

WUDANG PUSHING HANDS

8 MAJOR PUSHING HANDS DRILLS:

Fixed Step:

- 1) Fu Yang (bow down, look up)
- 2) Four Directions (peng, lu, ji, an)
- 3) Chan Si (reeling silk)
- **4) Zhou Lu (elbow diversion)

Moving Step:

- 1) Da Lu (great diversion)
also known as Four Corners
also known as Eight Gates and Five Steps
- 2) Seven Stars (refers to the Plough/Great Bear/Big Dipper/Ursa Major)
- 3) Nine Palaces (Ba Gua + centre)
- **4) Cai Lang (gather the wave/uprooting wave)

** taught to advanced students

ALSO:

Auxiliary methods of Pushing Hands:

- 1) Single Hand
- 2) Push Absorption

Freestyle Pushing Hands

- 1) Fixed Step
- 2) Restricted Step
- 3) Moving Step

References:

The Complete Tai Chi Chuan by Dan Docherty ISBN 1-86126-033-4