

# Tai Chi Push Hands: The Definitive Guide to the Art of Yielding and Overcoming

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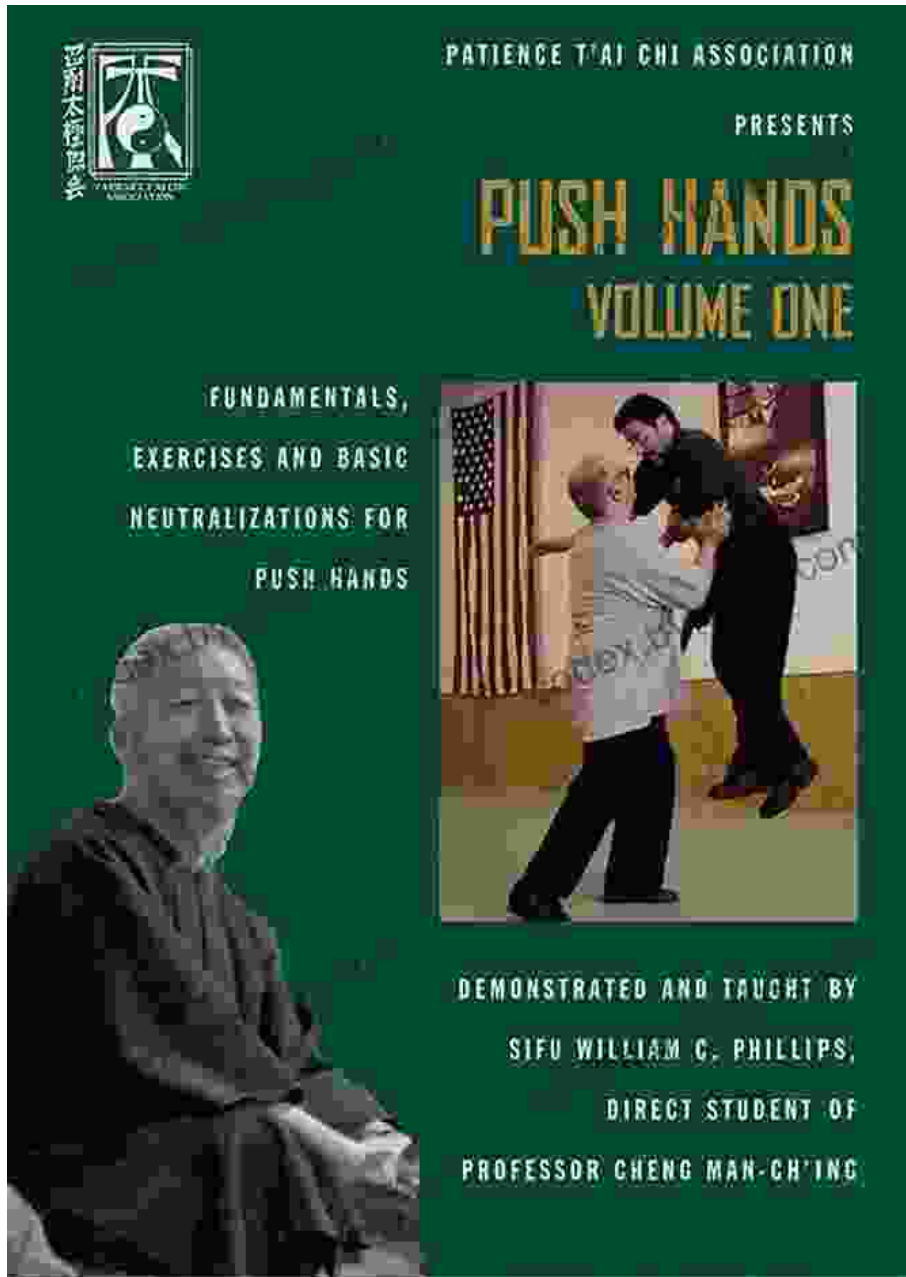
## Tai Chi Push Hands: The Martial Foundation of Tai Chi

**Chuan** by Yang Jwing-Ming

★★★★☆ 4.7 out of 5

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Tai Chi Push Hands is an essential part of the ancient Chinese martial art of Tai Chi Chuan. It is a two-person exercise that involves gentle pushing and yielding movements designed to develop sensitivity, balance, and internal power.

