

# Wall Schedule

## RING 1 - GROUP, INTERNAL AND TRADITIONAL

- 9:30 Group (Internal and External) and Combat
- 10:00 Internal - All forms
- 11:00 8 and under - hand forms
- 11:45 8 and under - weapon forms
- 12:30 9 and older - hand forms
- 2:00 9 and older - short weapon forms
- 3:00 9 and older - long weapon forms
- 4:30 9 and older - other weapon forms

## RING 2 - CONTEMPORARY WUSHU

- 9:30 Adults 18+ - All forms
- 10:00 8 and under - hand forms
- 11:00 8 and under - weapon forms
- 11:30 9 - 17 Long Fist
- 12:30 9-17 Southern Fist
- 1:00 Straight sword
- 1:30 Broadsword (Northern and Southern)
- 2:30 Staff
- 3:30 Southern Staff and Spear

ALL TIMES ARE APPROXIMATE AND LIKELY TO CHANGE