



Tuishou Basics

A GOOD TUISHOU PARTNER: A GREAT GIFT

BASIC PRINCIPLES

- Never use more than 4 ounces of pressure
- Don't resist, Don't insist
- Don't give your partner a handle
- Don't give your partner a shelf
- Have no desire
- Leave your ego outside
- Be a good thief
- Your partner is your coach, don't teach

The layers and dynamics of tuishou or any partner work goes far beyond the mere instruction and patterns we are trying to study, refine and learn. Partner work brings many things to the surface that we normally seek to ignore or avoid. We have our own little quirks, our own baggage from the day, family etc. We have our own frustrations on not getting it, or having had it last week and not this week, wanting it NOW, etc.

One of the most wonderful gifts in partner work is having a partner that works 'with you'. "Well, isn't that the way it should be?" Ideally yes but it seldom happens in real life and learning situations. Though I'm specifically taking about partner work here this also applies to learning forms.

There are the partners that are so busy showing you what they can do, or how good they are that you might as well not be there (except they need you as an audience or dummy to practice on).

There are the partners that are continually showing you the possibilities and options. The problem is all you need and want to understand is how to do the damn exercise.

Keep in mind there are many different methods and emphasis of practicing, teaching, and approaching tuishou. The philosophy of Xin Qi Shen Dojo is that tuishou is an integral part of the Taiji and Bagua systems. However, tuishou is used to enhance self-defense skills instead of perusing sport or recreational Taiji. Static tuishou is used to develop root, strong basics and a beginning understanding of the basic Taiji energies. Once the basic foundation is established free movement and active footwork is encouraged to develop better self-defense skills. Though static or fixed tuishou develops strong listening and rooting skills it's my opinion that this teaches not moving, and poor footwork necessary for self-defense. We use tuishou to develop and enhance roushou and sanshou. Andy

There are the partners that would rather socialize and visit instead of practicing mindfully or working on 'listening' skills

There are the partners that just aren't there! They give you no energy or movements to really work with. They hook onto a basic pattern and then zone out.

There are the partners that are so afraid of showing you the 'wrong' way they continually apologize instead of practicing and seeing what happens. As long as there is an attempt there are no mistakes in my view.

There are the partners that correct every movement you do that you don't get to practice the exercise. In fact, most of the time you're over-loaded with information that you may forget the pattern of the movement.

Then there are the partners that 'listen' to what you are trying to understand and the two of you work at it. Instead of showing you, they are working *with* you. Instead of teaching you they are *helping* you or sharing.

It's all so complex. There are times we need to be shown how, times we must be permitted to fumble, time to put things together, times to study detail, times to let go.

Now, we just need the right timing.

EXERCISES	PUSHING:
1. Bodies pushing	Wood - stiff
2. Shoulder shrug	Water - loose
3. Springing hands	Earth - rooting
4. The spring	Hua - Neutralizing
5. Dragon Rolls Around	Countering
6. Yao Zhang	Counter Counter
7. Wind Fills Ears	Fa
8. Single Hand	
9. Heng Shou	STEPPING
10. Double hand ward-off	Ding bu - stationary
11. Snake, Monkey, Crane	Hua Bu - slide
12. Figure 8	Shun Bu - smooth
13. Roll Back an/lu	Ni Bu - counter step
14. Withdraw Push	Square Step
15. Deflect Parry	running
16. An ji peng lu	Circling
17. Double press	Training
18. Cloud hands	Pushing
19. Splitting	Following
20. Two hands	Countering
21. Four hands	stealing balance
22. Da Lu	steal & push
23. Rou Shou	steal - push - fajin

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