

## ***2nd Osnabrück Pushing Hands - Meeting***

29<sup>th</sup> Nov. until 1<sup>st</sup> Dec 2019

Friday, Saturday and Sunday



After the wonderful experience of free partner work last year I cordially invite you to this year's 3 - day TAIJI Pushing Hands meeting with **Roland von Loefen, Thomas Kirchner and Hella Ebel.**

The Taiji School offers the space for a small meeting within the rooms of the Black Belt Academy. Our Huang system incorporates a deliberate approach through the many different fixed pattern partner exercises and the semi-free pushing hands. V-stance, parallel stance and bow stance make it easier to work with inner, relaxed force.

Since the concept and schedule of the Pushing Hands meeting in Haßfurt are so successful and conducive to inner work, Osnabrück Pushing Hands meeting will take place in a similar manner.

This is an event of the Tai Chi Schule Osnabrück and the Federal Association for Taijiquan and Qigong Germany e.V.



The **Pushing Hands meeting** will take place in the tradition of Master Huang and Wee Kee Jin's partner work.

This meeting enables TAIJI Practitioners from all Styles (Yang, Chen, Wu, Sun, Fu ...) to practice, get to know and exchange ideas in a friendly and harmonious atmosphere .....

The main aim is to cultivate and intensify the art of TAIJIQUAN.

Taiji practitioners who have no or little experience in free pushing hands are welcome to participate. All advanced students deal with beginners very considerately.

***This meeting is not suitable for fighting or training for competitions.***

The motto of this event is:

Increasing our understanding of TAIJI's classical writings and applying the knowledge in our practice.

In China, Pushing Hands was known in earlier days as an exercise of

**“Sensing and Feeling”**

At some point it was called Pushing Hands.

**Pushing – Hands** helps to develop the internal qualities of the five elements;  
these are:

- sticking - joining - adhering – following
- no resistance and not losing connection



## Prices and costs

Friday to Sunday, 8:30 am to 5:30 pm

1 day 50,- €

2 days 95,- €

3 days 130,- €

The days are also individually bookable!

**Please print the registration at the end of the flyer and bring it to the meeting.**



## SCHEDULE:

Friday	Saturday	Sunday
08.30 - 09.30	08.30 - 09.30	08.30 - 09.30
Individual Training	Individual Training	Individual Training
09.45 - 11.45	09.45 - 11.45	09.45 - 11.45
Fixed – Pushing Hands	Fixed – Pushing Hand	Fixed - Pushing Hands
11.45 - 12.15	11.45 - 12.15	11.45 - 12.15
Coffee Break	Coffee Break	Coffee Break
12.15 - 13.00	12.15 - 13.00	12.15 - 13.00
Semi-free Pushing Hands	Semi-free Pushing Hands	Semi-free Pushing Hands
13.00 - 15.00	13.00 - 15.00	13.00 - 15.00
Lunch Break	Lunch Break	Lunch Break
15.00 - 17.30	15.00 - 17.30	15.00 – 17.00
Free Pushing Hands	Free Pushing Hands	Free Pushing Hands

The specified partner exercises and the semi-free pushing hands are taught by:

### Hella Ebel



Hella Ebel, teacher and trainer (DDQT) for Taijiquan has practiced Taiji since 1983. Since 1997, she has been intensively trained in the system of Huang Sheng-Shyan, by Wee Kee Jin, whom she has assisted in Europe for many years. Understanding and applying the Taiji principles in form and partner work is always the focus. From the creative work as a craftswoman (goldsmith) with her own studio and Taiji lessons, the development went to her own school in Osnabrück, a supraregional place of learning and encounter.

<http://www.hella-ebel-taiji.de/>

### Roland von Loefen



Roland von Loefen began his Taijiquan practice in 1988 with Helmut Bauer, Barbara Schmid - Neuhaus and Toyo Kobayashi in the tradition of Cheng Man Ching. In 1998, he met Master Yek Sing Ong and his current teacher Wee Kee Jin. Through the long intensive training, he finally became a certified instructor and teacher of Wee Kee Jin's "Taijiquan school of central equilibrium". In 2013 he founded and organized the first international Push Hands meeting in Haßfurt am Main.

<http://taijiquan-relax-sink.jimdo.com/>

### Thomas Kirchner



Born 7.3.1964 in Osnabrück. Taijiquan (Tai Chi Chuan) Teacher and instructor in the Taijiquan and Qigong network Germany, as well as in the DDQT (German umbrella organization for Qigong and Taijiquan). Instructor of the school of central equilibrium. Judo from 1971-1988 in Osnabrück.

Taijiquan since 1990 with various renowned teachers and schools but mainly with Mr. Wee Kee Jin (Auckland). Fujian Baihequan (white crane fist) with Mr. Wee Kee Jin. Further education at the Institute for Youth Work Gauting from 2003 to 2005 as a Budo-teacher.

[www.tokitaichi.de](http://www.tokitaichi.de)

## PROGRAM

### Fixed - Pushing Hands:

Master Huang's practice system has 18 set partner exercises.

We will work on two of the most important: the Seven Pushes and the Slow Push.

These two exercises allow you to study the inner qualities of the **five elements**. In the first classical script handed down by Chang San-Feng, the 5 elements are mentioned and refer to .....

move forward, backward, look left, look right and remain centered.

