

Traditional Wu Style Sensing Hands Insert

One Sensing Hands Method is taught and studied at a time. Progression is made by demonstrating the below 3 criteria applied to each method and through a visual grading.

1. Demonstration of current Sensing Hands Method.
2. Understanding of correct expression of method.
3. Ability to teach others what has already been learned.

When these have been demonstrated the next movement will be taught for study, in this way you will learn to develop Listening Skills properly and at your own progression.

5 Single Sensing Hand Methods:

- | | |
|---|--|
| <input type="checkbox"/> 1. Pressing Hand | <input type="checkbox"/> 4. Sticking Forearm |
| <input type="checkbox"/> 2. Sticking Hand | <input type="checkbox"/> 5. Sticking Elbow |
| <input type="checkbox"/> 3. Overhead Chop | <input type="checkbox"/> 6. Performed both sides |

18 Double Sensing Hand Methods:

Pressing Methods:

- | | |
|---|--|
| <input type="checkbox"/> 1. Foreword Pressing | <input type="checkbox"/> 3. Press / Hammer |
| <input type="checkbox"/> 2. Bouncing High | <input type="checkbox"/> 4. Performed both sides |

Overhead Methods:

- | | |
|---|--|
| <input type="checkbox"/> 1. Overhead Clockwise | <input type="checkbox"/> 4. Wrist Dissolve Low |
| <input type="checkbox"/> 2. Overhead Anti Clockwise | <input type="checkbox"/> 5. Turning the Teapot |
| <input type="checkbox"/> 3. Elbow Dissolve High | <input type="checkbox"/> 6. Performed both sides |

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Winding Methods:

- 1. Brush Knee
- 2. Small Winding
- 3. Large Winding
- 4. Shoulder Leaning
- 5. Performed both sides

Miscellaneous Methods:

- 1. Low Sticking Hands
- 2. Needle in Deep Sea
- 3. Parting Horses Mane
- 4. Slanting Flying
- 5. Hooking Elbow
- 6. Sticking Elbow
- 7. Performed both sides

16 Sensing Hand Stepping Methods:

Single Sensing Hand Stepping Methods:

- 1. Pressing Hand
- 2. Sticking Hand
- 3. Overhead Chop
- 4. Sticking Forearm
- 5. Sticking Elbow
- 6. Performed both sides

Double Sensing Hand Stepping Methods:

- 1. Foreward & Backwards
- 2. Around Left & Right
- 3. Step, Shift, Step
- 4. Ninety Degree
- 5. Joining 3, 4, 2
- 6. Star Stepping
- 7. Diamond Stepping
- 8. Half Circle
- 9. Left Right Shoulder Press
- 10. Half circle Leg Sweep
- 11. Performed both sides
- 12. Freestyle no method

Winding Methods:

- 1. Brush Knee
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- 4. Shoulder Leaning
- 5. Performed both sides

Miscellaneous Methods:

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