

TUI SHOU / SENSING HANDS WORKSHOP

Presented by

Mearl Thompson / Master Trainer Emeritus

Sept. 21, 2019

9AM-1PM, Sat.

Cost: \$25 per person

Push Hands, Sensing Hands, or Tui Shou is a relaxed, two-person exercise which bridges the gap between solo form practice and actual combat. Three specific techniques are emphasized:

1. **STICKING**--maintaining light contact with an opponent.

2. **LISTENING**--sensing the magnitude and direction of an opponent's force.

3. **YIELDING**--responding to an opponent's force partially by giving way, and partially by controlling or guiding its direction.

The ultimate goal of the training is to reduce the amount of force needed to neutralize attacks, so that one may defeat speed and strength with skill.

The objective of Push Hands is to learn how to harmonize the Yin (receptive) and Yang (assertive) principles, so that better health, communication and vitality can be achieved. This positive exercise system helps the practitioner to find more balance and self-confidence in his/her daily life.

Location: Rehoboth Beach, Delaware

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Mearl Thompson

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Please register early as space is limited. Wear comfortable tai chi clothes and foot wear. We will be learning and working drills designed to help with your understanding of sensing hands. This is a very active workshop while remaining safe and fun.