

Curriculum: PUSH HANDS SEMINAR 1

- 1:00 **SALUTE IN:** Students side-by-side in front row, "*Salute Past Masters,*" Salute your Shifu, _____"
STRETCH
SCM Standing Stretch (Tai Chi Senior Version)
Touch Toes / Phoenix / 25 Jumping Jacks
Basic Stances:
Attention, Bent Knee Attention, (Square Horse to L.Forward) x3 -
ENDING: Square Horse, Bent Knee, Attention, "*Relax*"
Attention, Bent Knee Attention, Square, (L. Forward to L. Toe) x3 -
from L. Forward, turn 180 on heels to (R.Forward to L. Toe)...
Attention, Bent Knee Attention, Square, L. Forward, (L.Toe to L.Crane) x3
then, (L.Toe to L. Heel Stance) x3 -
from L. Forward, turn 180 on heels to R. Forward, R.Toe to R...
Rotate Head, Arms and Shoulders, Elbows, Wrists, Reverse Wrists, Elbows, Shldrs
Rotate Hips (keeping head still), Rotate Knees (and massage), Stretch Calves
- 1:15 **8 SHUFFLES**
SCM Kung Fu Stance Walk (3-count, 2-count, 1-count)
Attention, Bent Knee Attention, Toe Stance, Crane, Heel, Forward, Bent Knee...
- 1:25 Forward Stance Shuffle
Ready Stance Hop
Square Horse Shuffle
Square Horse Hop
Crane Plays Pipa
Mantis Hammers
SCM Square Walk (slow and medium fast)
Attention, Bow "1, 2, 3," Raise to Attention "1, 2, *Square Horse*" (holding ball)
L. Forward, R. Forward, pull back to Bent Knee Attention, Square Horse...
- 1:30 **WATER BREAK**
- 1:35 **Qi Sao "Chi Sao" "Sticky Hands"**
SINGLE HAND Qi Sao
Circular L. Forward vs. L. Forward, with fist space between feet side by side
Sideways L. Forward vs. L. Forward, L. O. Hands palms out, fingers vertical
Up and Down One side leads, reverses--then other side leads and reverses
MIXED RANDOM All the above led by one side, then opponent leads
Attack One Hand All above, plus occasional attack to nose with fingers vertical
- 1:55 **WATER BREAK**
- 2:00 **Qi Sao TWO HANDED** (Switch opponents twice)
Horizontal "**Grinding Corn**" Bending back leg retreat
Linear "**Advance Retreat**" Similar to "Grinding Corn"
4 Corners Push Qigong Attention. Opp. pushes shoulders + hips randomly
- 2:20 **Push Hands DEMONSTRATION**
Judges call competitors, "*Salute Judges,*" "*Salute your opponent,*" Judges take positions
Judges start competitors in L.Forwards, "1, 2, 3 START" -- "STOP" - Judge point down point
30-seconds in L.Forward, 30-seconds in R.Forward. Tie = "*Sudden death*" (first point wins)
- 2:30 **Push Hands TOURNAMENT**
Winners compete against winners, Losers compete against losers
- 2:55 **SALUTE OUT**
Students stand side by side and "*Bow to Past Masters,*" "*Bow to your Shifu,*" (then all CLAP)