

CBII Push Hands Curriculum

Prerequisites

1. **Goals** - To Develop Touch (instinctive reactions and habits) offensively and defensively, Develop sensitivity to force and awareness for line and angle Coverage
2. **Good Partner** - number one requirement for speedy progress... in the beginning avoiding competitive actions but building with cooperative actions. Eventually using competitive layers for testing of the desired skills.
3. **Listening Skills** - Experience helps one to read what is coming early in order to have the best possible response.

Basics - Foundation / Lower and Upper Body

1. **Push Hand Stance** - Posture /Change Potential - Twist Left and Right - Sitting in Legs, Protection of Line and Angle - how much bending?
2. **General Rules** for Neck, Shoulder, Elbow, Wrist, Hips, Knees
3. **Arm position** for Coverage
4. **Body State** - Peng
5. **Bubbling Well Instinct** - Shifting Practice
6. **Turning Practice** - footwork transitions
7. Drills Testing **Narrow stance vs Width** Pros/Cons
8. **Distance** Variation Drills - Long, Middle, Short range

Connecting to Single Arm

Offense - Single Arm

1. Single Push Rotation - Center Focus
2. Single Push Rotation - Abstract Center Focus/coverage
3. Single Push - Early Deflect - Elbow Study
4. Single Push - Late Deflect - Elbow Study

Defense - Single Arm

1. Receiving Single Push
2. Deflecting Early
3. Deflecting Late
4. **Peng** affect while deflecting

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Two Arm Connection

Offense

1. How and where to touch Hands on arms to Push - Balance 4 Directions
2. Folding depending on left or right deflection - other arm position
3. Strong Push Distancing

Defense

1. Ward Off Roll Back Deflection of Double Push
2. Defending a Strong Push

Offense

1. two strikes - push elbow
2. three strikes - push, elbow, shoulder

Defense

1. Defending Push & Elbow
2. Defending Push, Elbow, Shoulder

Offense

1. Pull Down

Defense

1. Defending Pull Down

Relay Hands

1. Off Center Push High
2. Off Center Push Low

Adding Steps to:

1. Strong Push
2. Strong Pull
3. Sideward deflections - scissor transition
4. Triangle effect
- 5.

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The Tao Ping Siang Method From Water Boxing

Defense as priority

Misc. Drills

1. Jamming
2. Shuffle B/A Push
3. Peng Effect and aftermath
4. Temporary Benefits of Fixed Step Push Hands
5. Understanding very close body to body Push Hands - turning takedowns
6. Push Hands, forward pressure to finish exercise
7. Dealing with situations that you have been turned
8. Jamming the tackle takedown
9. Diagonal Fly Takedowns
10. Sweeps

Traditional Method and Formal Rotations

Yang Style

1. Single Rotation (crossed)
2. Variations of Single
3. Double Rotation - Rollback/Ward off, Push
4. Double Rotation - (Four Directions) - Rollback, Ward off, Push, Pull to chest
5. Double Rotation with change of Direction
Double Press
6. Double Rotation with Steps
7. Dalu
Steps - triangle
Press/Pull Down
Elbow/ Rollback
Shoulder/Yield to Reverse Rotation
Combine 4 Direction with 4 Corners

Chen Style

1. Single and Variations
2. Double /opposite Side Facing (no steps)
3. Double with Steps - Step Forward Step Backward
4. Dalu - #3 Down Low
5. Picking flower Freely (free style) Different methods
- 6.