

Stages In Push Hands Practice

By Hal Mosher

- 1) The square. This is when you can yield to a force coming from either right or left easily and use that force to push in the same angle or direction it was given.
- 2) The circle. This implies you can yield to any force circularly and respond with a circumferential movement. This allows you to respond quicker without gaps between the defense and the attack or repost.
- 3) The sphere. This means you can yield to any force in any direction and respond accordingly depending on the force given.
- 4) The point. All three previous levels merge into a single point. The attack and defense simultaneous. The yield and push are one.