



2024 年亚洲双人太极拳、太极扇、
初级南拳及器械培训班
2024 Asia Pair Taijiquan, Taijishan,
Preliminary Nanquan and Weapons Training Course

日程表 Program

一班：太极扇、双人太极拳

Class A: Taijishan & Pair Taijiquan

日期 Date	时间 Time	活动内容 Content	备注 Remarks
2024-07-02		报到 Registration	
2024-07-03	08:30 - 11:30	开班仪式 Opening Ceremony 太极扇基本动作/第三套太极扇竞赛套路 Basic movements of Taijishan / The 3 rd set of International Competition Routine of Taijishan	技术培训 Technical Skills Training
	14:30 - 17:30	第三套太极扇竞赛套路 The 3 rd set of International Competition Routine of Taijishan	技术培训 Technical Skills Training
2024-07-04	08:30 - 11:30	第三套太极扇竞赛套路 The 3 rd set of International Competition Routine of Taijishan	技术培训 Technical Skills Training
	14:30 - 17:30	双人太极拳及其规则与裁判法介绍 Introduction of Pair Taijiquan and its rules and judging methods	理论讲座 Theoretical Lecture
2024-07-05	08:30 - 11:30	双人太极拳主要动作、难度编排演示 Demonstration of major movements and the choreography of degree of difficulty in Pair Taijiquan	技术培训 Technical Skills Training
	14:30 - 17:30	双人太极拳的推手与对练内容 Tuishou (Push-hands) and Duilian (Sparring) in Pair Taijiquan	技术培训 Technical Skills Training
	19:00 - 21:00	结业晚宴 Closing Dinner	
2024-07-06		离会 Departure	



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二班：初级南拳、刀、棍

Class B: Elementary Nanquan, Nandao, Nangun

日期 Date	时间 Time	活动内容 Content	备注 Remarks
2024-07-02		报到 Registration	
2024-07-03	08:30 - 11:30	开班仪式 Opening Ceremony	
	14:30 - 17:30	初级南拳 Elementary Nanquan	技术培训 Technical Skills Training
2024-07-04	08:30 - 11:30	初级南刀 Elementary Nandao	技术培训 Technical Skills Training
	14:30 - 17:30	初级南刀 Elementary Nandao	技术培训 Technical Skills Training
2024-07-05	08:30 - 11:30	初级南棍 Elementary Nangun	技术培训 Technical Skills Training
	14:30 - 17:30	初级南棍 Elementary Nangun	技术培训 Technical Skills Training
	19:00 - 21:00	结业晚宴 Closing Dinner	
2024-07-06		离会 Departure	