

Chen Kung's T'ai Chi Series

# T'ai Chi Sensing-Hands

BY STUART OLSON



推手

*A Complete Guide to Tai Chi Tui-Shou Training  
from Original Yang Family Records*

# Tai Chi Sensing Hands

**Michael DeMarco**



## **Tai Chi Sensing Hands:**

**Tai Chi** Stuart A. Olson,1999-04 This book presents a complete record of Yang style tai chi tui shou also known as push hands or sensing hands techniques Although most tai chi practitioners are currently familiar with three or four of the main tui shou techniques there are a variety of other hidden tui shou methods Stuart Olson began his study at the City of Ten Thousand Buddhas Monastery in 1979 In 1982 he became a live in disciple of Buddhist master T T Liang Olson currently lives in Minnesota where he teaches yi tai chi eight section brocade qigong and chin ku sung massage **Tai Chi Sensing Hands** Stuart Olson,2025-06-17 *Integral Qigong and Tai Chi* Institute of Integral Qigong and Tai Chi Roger Jahnke, Doctor of Oriental Medicine,2023-03-18 Qigong and later Tai Chi were developed and refined carefully over thousands of years with the exact purpose of mindful evolution of body mind and spirit Qigong and Tai Chi are major players in the new health care system and in the popular movements of personal accountability and empowerment mind body medicine living in the now and inner peace Qigong is the mother of Tai Chi and all of Traditional Chinese Medicine The Open Hand Barry M. Kroll,2013-11-15 Based on five years of classroom experimentation The Open Hand presents a highly practical yet transformational philosophy of teaching argumentative writing In his course Arguing as an Art of Peace Barry Kroll uses the open hand to represent an alternative approach to argument asking students to argue in a way that promotes harmony rather than divisiveness and avoiding conventional conflict based approaches Kroll cultivates a bodily investigation of noncombative argument offering direct pedagogical strategies anchored in three modalities of learning conceptual procedural kinesthetic and contemplative and projects activities assignments informal responses and final papers for students Kinesthetic exercises derived from martial arts and contemplative meditation and mindfulness practices are key to the approach with Kroll specifically using movement as a physical analogy for tactics of arguing Collaboration mediation and empathy are important yet overlooked values in communicative exchange This practical engaging and accessible guide for teachers contains clear examples and compelling discussions of pedagogical strategies that teach students not only how to write persuasively but also how to deal with personal conflict in their daily lives Tai Ji Tui Shou Stuart Olson,Chen Kung,2015-01-05 This volume in the Chen Kung Series presents the two person Tui Shou exercises of the Eight Styles and Four Skills of Sensing Hands popularly known as Pushing Hands The main purpose of Sensing Hands and also Greater Rolling Back Da Lu and Dispersing Hands San Shou is to learn how to Interpret the movements and changes of the opponent and just as importantly how to sense your own defects The Taijiquan Classic says Through knowing yourself you can know others so in Taijiquan you learn how to interpret yourself first and then apply it to an opponent Every gesture in Sensing Hands as well as in Greater Rolling Back and Dispersing Hands is designed to be practiced with the idea that you are being neutralized before actually expressing the energy to knock over an opponent The exercises in themselves are a stalemate of joined movements To practice otherwise with the idea of winning and actually Issuing destroys the very cause for learning how to Interpret Issuing

will come later It will develop without your expressing it in the exercises While the companion book Tai Ji Jin vol 2 explains the various Intrinsic Energies Jin of Taijiquan Tai Ji Tui Shou and Tai Ji San Shou and Da Lu vol 5 teach you how to develop them As Chen Kung says If you cannot do Sensing Hands correctly how could you ever hope to advance or find any satisfaction in your Taijiquan practice Training these two person exercises then is as important as the solo practices of Tai Ji Qigong and meditation vol 1 the Tai Ji Quan form vol 3 and the Tai Ji weapons of Sword Saber and Staff vol 6 The information in Stuart Alve Olson s six volume Chen Kung Series available to the Chinese reader since 1936 covers the entire Yang family system of Taijiquan practice and philosophy Chen Kung s original Chinese book is an invaluable resource that is now accessible to English readers through the brilliant translation work and insightful commentary of Stuart Alve Olson No matter what style of Taijiquan Tai Chi Chuan you practice or what level of skill you have achieved the Chen Kung Series will greatly broaden your knowledge and skills as it is truly a Master s Program on the art of Taijiquan **Tai Chi Push Hands**

