



# 香港太極研究會

Hong Kong Tai Ji Study Society

Box 94, Tuen Mun Central Post Office, Hong Kong 香港新界屯門中央郵局 94 號箱 (<http://www.hongkongtaiji.com>)

## Hong Kong Tai Ji Study Society – Push Hand Combat

**Focus:** 1. Five types of Taiji Push-hand & Combat Skills  
2. Eights types of fajing analysis.

**Goals:** 1. to deeply understand Taijiquan theory and method.  
2. to build up a good study approach.  
3. to establish effective way of learning  
4. to self-examine the outcome of practice

**Mode of learning :** Intensive

**Medium of Instruction:** Chinese and English

**Certificate:** Jointly issued by the Hong Kong Tai Ji Study Society & Chen Village Taijiquan Training Center.

**Instructor:** Chen Erhu (Headmaster of Henan Wen County Taiji Wushu Institute)

**Demonstration:** Chen Erhu, Chen Erwei (National 1<sup>st</sup> Grade Taijiquan Boxer)

**Assistant:** Susan Gu

## Course Schedule ( Total 22 hrs)

Date	2: 00 – 5: 00 pm	7: 00 – 9: 00 pm
19/02 Indoor Learning		1. Warm-up exercise 2. Explanation of taijiquan theory 3. Demonstration of 5 types push-hand methods 4. Analysis of key points of each method.
20/02 Kowloon Park & Indoor Learning	1. Warm-up exercise 2. 1 <sup>ST</sup> type Push-hand: Wanhua Push-hand demonstration & teaching. 3. Group practice of the 1 <sup>st</sup> push-hand method 4. 2 <sup>nd</sup> type Push-hand: Stagnant step push-hand demonstration & teaching 5. Group practice of the 2 <sup>nd</sup> push-hand method 6. Correction of mistakes 7. The analysis and demonstration of jing: peng & press	1. Warm-up exercise 2. Teaching same as afternoon lesson 3. Group and individual practice 4. Check & correct mistakes
21/02 Kowloon Park & Indoor Learning	1. Warm-up exercise 2. 3rd type of Push-hand: Active step push-hand demonstration and teaching 3. Group & individual practice 4. 4th type of Push-hand: Dalu push-hand demonstration and teaching 5. Group & individual practice of the 4th type push-hand method.	1. Warm-up exercise 2. Teaching same as afternoon lesson 3. Group and individual practice 4. Check & Correct Mistake



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	<ol style="list-style-type: none"><li>6. Check &amp; Correct Mistakes</li><li>7. The analysis and demonstration of jing: lu &amp; squash</li></ol>	
<b>22/02</b> Indoor Learning	<ol style="list-style-type: none"><li>1. Warm-up exercise</li><li>2. 5<sup>th</sup> type of Push-hand: Luan Cai Hua push-hand demonstration &amp; teaching</li><li>3. The group &amp; individual practice of the 5th type push-hand methods.</li><li>4. Check &amp; Correct Mistakes</li><li>5. The analysis and demonstration of jing: cai &amp; lei</li><li>6. Revision of all 5 type push-hand methods</li></ol>	<ol style="list-style-type: none"><li>1. Warm-up exercise</li><li>2. Teaching same as afternoon lesson</li><li>3. Group and individual practice</li><li>4. Check &amp; Correct Mistake</li></ol>
<b>23/02</b> Indoor Learning	<ol style="list-style-type: none"><li>1. Warm-up exercise</li><li>2. Demonstration and analysis of Push-hand for combat</li><li>3. Demonstration and analysis of jing: elbow &amp; lean</li><li>4. Group practice</li><li>5. Correct mistakes and pitfalls</li></ol>	<ol style="list-style-type: none"><li>1. Warm-up exercise</li><li>2. Demonstration and analysis of Push-hand for combat</li><li>3. Demonstration and analysis of jing: elbow &amp; lean</li><li>4. Group practice</li><li>5. Correct mistakes</li></ol>
<b>24/02</b> Kowloon		Graduation Dinner

## Remarks:

1. Please refer to the group list for pair practice
2. The course will be recorded. Each student will receive a DVD copy later.
3. We take a group photograph on the 23<sup>rd</sup> of February.
4. Mr Chen Erhu will distribute the certificate on the 24<sup>th</sup> of February
5. We will give a name badge to each student for the course.

**Should you have any queries regarding the push-hand course, please do not hesitate to contact Susan Gu on 90140613 or email [qing@thecorner.org](mailto:qing@thecorner.org)**