

STEP 7

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Double hands push	Shuāng tuí shǒu	双推手

STEP 7 (4 moves)

1. Open left fist and turn palm up. Right hand pushes forward and up, palm facing away. Right hand ends movement above left hand. Weight is still in right leg.



2. Turn waist slightly to left and transfer weight to left leg. As you do this, both hands pull down to waist level, left hand turns to face palm down and right hand turns to face palm up.



3. Turn waist slightly more to left and back to right to circle both hands up to left ear. Both thumbs are pointing towards your neck. Transfer weight to right leg.



4. Put all your weight in right leg. As you turn your waist to face right, push forward with both palms. Left foot comes up beside right foot. Left toe on ground, heel is up. Both palms are facing away from you about chest height, thumbs close together, elbows dropped and relaxed.



END OF SECTION ONE