

WONG PEOPLE III

TAI CHI & INTERNAL STYLES

All times are tentative and subject to change

11 AM PUSH HANDS (restricted step, moving)

men 170 lbs +
men under 170 lbs
females 150 lbs +
females under 150 lbs
kids

1 PM FORMS (tai chi)

seniors 50yrs of age +
advanced
intermediate
beginner
kids

2 PM WEAPON (tai chi)

seniors 50 yrs of age +
advanced
intermediate
beginner
kids

For more info call 202-494-3700

BAGUA

Forms open Hand

Weapons