

# Taijiquan Jue-shou (Sensing-hands) 太極拳覺手

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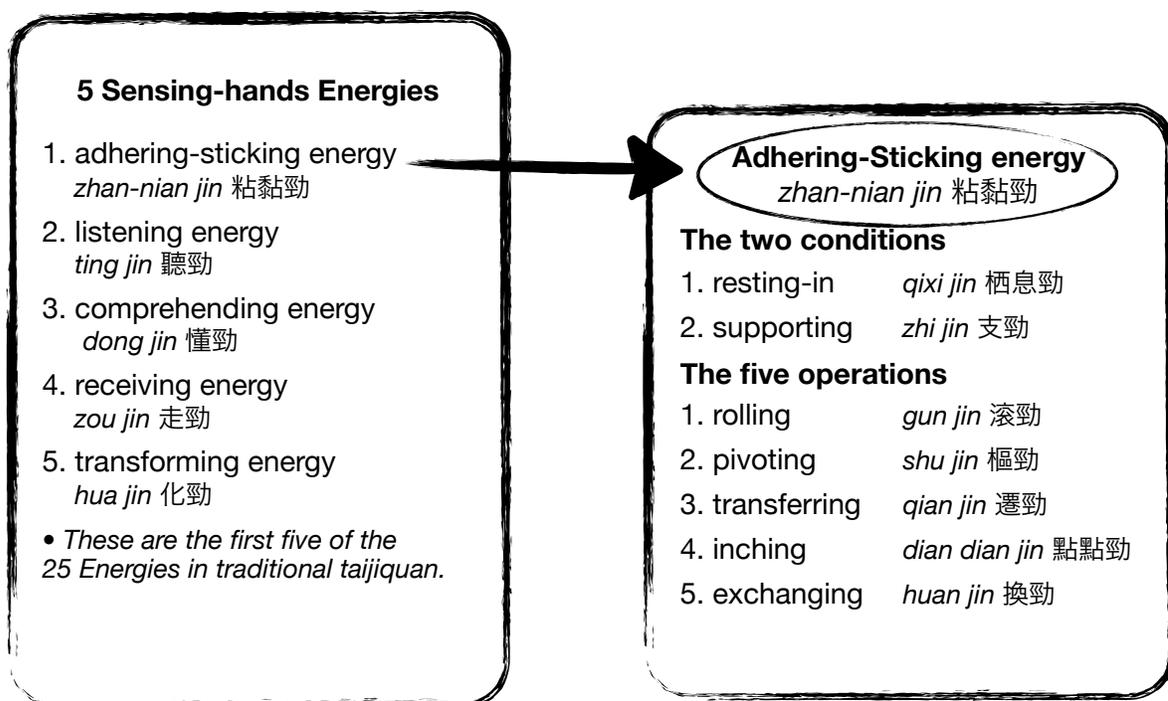
What is *Taijiquan Sensing-hands*? After learning the *taiji* solo forms and exercises, students graduate to partner work known as ‘push-hands’ (in Chinese: *tui-shou*). Push-hands studies employ a wide array of training drills to systematically achieve mastery of what are known as the ‘25 Energies’, comprising *taijiquan*’s theory of energy.

These ‘energies’ are designed to develop the tactile and kinesthetic ‘listening’ skills which enable *taiji* practitioners to discern and express different qualities of touch, force and intention. The goal of all this is to develop the ability to ‘comprehend energy’ for purposes of both self defence and personal development.

Although *taijiquan* is a martial art, in the early stages of traditional study the martial aspects do not come into play in an overt manner. Instead, a prerequisite understanding of *zhan-nian jin* (adhere-stick energy) must be developed in order to achieve mastery of these twenty-five energies. ‘Sticking energy’ makes possible the ability to *ting* (listen), *dong* (comprehend), *zuo* (receive) and *hua*, which means to ‘transform’ or ‘neutralize’ energy. This allows one to ‘sense energy’ and sets the conditions for the study of *taijiquan* as a martial art.

Push-hands at this stage is concerned with issues such as: how to make and maintain contact; how to find proper structure through relaxation and how to appropriately generate movement while adapting to the movement of another person. *Tui-shou* at this level is better described as *jue-shou*—‘sensing-hands’. *Jue-shou* provides the platform for more distinct martial studies regarding the neutralization of hostile force and issuing of power.

Sensing-hands then, is the basic, noncompetitive exploration of the early levels of *taijiquan*’s 25 Energies. Its purpose is to engender qualities in the *taiji* practitioner which facilitate the push-hands dialogue and foreshadow more martial considerations. Sensing-hands is not about winning but rather about tactile communication, transformation of energy and how we generate movement.



*Jue-shou* is used as a core component in the 5 Section Taijiquan Curriculum.