

Pushing Hands Fundamentals – Outline for Seattle Wise Orchid Group

Sensing Hands (*juishou*)

- * This is a fundamental study of sticking done both with single and double arms.
- * The four initial aspects of sticking involve Rolling, Pivoting, Transferring, and Exchanging
- * Begin in a horse stance then practice in a weight shifting bow stance.
- * Stay loose, relaxed, and connected. All of these drills are collaborative rather than competitive at beginning and intermediate levels.

The 1-8 Preparatory Drills aka Eight Disc-framed Fixed-step Push Hands

(Ba Pan Jia Zi Dingbu Tuishou)

- * The 8 Preparatory drills are studies in structure and clear energies. Among the most important are the ability to receive (support); the ability to neutralize; the ability to issue. This is largely a study of Peng, Lu, An, and Ji.
- * Give your partner clean, clear energies to work with. Receive well into your structure and use clean angles to neutralize, etc.
- * Look for the specific lessons each drill has to offer and if you find yourself struggling, take a moment to reset and resolve the problem.
- * Sometimes let the drill go to full expression on one side or the other so that can be explored. Then return to it as written.
- * When you have some expertise with the drills on both left and right sides, explore variations such as speed, opposite leg forward (but same arm), changing angles, taking a step, etc. Remember to “stay on your own side.”
- * Remember to apply the fundamental principles of Tai Chi Chuan as outlined by the 10 Important Points of YCF

The 10 Important Points of Yang, Chengfu (abbreviated)

1. The head should be held as if it were suspended from above so that the spirit of vitality can reach the top of the head.
2. Sink the chest and pluck up the back.
3. Sung (relax) the waist
4. Differentiate insubstantial from substantial (yin and yang – in stance, core, and arms)
5. Relax the shoulders, drop the elbows.
6. Use mind, not force.
7. Upper and lower mutually follow
8. Inside and outside coordinate.
9. It is mutually joined and unbroken.
10. Seek stillness in movement.

The 9 Changes of Reverse Timing Four Hands (Si Zheng Tui Shou):

- (1) hinder cross hand, (2) spiral reversal,
- (3) rolling reversal, (4) hinder spiral lower
- (5) sitting wrist return (6) lower hand reversal
- (7) chop (8) palm to palm
- (9) universal change

The Four Errors in Sticking

1. Resisting
2. Reaching
3. Skewing
4. Losing

Beginning Moving Stepping

The moving step practices in Yang style Tai Chi are quite developed, beginning with the study of a single step and working all the way out to the two person application form (sanshou). For now, we'll cover three simple practices to get the ball rolling ;)

1. Single Step study
 - * Advance from the back leg
 - * Shuffle step forward
2. Double Step study
 - * Two steps forward and backward
2. Follow Step (3-3 Step)
 - * Simple choreography
 - * Adding weight to the practice