

Pushing Hands - 5 Close Quarter Strategies

Nian

Literally - sticky Gluey
Taiji meaning - adherence, sticking

Lian

Literally - link, join, connect
Taiji meaning - connected, continuous, to attach continuously without pause

mian

Literally - Cotton
Taiji meaning - Softness
Because those who are soft have better listening and reaction abilities

Sui

Literally - to follow or allow
Taiji meaning - to follow or yield in any direction

Bu Diu Ding

Literally - not lose or oppose
Taiji meaning - do not lose contact or oppose his force with brute force