

# Wu Style Pushing Hands

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## Wu Single Arm Pushing Hands

Single Hand Pushing Hands is the first step in Wu Pushing Hands training. These methods will teach you the principals of 'sticking', following', 'joining' plus the skill of listening. This initial training will help you understand your own balance, mentally and physically, in a way that Slow Form alone cannot teach you. Each method is trained in four ways to bring the body into balance and remove the trained prejudice of 'right handed', 'left handed'.

### These four ways are:

1. Right hand, right foot forward
2. Left hand, right foot forward
3. Right hand, left foot forward
4. Left hand, left foot forward

### The Methods are:

1. Pressing Hand Method
  2. Sticking Hand Method (2 Versions)
  3. Overhead Method
  4. Sticking Forearm Method (2 versions)
  5. Sticking Elbow Method
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## Wu Double Arm Pushing Hands

Double Arm Pushing Hands brings co-ordination to a higher level, both arms and the whole body is involved in training combined, co-ordinated movements with the added mental training of non-resistance. The understanding of 'sticking', following', joining' is developed to a very high level as is listening skills. The four movements of 'Pung' (warding), 'Lu' (diverting), 'Ji' (pressing), 'An' (pushing) are found in every one of the Wu pushing hands methods and must be studied and understood. Each method is trained in four ways to bring the body into balance and remove the trained prejudice of 'right handed', 'left handed'.

### These four ways are:

1. Right hand circle, right foot forward
2. Left hand circle, right foot forward
3. Right hand circle, left foot forward
4. Left hand circle, left foot forward

## The Double Arm Methods

There are 13 traditional methods and 18 methods that can be practiced. The variety in these methods train you to be comfortable in any bodily posture and to develop a high level of bodily flexibility and softness through a deep developed understanding of balance.

## **The 18 Methods are:**

### **Pressing Methods**

1. Pressing Method
2. Bouncing Method
3. Pressing / Hammer Method

### **Overhead Methods**

4. Overhead Clockwise Method
5. Overhead Anti-Clockwise Method
6. Elbow Method
7. Wrist Method
8. Teapot Method

### **Winding Methods**

9. Brush Knee Method
10. Small Winding Method
11. Large Winding Method
12. Shoulder Leaning Method

### **Miscellaneous Methods**

13. Sticking Hands Method
  14. Needle in Deep Sea Method
  15. Parting Horses Mane Method
  16. Slanting Flying Method
  17. Hooking Elbow Method
  18. Sticking Elbow Method
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## **Wu Stepping Methods**

Wu Tai chi has an elaborate system of stepping to increase flexibility in movement and not just in the body, it also follows the same principals of 'sticking', 'following', 'joining' plus the skill of listening and at higher levels involves 'pushing hands' with the legs. In fact as the practice develops all parts of the body follow the principals of pushing hands.

## **The 11 Methods are:**

1. Forward & Back Stepping
2. Stepping Around Left & Right
3. Step, Shift, Step
4. Ninety Degree Stepping
5. No. 3, 4, 2 Joined Together
6. Star Stepping
7. Diamond Stepping
8. Half Circle Stepping
9. Left Right Shoulder Press Stepping
10. Half Circle Stepping Leg Sweep
11. Freestyle - No Method