DR. JWING-MING. GRANTHAM YANG (DAVID W.),Jwing-Ming Yang,David W. Grantham,2022-08 Push Hands is the other part of tai chi that makes your practice a true living art Tai chi push hands practice is a necessary next step for tai chi practitioners who wish to make their art come alive Push hands practice requires two people to engage in a variety of light touch moving and walking routines By practicing these movements practitioners begin to develop tai chi s sensing listening and yielding skills Combined these skills are the first step for developing your tai chi as a martial art The Dao De Jing classic reminds us that knowing others an opponent is important for knowing ourselves By develop tai chi push hand skills one begins to obtain a profound sense of feeling of your own body and mind This ability aids greatly in regulating and controlling body balance health perseverance compassion and overall spirit It is no mistake that tai chi offers a lifetime of continued learning and progress the goal is a deep understanding of yourself and your role in nature In this book you will learn The theory of tai chi pushing hands Tai chi qigong foundation practice Tai chi jing power practice Two person stationary push hands practice Two person moving push hands practice Tai chi rollback and press push hands practice International standard push hands routine Two person free style push hands Martial art applications in tai chi push hands practice Dr Yang reminds us tai chi chuan was created based on the martial applications which were used for self defense Every movement of tai chi chuan has its unique martial purpose Without this martial root tai chi chuan practice will limited to a dance lacking a deeper meaning or a deeper feeling This book is complemented by two companion videos sold separately Tai Chi Pushing Hands 1 Yang Style Single and Double Pushing Hands Tai Chi Pushing Hands 2 Yang Style Single and Double Pushing Hands Available wherever DVD and Streaming videos are sold [Taijiquan Master Reference, Volume 3](#) ,2025-09-11 Researchers can benefit from this handy anthology particularly for the information and analyses presented including the rich bibliographic listings Taiji practitioners will also gain insights to benefit their own practice be it for health and or self defense Included here are sixty four articles In addition to 735 illustrations there are glossaries maps charts and bibliographies The

variety of material in this anthology reflects in depth scholarly research and the experience of master practitioners It will be a valuable source taijiquan enthusiasts for futures decades VOLUME 3 pages 605 thru 937 of the print edition

**Grandmaster Xiong Yanghe's Taijiquan System** Michael DeMarco,2025-09-28 This book presents the historical background of taijiquan tai chi in China and one of its major representatives Xiong Yanghe 1889 1981 By providing the time and place of Xiong s life his involvement in the military and his emigration to Taiwan where he taught for decades a rare view of the fullness of taiji is presented He had the innate ability and the opportunities to study with many great teachers The result was the Grandmaster Xiong was a teacher who embodied a stunning comprehension of taijiquan including open hand and weapon routines that are practiced solo or with a partner Xiong s respected position among the few luminaries in the art helps scholars teachers and practitioners to better understand the depth of taiji culture 6 x 9 paperback 126 pages 408 illustrations TABLE OF CONTENTS Preface Taijiquan Enters the Twentieth Century Master Xiong Yanghe s Life and Influence Xiong Style Taijiquan Long Routine Push Hand Methods Dispersing Hands Routine solo paired Taiji Straight Sword Routines solo paired Taiji Broadsword Routines solo paired Taiji Staff Spear Routines solo paired Bonus of the Five Animal Frolics Other Chinese Styles in the Xiong System Appendices Partial List of Xiong s First Generation Disciples Selected Biographies Photographic Record References Index

