

Taiji – Pushing Hands

2003 Patrick A Kelly

Tuishou of Master Huang Xingxian

Eight Basic Pushing Hands:

1. Seven Pushes
2. Single Hand Push
3. Two-handed Shoulder Push
4. Swinging Arm
5. Elbow Push
6. Round Hands
7. Ward-off, Pull-back, Press and Push
8. Open and Close

Single Hand Push:

- Wrist must adhere, not just touch. Use the minimum pressure so that the skin sticks and moves, not slides, with the partners wrist changes.
- Adhere with emptiness when we retreat. Adhere with fullness when we advance.
- On yielding, when left hand comes out to take elbow, left arm should be felt to lengthen and loosen.
- Left hand takes point of partners elbow in centre of palm with thumb across top of joint. Left thumb should touch through to partner's front foot.
- When warding off to right, hips must relax and screw down first, then shoulders. If shoulders move first, hips will be inflexible.
- If partner uses Shoulder Stroke, right hand comes up to apply Slap to face or Pull Back to chest as sit back and turn to left.
- After ward off, move forward with hips first and hands last.
- When going forward back hip must not come up. This tends to happen once the back leg is tired.
- When going forward, press should curve towards partner's breastbone.
- At end of press, hips turn left and right arm lengthens and loosens as partner wards off.
- If partner uses force on right elbow when they advance, then reach under with left and draw them diagonally back to the left.
- If they rigidly lock their body towards your centre, then step left with the left foot and draw them past to the right or sink vertically and intercept their force.
- If they advance by straightening their back leg rather than by sinking, then draw their mind and force up and to the side while sinking and they will throw themselves.

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Double Hand Shoulder Push:

- Sit right back, body upright, wrists crossed and chest closes centrally.
 - Use outside top of elbow to contact inside underneath partners forearms.
 - Lean back as hips sink forward. Chest opens, shoulders roll over, back and down with arms following in a wave.
 - Sink and align into centre; arms pivot about partners and elbows drop.
 - If partners shoulders are up when they move in, push down and back to uproot them.
 - If their arms press upwards against ours as they sit back, then relax, circle arms under theirs and use push on chest.
 - If their right hip joint rises as they lean back; Shift to right and push diagonally back to left.
 - If they push our shoulders with rough strength; Sit back, turn slightly to left, left touches their waist, right touches their chest, sink forward and push to uproot them.
 - If, as they push our shoulders, they press down with their forearms and elbows towards our chest; Relax arms and chest, circle arms out and up to chop ears, or, turn to left and sink forward trapping their left across their body for shoulder stroke.
 - If they push rapidly, then empty shoulders back and down while right curves up to control partners neck.
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- **Swinging Arm:**
 - When right arm is pushed; Sit right back, hips turn, right shoulder relaxes. Draw elbow back until partners arm is extended or until his grip loosens; then left gently takes his wrist and sink forward. Right hand touches their hip.
 - Turn waist and sit back; Right palm sticks just above elbow, fingers touching lightly.
 - Right arm stretches behind body, circling down then up to side (not towards body), while keeping right elbow down. Left elbow out slightly to discourage Shoulder Stroke.
 - If partners arm is straight; use Slanting Flying under armpit instead of pulling.
 - Sink forward to centre for push; Left hand on shoulder and right hand on elbow adhere with fullness.
 - When pushing elbow and shoulder; First press down slightly and then push up when their body reacts.
 - If partner leans back to left; Change the force to the Left hand and use Carry Tiger to Mountain while turning waist to right.
 - If his right hip rises when he sits back; Slide left down body and use Push on his waist. This cannot be applied if their hip is down as then they will neutralise by turning their hips to the right.
 - If partner pushes our elbow high or low; Change to Elbow Push pushing hands.
 - If they push with speed or strength on elbow or shoulder, then sink shoulder back and down to intercept.