



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 1st 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 ST type Push-hand: Wanhua Push-hand demonstration & teaching. 3. Group practice of the 1 st push-hand method 4. 2 nd type Push-hand: Stagnant step push-hand demonstration & teaching 5. Group practice of the 2 nd 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">6. Check & Correct Mistakes7. The analysis and demonstration of jing: lu & squash	
22/02 Indoor Learning	<ol style="list-style-type: none">1. Warm-up exercise2. 5th type of Push-hand: Luan Cai Hua push-hand demonstration & teaching3. The group & individual practice of the 5th type push-hand methods.4. Check & Correct Mistakes5. The analysis and demonstration of jing: cai & lei6. Revision of all 5 type push-hand methods	<ol style="list-style-type: none">1. Warm-up exercise2. Teaching same as afternoon lesson3. Group and individual practice4. Check & Correct Mistake
23/02 Indoor Learning	<ol style="list-style-type: none">1. Warm-up exercise2. Demonstration and analysis of Push-hand for combat3. Demonstration and analysis of jing: elbow & lean4. Group practice5. Correct mistakes and pitfalls	<ol style="list-style-type: none">1. Warm-up exercise2. Demonstration and analysis of Push-hand for combat3. Demonstration and analysis of jing: elbow & lean4. Group practice5. Correct mistakes
24/02 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 23rd of February.
4. Mr Chen Erhu will distribute the certificate on the 24th 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