

T'ai Chi Festival 2020

Location: John F. Ross CVI, 21 Meyer Drive, GUELPH, N1E 4H1
APRIL 18, 2020, 9:00am to 6:00pm

COMPETITOR ENTRY FORM

NAME: _____ STYLE OF TAI CHI: _____

ADDRESS: _____

EXPERIENCE (all styles of Taijiquan welcome):

BEGINNER (LESS THAN 5 YEARS) _____

ADVANCED (5 YEARS AND MORE) _____

COMPETITION ENTRY FEE: \$30.00 _____

THE TAI CHI SET IS TO BE 3-4 MINUTES LONG AND IS TO INCORPORATE THE FOLLOWING POSTURES:

- | | |
|---------------------------|-------------------------------|
| 1. BOW STANCE | 6. CLOUD HANDS |
| 2. GRASP BIRD'S TAIL | 7. SINGLE WHIP |
| 3. REPULSE MONKEY | 8. BRUSH KNEE |
| 4. TOE KICK | 9. THRUST, PARRY, PUNCH |
| 5. PART WILD HORSE'S MANE | 10. FAIR MAIDEN WORKS SHUTTLE |

EXTRA POINTS WILL BE AWARDED FOR BOW.

PLEASE SEND THE COMPLETED APPLICATION FORM ALONG WITH ENTRY FEE TO: (bring music if desired)

NINA ROY, 1617 SCOTT STREET, LONDON, ONTARIO, N5W 2J4

DEADLINE FOR APPLICATION – MARCH 15, 2020
(no refunds will be issued after March 31, 2020)

Canadian Taijiquan Federation

Website: WWW.CANADIANTAIJIQUANFEDERATION.CA

Contact: NINA ROY, 519-694-6401, taichi.nina@yahoo.com

