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Pushing hands - wikipedia, the free encyclopedia

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What is tai chi push hands (tui shou)?

Push Hands (a.k.a. Pushing Hands, Tui Shou, Sensing Hands) is an exercise performed by two people who are attempting to improve their Tai Chi skills.

Tui shou - push hands - immortal kung fu

Tui Shou is the double push hands practice. Push hands is a two person exercise that is practiced to develop the practitioners listening skills or yin

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