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INTRODUCTION to PUSH-HANDS  
A Workshop Bringing Together  
Fundamentals,  
Frame, Form, Function and Fighting

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Open To: Beginning and Experienced Taijiquan players

Date: Saturday - May 21, 2011

Time: 1:30 - 5:00

Location: (TBA)

Fee: \$40:00

Registration: please email LaoMa ([LaoMaManzo@mindspring.com](mailto:LaoMaManzo@mindspring.com)) by May 14<sup>th</sup> if you plan to attend)

The purpose of this interactive workshop is to explore how push-hands (Tuishou) relates to form understanding and enhancement. Tuishou practice teaches many principles, but we will be paying special attention to the principles of ting jin (listening energy) and nian jin (sticking energy).

Taiji players will be introduced to relationships between fundamentals, frame, form, function and fighting through the Combined Four Flowers exercise and various sets of "three-person push," "two-person drills," and "Da Lu" exercises.



LaoMa  
Black Bamboo Pavilion  
4<sup>th</sup> Month  
Year of Rabbit

