

	Beginner	Intermediate	Advanced/Nandu
Empty Hand			
Changquan	0:30	1:00	1:20
Nanquan	0:30	1:00	1:20
Open Empty Hand	0:30	1:00	1:00
Taijiquan	2:00-6:00	2:00-6:00	2:00-6:00
Internal Open Empty Hand	1:00-5:00	1:00-5:00	1:00-5:00
Traditional Empty Hand	0:30	0:30	0:45
Weapons			
Gun	0:30	1:00	1:20
Qiang	0:30	1:00	1:20
Nangun	0:30	1:00	1:20
Dao	0:30	1:00	1:20
Jian	0:30	1:00	1:20
Nandao	0:30	1:00	1:20
Internal Weapon	2:00-5:00	2:00-5:00	2:00-5:00
Traditional Weapon	0:30	0:30	0:45
Other Weapon	0:30	1:00	1:00
Group Set	1:00-4:00		

*all times are minimum unless otherwise noted