## The 5th Tokyo International Wushu Festival 2024

In June 2024, six members of the TCAA and their two-person support crew represented Australia at the 5<sup>th</sup> Tokyo International Wushu Festival. Led by TCAA President Cyril Loa, members Katrina Lam, Baoyan He, Bernice Carroll, Ivy Lee and Brian Corless took part in Tai Chi events at the Festival and were well supported by Pam Loa and Maureen Corless.

With over 2,000 participants from a number of countries including the USA, Canada, Indonesia, Thailand, United Kingdom, China (6 teams), Japan and Australia, the TCAA team acquitted itself very well, coming away with 5 gold medals in individual Tai Chi events across a range of age categories, and a bronze medal in the small group Tai Chi category. A special presentation was made to Bernice Carroll as one of the senior competitors at the Festival for her status as a role model for other Tai Chi practitioners, both young and old.

As with most things in Japan, the Festival was expertly organised, and the day ran like a precision clock with events starting and finishing on time. Some may remember the Festival organiser, Mr Xu Guanglin and his Japanese Tai Chi team from their visit to the 2024 TCAA Australia Open Tai Chi Taolu Championships in May and it was great to again catch up with them in their home country, where they were generous hosts.

With so many people taking part in the Festival the level of organisation and use of technology for scheduling and publishing results was remarkable. For example, over 100 competitors took part in the simplified 24-form Tai Chi Chuan taolu event and were scored by gender across 3 age categories. Nearly 50 competitors took part in the 32-form Tai Chi straight sword (jian) event. Event results by gender and age category were available shortly after each event by using a QR code to access a "Results App" on our phones, while the presentation of medals was ongoing during the festival. A final presentation for champion competitors and those receiving special recognition was made at the end of the day.

Also remarkable was the number of competitors in the Tai Chi group events ranging from our small group of 6 to the largest group of 239 competitors from the Japanese Tai Chi Health Association who performed a combined 24-form and Ba Duan Jin Qigong routine. Other large groups included two groups from Japan with over 110 competitors in each group.

Demonstrations from renowned Chinese Wushu masters brought the day to a close and our team came away with the clear impression that Tai Chi is strong and growing stronger in Japan.