This comprehensive guidebook provides a thorough exploration of the art of Tai Chi Push Hands, from its historical origins to advanced training methods. Whether you are a beginner or an experienced practitioner, this book will deepen your understanding and enhance your skills.

## **History of Tai Chi Push Hands**

Tai Chi Push Hands is believed to have originated in the 13th century by the legendary Taoist master Zhang Sanfeng. It is said that Zhang developed the technique as a way to train his students in the principles of yielding and overcoming.

Over the centuries, Push Hands has evolved into a sophisticated martial art with its own unique principles and techniques. It is now an integral part of the Tai Chi Chuan curriculum and is practiced by millions of people worldwide.

## **Basic Principles and Techniques**

Tai Chi Push Hands is based on the fundamental principles of Tai Chi Chuan, including:

- **Relaxation:** The body should be relaxed and free of tension.
- **Centering:** The body should be balanced and rooted in the center.
- **Flowing:** Movements should be smooth and continuous, without any sudden stops or starts.
- **Yielding:** The body should yield to the opponent's force,而不是直接对抗。
- **Overcoming:** Once the opponent's force has been yielded, the body should counter-attack with a gentle but powerful force.

These principles are embodied in a variety of Push Hands techniques,包括：

- **Peng:** Warding off the opponent's force.
- **Lu:** Rolling back the opponent's force.
- **Ji:** Sticking to the opponent's body.
- **An:** Pressing on the opponent's body.
- **Cai:** Pulling the opponent's body.

## **Applications and Benefits**

Tai Chi Push Hands has a wide range of applications, including:

- **Self-defense:** Push Hands techniques can be used to defend against attacks from any direction.
- **Health and fitness:** Push Hands practice improves balance, coordination, and overall fitness.

- **Stress relief:** The gentle and flowing movements of Push Hands can help to reduce stress and promote relaxation.
- **Internal development:** Push Hands практика培养内力，一种气体能量，用于Tai Chi Chuan的所有方面。

## Training Methods and Progression

Tai Chi Push Hands training typically involves a combination of the following methods:

- **Solo practice:** Practicing Push Hands techniques on a stationary object or with a partner who is not actively resisting.
- **Partner practice:** Practicing Push Hands techniques with a partner who is offering gentle resistance.
- **Free sparring:** Applying Push Hands techniques in a more dynamic and unstructured setting.

Progression in Push Hands training is gradual and requires patience and persistence. As your skills and understanding develop, you will be able to apply Push Hands principles more effectively in self-defense situations and in your daily life.

## Advanced Concepts and Strategies

Beyond the basic principles and techniques, Tai Chi Push Hands involves a number of advanced concepts and strategies, including:

- **Fa Jin:** The explosive release of internal power.
- **Ting Jin:** Listening to and feeling your opponent's force.

- **Yi Jin:** Leading your opponent's force in the desired direction.
- **Hua Jin:** Neutralizing your opponent's force.
- **Fa Qiao:** Creating an opening in your opponent's defense.

Mastering these advanced concepts will allow you to take your Push Hands skills to the next level.

Tai Chi Push Hands is a profound and rewarding martial art that can be enjoyed by people of all ages and abilities. Whether you are looking to improve your self-defense skills, your health and fitness, or your internal development, Push Hands is an excellent choice.

This comprehensive guidebook has provided you with a solid foundation in the art of Tai Chi Push Hands. With regular practice and dedication, you will be able to master the principles and techniques and reap the numerous benefits that Push Hands has to offer.



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