

# 推手 *Tuīshǒu* 'Push Hands'

1. 單手平推 <i>Dānshǒu píngtuī</i> 'Single hand horizontal push'
2. 螺旋單推手 <i>Luóxuán dāntuīshǒu</i> 'Spiral single push hand'
3. 小臂立旋圈 <i>Xiǎobì lìxuánquān</i> 'Lower arm vertical circle'
4. 大臂立旋圈 <i>Dàbì lìxuánquān</i> 'Upper arm vertical circle'
5. 抓拿采捋手 <i>Zhuānǎ cǎilǚ shǒu</i> 'Grasp hold pluck roll-back hand'
6. 外肘擠捋手 <i>Wàizhǒu jǐlǚshǒu</i> 'Outer elbow press roll-back hand'
7. 內肘擠捋手 <i>Nèizhǒu jǐlǚshǒu</i> 'Inner elbow press roll-back hand'
8. 左右擠肩 <i>Zuǒyòu jǐjiān</i> 'Left right press shoulder'
9. 胯靠 <i>Kuàkào</i> 'Hip lean'
10. 膝靠 <i>Xīkào</i> 'Knee lean'
11. 一百八十度靠 <i>Yībǎibāshí dù kào</i> '180° lean'
12. 轉圈靠 <i>Zhuǎnquān kào</i> 'Turning circle lean'
13. 四正手棚勁 <i>Sìzhèngshǒu péngjìn</i> '4 cardinal hand ward-off strength'
14. 四正手捋勁 <i>Sìzhèngshǒu lǚjìn</i> '4 cardinal hand roll-back strength'
15. 四正手擠勁 <i>Sìzhèngshǒu jǐjìn</i> '4 cardinal hand press strength'
16. 四正手按勁 <i>Sìzhèngshǒu ànjìn</i> '4 cardinal hand push strength'
17. 定步四正手 <i>Dìngbù sìzhèngshǒu</i> 'Fixed step four cardinal hands'
18. 活步四正手 <i>Huóbù sìzhèngshǒu</i> 'Moving step four cardinal hands'
19. 順步雙推手 <i>Shùnbù shuāngtuīshǒu</i> 'Same side double push hands'
20. 順步大捋 <i>Shùnbù dàlǚ</i> 'Same side big roll-back'
21. 活步雙推手 <i>Huóbù shuāngtuīshǒu</i> 'Moving step double push hands'