**Missing Each Other** Edward Brodtkin,Ashley Pallathra,2021-01-26 A Next Big Idea Club Winter 2021 Must Read The ability to connect with another person s physical and emotional state is one of the most elusive interpersonal skills to develop but this book shows you just how approachable it can be In our fast paced tech obsessed lives rarely do we pay genuine close attention to one another With all that s going on in the world and the never ending demands of our daily lives most of us are too stressed and preoccupied to be able to really listen to each other Often we misunderstand or talk past each other Many of us are left wishing that the people in our lives could really listen understand and genuinely connect with us Based on cutting edge neuroscience research and years of clinical work psychiatrist Edward Brodtkin and therapist Ashley Pallathra take us on a wide ranging and surprising journey through fields as diverse as social neuroscience and autism research music performance pro basketball and tai chi They use these stories to introduce the four pillars of human connection Relaxed Awareness Listening Understanding and Mutual Responsiveness Accessible and engaging Missing Each Other explains the science research and biology underlying these pillars of human connection and provides exercises through which readers can improve their own skills and abilities in each

**The Best Fight: A Memoir of a Martial Art Practitioner, Publisher, and Author** Michael DeMarco,2023-10-10 A needle may draw a thread through printed pages to bind a book In this little memoir I feel like a needle that drew a common thread though a segment of martial art history This book details three interrelated activities 1 martial art studies 2 involvement as founder of Via Media Publishing producing a quarterly journal and books and 3 teaching martial arts Publishers writers researchers and serious martial art practitioners will benefit with the detailed overview of Via Media and its publications Via Media produced

the Journal of Asian Martial Arts known for its high academic and aesthetic standards Its contents reflect the history of two decades and provides rich information for practitioners and scholars making The Best Fight a valuable reference work In addition to reading the primary way to learn a martial art is through instruction In reading about my studies and teaching experience readers can relate to their own involvement in martial arts What is important here is the portrayal of my instructors their teaching methods and reasons for being involved in martial arts Their accounts should offer insights and inspiration for others who study and practice any martial art

The Complete Iron Palm Brian Gray,1989 Brian Gray one of the world s foremost authorities on iron palm philosophy and technique takes you through every phase of this method Learn conditioning techniques breathing exercises and actual iron palm strikes He ll also show you how to tell the difference between the legitimate iron palm practitioner and the fraud who uses gimmicks and sleight of hand to perform breaking feats After studying this book Gray promises you ll be able to slap through concrete with the center of your palm

*Ninjutsu* Masaaki Hatsumi,1981 This is the only book on the art of ninjutsu written by Dr Masaaki Hatsumi the 34th generation leader of the togakure ryu ninjutsu tradition This best seller contains training and fighting secrets known only to the ninja of ancient Japan

**Push Hands** Herman Kauz,1997-03 The Handbook for Non Competitive Tai Chi Practice with a Partner The long awaited follow up to the bestselling Tai Chi Handbook this new work provides detailed instructions for the practice of push hands that branch of Tai Chi not practiced solo but with a partner Illustrated with over 200 b w photographs that clearly show the moves the text elucidates the meditative and athletic benefits of the practice which is an interesting alternative to aikido karate and judo

**Moving Meditation** Van H. Ho,1979-12

**Everything Tai Chi and QiGong Book** Ellae Elinwood,2002-04-01 Featuring more than 100 photographs clearly demonstrating body movements The Everything Tai Chi and QiGong Book covers every aspect of these two powerful activities With this book in hand readers young and old will gain benefits such as Increased joint flexibility Lower blood pressure Mood improvement Increased focus and concentration Reduced stress and tension

*Tai Chi Chuan Martial Applications* Jwing-Ming Yang,1996 For beginners of advanced tai chi players the 24 and 48 postures

*Tai Chi Chuan* Shou-Yu Liang,Wen-Ching Wu,Denise Breiter-Wu,1996 24 and 48 postures with martial applications

Sensing Our Planet ,2013

**Wisdom of Tai Chi** Peter Fenton,Lawrence Galante,1998

Direct Release Myofascial Technique Michael Stanborough,2004 Direct Release Myofascial Technique provides a highly illustrated guide to direct release myofascial techniques MFR and their application in clinical practice MFR is a manual therapy method that influences both a body s structural tissues and the sensory motor systems Originally developed by Dr Ida Rolf the creator of the Rolfing method the approach has since been adapted and modified by different groups of therapists to fit within their own particular philosophies This book strips away the surrounding theories and philosophies and focuses on the safe and appropriate use of the techniques themselves Numerous photographs supplement the detailed step by step coverage of techniques product description

## The Enigmatic Realm of **Tai Chi Sensing Hands**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Tai Chi Sensing Hands** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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