

2024 (July 17th to 23rd) Summer Camp Schedule

Date	Early Morning 6:30-7:30	Morning 9:00-11:30	Afternoon 15:00-18:00	Evening 19:00-21:00	Notes
Jul.17 Wednesday		1、9:00~10:00 Arrival&Registration 2. 10:00~11:30Training Yang Style Jibengong (Hand shape&technique, stances, stepping and leg work)	1、 Tea ceremony 2、 Exchange of Taijiquan practice experiences (Chat) 3、 Optional training	1、 Taijiquan form practice (Choose only 1 form for 1 occasion for in-depth training) 2、 Movement application practice/practice with small or big ball	Forms to choose for practice: Yang 10, Yang 24, Yang 40 and Competition 42
Jul. 18 Thursday	1. Taiji Five- stances 2.Pushing-Hand basics:Single- hand Wan Hua	Chen-Style Jibengong (Hand shape&technique, stances, stepping and leg work)	1、 Tea ceremony 2、 Exchange of Taijiquan practice experiences 3、 Optional training	1、 Taijiquan form practice (Choose only 1 form for 1 occasion for in-depth training) 2、 Movement application practice/practice with small or big ball	Forms to choose for practice: Short Chen, Chen Competition 56 and Yilu. Those who do not know any of these forms shall practice the form that he/she knows.
Jul. 19 Friday	1. Taiji Five- stances 2.Pushing-Hand basics:Single- hand Wan Hua	Taiji sword jibengong (basic knowledge, technique and sword finger))	1、 Tea ceremony 2、 Optional training (Saber form can be practiced) 3、 Exchange of Taijiquan practice experiences (chat)	1、 Taijiquan sword form practice (Choose only 1 form for 1 occasion for in- depth training) 2、 Sword movement application practice	Sword foms to choose for practice: Sword 32 or Sword 42
Jul. 20 Saturday	Optional (Rest)	Taiji sword jibengong (basic knowledge, technique and sword finger))	1、 Tea ceremony 2、 Optional training (Fan form can be practiced) 3、 Exchange of Taijiquan practice experiences (chat)	1、 Taijiquan sword form practice (Choose only 1 form for 1 occasion for in- depth training) 2、 Sword movement application practice	Sword foms to choose for practice: Sword 32 or Sword 42

Jul. 21 Sunday	1. Taiji Five- stances 2. Pushing-Hand basics: Both-hand Wan Hua	Pushing-Hands: Dingbu, Shunbu, Dalü, Free-step	1、 Tea ceremony 2、 Optional training 3、 Exchange of Taijiquan practice experiences (chat)	Pushing-Hands: Dingbu, Shunbu, Dalü, Free-step	
Jul. 22 Monday	1. Taiji Five- stances 2. Pushing-Hand basics: Both-hand Wan Hua	1、 Pushing-Hands: Dingbu, Shunbu, Dalü, Free-step 2、 Practice with small or big ball	1、 Tea ceremony 2、 Optional training 3、 Exchange of Taijiquan practice experiences (chat)	1、 Pushing-Hands: Dingbu, Shunbu, Dalü, Free-step 2、 Practice with small or big ball	
Jul. 23 Tuesday	Optional (Rest)	Pushing-Hands: Dingbu, Shunbu, Dalü, Free-step	Pinic lunch (TBA) End of Camp		

1、 Breakfast: 8:00-8:30, Lunch: 12:00-13:00, Break after lunch: 13: 00-15:00, Dinner: 18:00-19:00, Sleep: 22:00, subject to changes

2、 The participants shall first choose the forms that they know to practice. They can also try to follow the forms that they don't know but are interested in.
Optional training: The participants can choose to train or rest according to their physical conditions in order to recuperate from the fatigue.