



## Chen Xiaowang Taijiquan 2020 Training Program Schedule in China

- ① 2020 January 1st -4th in Shenzhen  
Warm up work  
Standing Posture  
Xin Jia Yi Lu (4 days)
  
- ② 2020 May 1st -6th in Chenjiaguo  
Warm up work  
Standing Posture  
Taiji sword (2 days)  
Lao Jia Yi Lu (4 days)
  
- ③ 2020 July 30 – August 11 in Nine Peaks Mountain Resort, Yichun  
Warm up work  
Standing Posture  
Silk reeling (2 days)  
Lao Jia Yi Lu (4 days)  
Lao Jia Er Lu – Cannon Pound (2 days)  
Outdoor activities (leisure for 1 day)  
Taiji sword (2 days)  
Push hand (2 days)
  
- ④ 2020 October 1-6 in Chenjiaguo  
Warm up work  
Standing Posture  
Lao Jia Er Lu – Cannon Pound (2 days)  
Xin Jia Yi Lu (4 days)

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