yang/Chen) | Brian Gregson (Tamw'th) | 5 Mins |
| 2. Sun Style Taiji 98 | David Dight | 10 Mins |
| 3. Traditional Yang | Serene | 5 Mins |
| 4. Traditional Yang | YangZhao Taiji | 5 Mins |
| 5. Tai Chi/Qigong Medley | Brian Gregson (Tamwth) | 5 Mins |
| 6. Yang/Xingyi Tai Chi | James Gao (?) | 4-5 Mins |
| 7. Mixed yang form | Cyril Loa | 4-5 Mins |
| 8. Traditional Chen (Yi Lu) | Sunny Li(?) | 4-5 Mins |
| 9. | | |

11:00-11:45 am (45 Mins): INDIVIDUALS/GROUP DEMOS: WEAPONS

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|--------------------------|----------------------------|----------|
| 1. Traditional swords 51 | Central Coast Yang Tai Chi | 5-7 Mins |
| 2. Mixed Style swords | Amy Li (?) | 5 Mins |
| 3. Short swords forms | Pei Lei (?) | 4 Mins |
| 4. Kung Fu Fan | Cyril Loa | 3-4 Mins |

11:45-12:00: Closing Remarks and Clean Up