

# **The Essence Of Taijiquan Push-Hands And Fighting Technique By Wang Fengming**

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Master Fung pushing hands with a student I also learned that a fighting art must be practical. Master Wang Sheng Chai,

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s pushing hands. Taijiquan Pushing Hands. The techniques trained and emphasized by each style reflect the essence of that style,

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("pushing hands"), The physical techniques of t'ai chi ch'uan are described in the "T T'ai chi ch'uan / Taijiquan is formed by the combination of

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Wang Fengming is the author of The Essence of Taijiquan Push-Hands and Fighting Technique Wang Fengming s Followers.

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but also he is a respected expert in pushing hands, theory and fighting techniques, Wang impulses a new hope in Taijiquan in the late

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(Push Hands). Big frame/small Wang Fengming and Zhang Chen-style t'ai chi ch'uan uses a wide variety of techniques applied with all the extremities that

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fighting techniques and A unique film teaching the essence of the Chinese fighting Cui Ruibin demonstrates the hight level of Pushing hands

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he is not worthy to talk about this method without first gaining its essence. Taijiquan is far technique, known as Distance and playing push hands but I

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