

Beginning Pushing Hands (Tui Shou)

Key Points

1. Relax
2. Remember to breathe
3. These exercises are non-competitive. Their function is to develop specific qualities, responses, and alignments in the body.
4. Your partner is your buddy. this work is about both of you progressing as well and as thoroughly as possible.
5. Maintain and cultivate a good Bow Stance
6. These exercises are largely a function of Peng, Lu, Ji, and An.
7. The quality of "Sticking" is essential.
8. Sticking is maintained through the use of rolling, pivoting, transferring, and exchanging.
9. We want to cultivate our optimal structure, mental, and emotional comfort at all times.
10. Relaxation is DYNAMIC and responds to changes as they occur.
11. In the 1-8 drills, RECEIVING is a key principle. Stay on your own side and let our partner's energy move through you with as little resistance as possible.
12. #1 is the most basic and most important of the 8. Conscious study and practice invested in this exercise will yield a deep understanding of pushing hands.
13. It is not necessary to use a great deal of energy in these exercises. It is essential to use CLEAR energy in these exercises.

14. Consider how the practice and qualities of pushing hands can apply to your life. "How we do one thing is how we do everything...."
15. Have fun!! This stuff is a kick, well not literally, at least not yet....