

## Basic training process

1. timing 1: mind rises with wave of movement - mind deepens and moves down to the back foot as the body releases/aligns -> foot pressure - mind extends - hip joint opens - (back foot) pressure increases - wave of expansion
2. timing nr. 1 for phase 1, accelerate timing in phase 2&3, mind listens deeply in the center as upper body releases/aligns - mind extends - center rotates - (center) pressure increases - wave of expansion/body expands
3. start with timing 2: mind moves with pressure to the waist, then center moves “build center” - round ball of center intention out as center drops & rotates - shoulder blades down - pressure increases in all directions up to the top of the head and fingertips, intention increases - wave of expansion

## Deepening process of the mind

Like a stake that is driven deeper into the ground every time the hammer falls, the mind too will reach a deeper level over time. The deepening process of the mind happens on three levels:

1. over time/over the years: the deepest level possible now (in some rare moments) later becomes easily accessible in every training
2. in the course of a training session: normally deepest state at the end of the meditation
3. within one vertical circle:
  - mind concentrates when contracting/movement begins in phase 1,
  - closes down when releasing/in phase 2,
  - sinks deeper again when stretching and compressing in phase 3,
  - aim for deepest level in phase 4 when producing an intention and simultaneously using awareness to listen to the response in your body

deep release + precise alignment + smooth waves ⇒ internal forces will naturally occur  
detect them by listening at the right moment and the right time and slowly learn how to influence them by using the mind and small body changes

## Pushing Hands

1. **partner A is in ward-off position:**  
partner B touches gently into partner A as if she were pressing into a spring and creates elastic connection  
when partner B pushes onto the arm, A must have right amount of activation in the arm (don't resist, don't collapse arm), then arm muscles stretch  
partner A responds with correct center movement - allow the knees to be bent by pressure from partner, don't "lower the trampoline" by actively bending the knees
2. **intercepting moves:**
  - 2.1. circle ri, step left, intercept at angle (move also can be applied from double shoulder push)
  - 2.2. left thumb in crease of elbow, down and out, right hand to elbow, up and over
  - 2.3. partner grabs wrists, left back with twist (connects to partners front foot), ri in with twist and hip, sit back and pull/pluck
    - correct center movement
    - connect back into partner, use thumbs
    - similar to daoist immortal
    - elastic arms
    - wave-like movement
3. **counters - general considerations:**  
if the partner attempts an application, don't resist/contract, look for an elastically connected, pressurized center, which is free to move/rotate and apply the principle of empty/full. Empty or de-connect wherever partner touches and re-connect into partner at another point of contact.  
Exercises in which we practised counters included:
  - single hand push
  - double shoulder pushApply the principles and you will find counters to every move. If you respond to a counter with the same principles, you will be able to counter the counter-move. Expand that and it will lead you to free applications of the principles in any possible situation, i.e. true free pushing hands.
4. **open/close with stepping - things to watch and refine:**
  - correct timing of center - upper body - arms
  - stepping forward: long "sliding in" of the front foot, back foot aims for the position where the front foot was, power step by dropping into the foot (stepping back vice versa)