

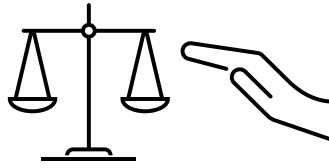
Push Hands



Connect

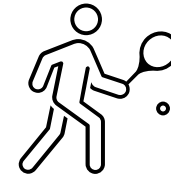
*Be comfortable when others get close
Maintain 'unity' even when NOT touching
Feel easier to maintain unity with touch
Feel '4 oz touch' is 'good' connection
Feel their centre line via palm(s) on arm
(as if putting your hand on their chest)
Can start to play 'sticking hands' game*

'Conversation'



Listen [= Follow]

*Give way to pressure / don't resist
(like scales receive a weight)
Rotate if push is off centre
(like ball in water pushed down)
Can rotate when 100% on pivot line
Can choose to rotate before pivot line
(and notice possible consequences)*



Respond [= Return]

*Take your turn to create a 'dialogue'
(like a return creates a rally in tennis)
One hand (palm on ward off) = 'sawing'
Two hands (palms on ward off) = 'classic'
(with or without 'press' depending on
who is listening and who isn't!)
One hand (backs of hands) = 'circling'*

Relax!!!

*Let go any fear
of connection.
Unity is 'safe'!*



Don't panic

*Let go the urge to
resist / run away.
Pivot line is 'safe'!*



Stay calm

*Let go your ego's
need to 'win'.
Just stay 'safe'!*

