

MMTCA Pushing-Hands Curriculum 2018

Basic Drills are two-person exercises designed to teach the basic skills of Pushing-Hands. Most emphasize defense, while some teach offense or control, and a few have multiple lessons.

1. Willow
2. Upward Split and Push
3. Lower Split and Push
4. Diagonal Split and Push/ White Crane
5. Brush Knee
6. Chop with Fist/ Cloud Hands
7. Withdraw and Push/ Closing and Sealing
8. Rooting
9. Pull
10. Long Power/Fa-Ching

Sticking Hands are drills that teach defenses for mostly striking attacks. These defenses can also be used for pushing and pulling defenses as well.

1. Thrusting Hand
2. Elbow and Chop
3. Parry and Punch and Chop
4. Fist Under Elbow
5. Four Way Spring Hand
6. 3 Star
7. Bridge Hands
8. Trapping and Tangling

Advanced Drills teach specific skills to combine defense and offense. They also teach advanced ideas for attack.

1. Willow #2
2. Short Power/ Da-Chin
3. T'i-Fang (lift-let go)
4. Tsou-Fa (withdraw-attack)
5. Receiving Energy

Methods are sequences, combinations, and drills using two to four of the fundamental Tai-Chi 8 Energies: Ward-off, Roll-Away, Press, and Push.

1. Single-hand, Ward-Off
2. Single-hand, horizontal
3. Two-hands, horizontal/ Roll-Away and Push
4. Two-hands, horizontal/4 Directions
5. Two-hands, Ward-off
6. Two-hands, vertical/ Old Style
7. Active-step
8. Flower-picking/ Coiling
9. Willow #3

Etudes are studies in combinations, counters, follow-ups, and defensive ideas. These studies show how to use, mix and match, and internalize all the previous training.

1. Upward Split and Push
2. Brush Knee
3. Withdraw and Push
4. Single Hand
5. Roll-Away and Push
6. Willow #4

Disciple's Study are the most advanced aspects of Tai-Chi as a martial art. Classical concepts and contemporary training are done at this level.

1. Chin-Na
2. Knock Downs
3. Withdraw-Attach Revisited
4. Tuei-Da-Shuai-Na
5. Intercepting
6. Willow #5
7. San Shou