

吴式太极推手十三种基本手法

13 Basic Manipulations of Wu Style Push Hands

上盘 Upper Rotation Procedure

- 1 缠头式 chán tóu shì
The method of Winding as High as the Top of the Head
- 2 裹头式 guǒ tóu shì
The method of Binding over the Top of Head

中盘 Middle Level Rotation Procedure

- 3 中平肘 zhòng píng zhǒu
The method of the Middle Flat-Elbow
- 4 立肘 lì zhǒu
The method of the Erect Elbow

下盘 Lower Level Rotation Procedure

- 5 十字手 shí zì shǒu
The method of Cross-Hands
- 6 搦膝式 lǎo xī shì
The method of the Brush Knee Style

短手 Short Distance Arm Procedure

- 8 外粘肘 wài zhān zhǒu
The method of the External Adhering Elbow
- 9 倒提壶 dǎo tí hú
The method of Lifting the Handle of a Kettle

长手 Long Distance Arm Procedure

- 10 小缠腕 xiǎo chán wàn
The method of the Minor Entwining of the Wrist
- 11 大缠腕 dà chán wàn
The method of Major Entwining of the Wrist
- 12 穿手靠 chuān shǒu kào
The method of Crossing Over the Elbow and Leaning
- 13 通天手 tōng tiān shǒu
The method of "Up and Down" Hands