



Pushing-Hands: 10 Basic Drills

1. Willow #1
2. Upward Split and Push
3. Lower Split and Push
4. Diagonal Split and Push
5. Brush Knee
6. Chop with Fist
7. Withdraw & Push
8. Rooting
9. Pull
10. Long Power (10 variations):
 - ✦ Brush Knee
 - ✦ Repulse Monkey
 - ✦ Ward-Off
 - ✦ Shoulder
 - ✦ Parting the Wild Horse's Mane
 - ✦ Press
 - ✦ Elbow
 - ✦ Roll-Back and Press
 - ✦ Spear
 - ✦ Push