

World Tai Chi and Qi Festival Program

(All topics and time schedules are subject to change without notice)

Friday	12:00 PM	Registration	
	3:00 PM	Qi Gong & Tai Chi in the park rehearsal for the exhibition	Led by Shi DeRu
	4:00 PM	Qi-Natural Medicine	(Shi DeRu)
	5:00 PM	Silk Reeling Energy	(Chen ZhengLei)
	6:00 PM	Old Frame Chen Style Tai Chi (I)	(Chen ZhengLei)
	7:00PM	New Frame Chen Style Tai Chi (I)	(Chen Zheng Lei)
	8:00 –9:00	Evening registration continues	
Saturday	8:30 AM	Meditative Stretching Tai Gong and Tai Chi	
	9:00 AM	Chan Breathing Meditation for Qi	(led by Shi DeRu)
		Original 8 Pieces of Silk Brocade	
		Short Tai Chi & Yang Family Tai Chi	
	10:00 Am	Shaolin Legacy Show	Shaolin Team
	11:00 AM	Shaolin Yi Jin Jing	(Shi DeYang)
	11:00 AM	Old Frame Chen Style Tai Chi (II)	Chen Zheng Lei)
	11:30 AM	Authentic Yang Family Tai Chi (I)	(Shi DeRu)
		handed down from Grand master Fu ZhongWen	
	12:30 AM	Lunch	
	2:30 PM	Tai Gong (1)	(Shi DeRu)
	3:00-5:00 PM	Old Frame Chen Style Tai Chi (III)	(Chen ZhengLei)
	4:30 PM	Shaolin Yi Jin Jing (II)	(Wang Zheng)
	5:30 PM	Authentic Yang Family Taiji	(Shi DeRu)
	handed down from Grand Master Fu ZhongWen		
5:00PM	Chen style Tai Chi New Frame (II)	(Chen Zheng Lei)	
6:30 PM	Dinner		
7:30 PM	Chen Style Tai Chi review (Chen Zheng Lei, Wang Zheng)		
in public Park (review)			
Sunday	8:00 AM	Chan & Tao Brief View	(Shi DeRu)
	8:30 AM	Cleansing Tai Gong (1)	(Shi DeRu)
	9:00 AM	Silk Reeling and Fa Jin	(II) (Chen
	10:00 AM	Old Frame Chen Style Tai Chi	(Chen ZhengLei)
	11:00 AM	Essence of Chen Tai Chi Sword	(Chen ZhengLei)
	11:00 AM	Authentic Yang Family Tai Chi (II)	(Shi DeRu)
		handed down from Grand master Fu Zhong Wen	
	1:00 PM	Chen Style Sword (II)	(Chen Zheng Lei)
	3:00 PM	Chen Style Tai Chi New Fame	(Chen Zheng Lei)
5:00 PM	Chen Style Tai Chi Old Frame	(Chen Zheng Lei)	
		6:00 PM	

Review