

## Main training process

*in all timings mind lifts to the top of the head*

1. mind rises with wave of movement - mind deepens and moves down to the back foot as the body releases/aligns - first light connection, then foot pressure builds - mind extends - hip joint opens - (back foot) pressure increases - wave of expansion  
**timing 1 in phases 1, 2 and 3**
2. strong intention rises and pulls on the body - body follows - upper body floats - mind accelerates, then rises from the back foot to listen deeply in and around the center for fullness and subtle pressure - mind extends - center rotates - (center) pressure increases - pressure wave ripples through body - body expands  
**≈ timing 2** (between timing 1&2 in phase 1, accelerating in phase 2, timing 2 in phase 3)
3. mind intention lifts with the rising wave of pressure to the waist - body starts to move (timing 2 in phase 1) - mind accelerates, rises from the back foot into the waist area while upper body loosens & aligns in the background
  - a) deep intention goes out & increases - round ball of center drops & rotates - mind expands in all directions into the sphere around the body  
*if semi comfortable with the process: expand sphere earlier*
  - b) deep intention goes out & increases - drop and rotate whole sphere (big center vs. small center), ≈ timing 3 in phase 3 and 4  
**(advanced) timing 2/toward timing 3**

## pushing hands - practising issuing - 5 extra moves (intercepting moves)

- A. push against the arm offered in “peng” position (touch approx. at wrist and elbow)
  1. respond with opening move
- B. push with two hands against the chest - we practised 4 different responses:
  2. circle (spiral) right, small side step left, intercept at angle
  3. swinging arms
  4. shoulder stroke
  5. downward

## pushing hands - general considerations - a thought on connecting

The connection in the pushing hands changes everything. It is the key to an advanced (subtle, soft, yet powerful) issuing.

The connection is not something which happens by itself and which can be found just by listening - “finding” a connection means “building” it. During your own forward movement, i.e. while partner is retreating, you need to send an intention towards her/his foot.