### **fire - water - wood - metal - earth**

These are the external principles, while the internal principles are:

### **sticking - joining - adhering - following- no resistance - not losing connection**

In fixed partner exercises and semi-free pushing hands we create opportunity to recognize and sense these internal principles.

I also want to include neutralization exercises in Osnabrück.



### Semi-free Pushing Hands:

In semi-free pushing hands, one tries to unbalance one's partner while the partner only tries to neutralize without resisting or pushing back.

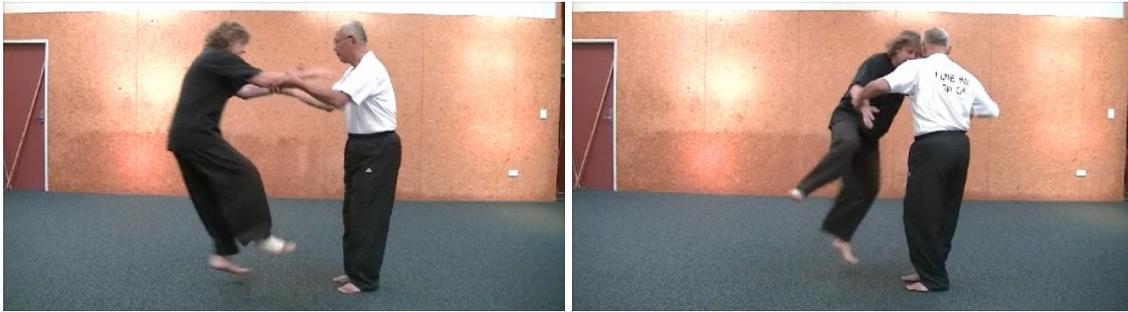
This enables you to concentrate on your role. The one who pushes can concentrate on unbalancing the partner (observing the principles of the classical writings of Taiji, which are, for example:

Avoiding brute force, and breaking/loosening the root before "issuing"

The one who neutralizes has the opportunity to practice all the internal principles of the 5 elements.

By **sticking, joining, adhering, following, no resistance, not losing connection**, the yielding develops and every incoming force can be neutralized.

The advantage of semi-free pushing hands is that you learn to "listen" or sense how the partner behaves. "Winning" is a minor matter as both partners change roles after 5 minutes.



**Semi-free and Free Pushing Hands will only be executed in a fixed stance at this meeting.**

Every 10 minutes, a gong sound reminds you to change partner and stance. The special feature of this type of pushing are the three stance in which it is executed: V – stance, the shoulder-width parallel stance and the bow stance.



### **V - Stance:**

Feet in a "V" shape, heels together, and one foot distance to your partner.

### **Parallel stance:**

The feet are parallel and in shoulder width to each other. Again, the distance to the partner is one foot length.

### **Bow stance:**

Here, the back foot is turned 45 ° and the front foot is about one foot shoulder-width forward parallel to the partner's front foot.

### Free - Pushing Hands:

In free push, both partners have the opportunity (in accordance with the Taiji principles) to unbalance and push the partner.

Free - Pushing Hands means:

Feel when your practice partner loses his balance. Feel when he can no longer neutralize forces. When you feel that, relax and sink, it strengthens your stability so as to completely break the partner's root. Push now with relaxed strength.

### Venue:

#### **Tai Chi Schule Hella Ebel**

Buersche Straße 15-17

49074 Osnabrück

*Parking is available in the courtyard.*

<https://hella-ebel-taiji.de/adresse-anfahrt/>



### Accommodation:

In Osnabrück and surroundings there are numerous accommodations (many apartments, small hotels or pensions). The school is located near the main train station.

There is the possibility of staying in the school for 5.00 € per night with a sleeping bag. Showers are available.

### Meals:

Unfortunately, there will be no soup served for lunch this year. However, we can pre-order lunch at the thai restaurant "Sabai" which can be quickly reached by foot (near main station). In the evening there are many restaurants and pubs in the city that are reachable by foot.

**If you have any questions please send me an e-mail or give me a call.**



#### **Tai Chi Schule Osnabrück - Hella Ebel**

Buersche Straße 15-17

49074 Osnabrück

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Handy: +49 (0)152 0511 5312

## Registration

Registration is required. (Please print and bring to the meeting)

Surname: \_\_\_\_\_ Name: \_\_\_\_\_

Street: \_\_\_\_\_

Postal code: \_\_\_\_\_ City, Country: \_\_\_\_\_

Tel.: \_\_\_\_\_

E-Mail: \_\_\_\_\_

### **Friday until Sunday (130 €)**

1 day    50 €

2 days    95 €

3 days    130 €

The days are also individually bookable!

**(please check)**

I will participate on:

Friday:  Saturday:  Sunday:

I will pay.....Euro in cash at the venue:

I have transferred .....Euro to Hella Ebel's bank account

IBAN: DE75 2659 0025 0309 3727 00 Volksbank Osnabrück:

I need a receipt:

There will be film and photo shoots taken at the event and I expressly agree with my signature on the registration to be filmed and that the producers may publish these recordings and commercialize them. The rights to the own picture I leave to the producers of the recordings free of charge.

I take part in the meeting on my own responsibility. In case of accidents no liability can be assumed.

Place and Date: \_\_\_\_\_ Signature: \_\_\_\_\_