

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, 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)

Pushing hands freestyle

Freestyle Pushing Hands

- 1) Fixed Step – Back foot / heel must remain in contact with floor
- 2) Restricted Step - Front foot / toes must remain in contact with the floor
- 3) Moving Step

All the above are conducted on mats in competition

Pushing hands training drills for competition

- 1) Single Hand – lead and reverse
- 2) Push Absorption – root and sinking training drill