

# 9th International TAIJQUAN Push Hands - Meeting in Haßfurt am Main

from 08.06. - 11.06.2023

Thursday, Friday, Saturday and Sunday



It's my pleasure to invite you for a 4 – days TAIJI – push hands meeting with

**Hella Ebel, Jacqueline Ansem, Paul Fretter and Roland von Loefen.**

This meeting provides TAIJI - practitioners of all styles (Yang, Chen, Wu, Sun, Fu ...)

in a friendly and harmonious atmosphere to practice, to get to know, to share experiences ... .

But the important thing is to go deep into the art of TAIJQUAN.

This Push Hands meeting will take place in the tradition of Master Huang and the manner of Wee Kee Jin's partner work.

It is not a meeting to fight or to train for competitions.

The theme of this event is:

Applying the classics of TAIJI (TAI CHI) for a better understanding of the principles.

In China, push hands was known in earlier days as an exercise of

"sensing and feeling “

Sometime later it was called push hands.

Push hands develop the internal qualities of the five elements;

these are:

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



Wee Kee Jin

and



Roland von Loefen

## 9th Taijiquan - Push Hands - Meeting

This meeting will be held on

Thursday 08.06.2023 to Sunday 11.06.2023

from 08:30 to 17:00 each day.

At the Volkshochschule (Volksbildungswerk) City Haßfurt "Mainmühle"

Ringstraße 14, 97437 Haßfurt, fon. +49 9521 950185

### Prices and costs:

Thursday until Sunday, from 8.30 to 17.00

1 day 60, - €

2 days 110, - €

3 days 155, - €

4 days 200, - €

The days can also be booked individually!

Registration takes place by the organizer Roland von Loefen

fon. +49 1703173204 or via internet (<https://pushhands.jimdofree.com/home/>) go to contact.

## Timetable:

Thursday	Friday	Saturday	Sunday
08.30 - 09.30	08.30 - 09.30	08.30 - 09.30	08.30 - 09.30
own training	own training	own training	own training
09.45 - 11.45	09.45 - 11.45	09.45 - 11.45	09.45 - 11.45
Fix push hands	Fix push hands	Fix push hands	Fix push hands
11.45 - 12.15	11.45 - 12.15	11.45 - 12.15	11.45 - 12.15
coffee break	coffee break	coffee break	coffee break
12.15 - 13.00	12.15 - 13.00	12.15 - 13.00	12.15 - 13.00
Semifree pushhands	Semifree pushhands	Semifree pushhands	Semifree pushhands
13.00 - 15.00	13.00 - 15.00	13.00 - 15.00	13.00 - 15.00
lunch break	lunch break	lunch break	lunch break
15.00 - 17.00	15.00 - 17.00	15.00 - 17.00	15.00 - 17.00
Free push hands	Free push hands	Free push hands	Free push hands

This partner exercises and semi free - push hands will be guided or taught by

Hella Ebel, Jacqueline Ansem, Paul Fretter and Roland von Loefen.

### Fix push hands:

There are 18 partner drills in the system of master Huang

- called "fixed Pushing Hands".

Two of the most important ones are "seven pushes" and "slow push".

These two exercises allow you to study the inner qualities of the five elements...

These are mentioned in the first "taiji classic" (the one by Chang San-Feng) and correspond to move forward, backward, look left, look right and centred.

They are representing the five elements:

Fire - water - wood - metal – earth

These are the external principles - the internal principles are:

Sticking - joining - adhering - following - no resistance – not losing connection.

In fixed pushing hands and the semi free pushing hands, we create opportunity to recognise and sense these internal principles.

### Free push hands:

In free pushing both partner have the opportunity (under the subject to the Taiji - principles) to bring the partner out of balance and then to issue the own "relaxed force".

What does this mean free - push hands:

Pushing means to feel if your partner lose his balance or can't neutralize, at this moment in order to strengthen your own stability by relaxing and sinking you can break the root of the partner to push him completely out with relaxed power.

### Semi - free push hands:

In semi-free pushing hands, the aim is to unbalance your partner while the partner tries to neutralise without resisting or pushing back. This enables you to concentrate on your own role:

For example avoiding brute force, and breaking/loosening the root before "issuing" as mentioned in the "classics".

During neutralising, your partner is employing all internal principles of the 5 elements.

With the help of sticking - joining - adhering - following - no resistance - not losing connection one's yielding is cultivated and refined, so that every incoming force can be neutralized.

The advantage of semi-free push hands is that you can learn to "listen" or sense how your partner behaves. "Winning" is only secondary, you will change roles every 5 minutes.

In semi-free and free pushing hands your standing position is fixed and you don't step.



Every 10 minutes an acoustic signal reminds you to change partner and stance.

There are 3 different stances used in these kind of pushing hands:

V - Stance:

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

Parallel Stance:

Feet parallel, shoulder width - also one foot distance to your partner.

Bow Stance:

Shoulder width, rear foot turned outward 45 degrees - front foot pointed forward, one foot length forward from the rear foot, and overlapping your partner's front foot.



It has been seen that it is no problem for practitioners to participate, even if they have little or no experience in free push hands. All advanced students are very much considerate to deal with the beginners.

## Event Location:



Volkshochschule (Volksbildungswerk)  
Stadt Haßfurt "Mainmühle"  
Ringstraße 14  
97437 Haßfurt  
Tel. (09521) 950185

## Travel options:

By airplane:

The closest airport is the one in Nuremberg. It is about 95 km away from the event location..

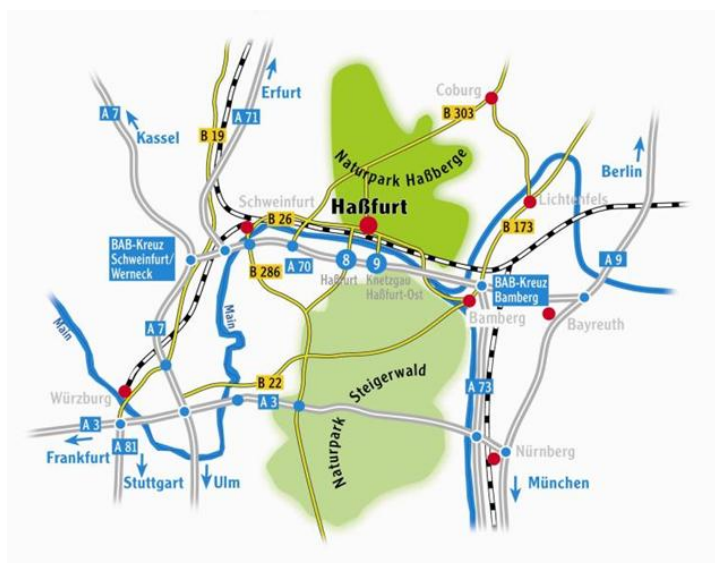
It lasts about one hour to go to Haßfurt by train or car, starting in Nuremberg.

By train: [www.bahn.de](http://www.bahn.de)

There are good connections by train to Haßfurt am Main. From the train station it is just a 10 minutes - walk to the VHS City Haßfurt, where the event takes place.

By Car:

Driving to Haßfurt by car, you have to take the highway A70. it doesn't matter from which direction you come, as there is only one highway next to the city. Coming from Schweinfurt, you have to exit the highway at exit 8 Königsberg i.Bay. / Donnersdorf / Theres. Where as coming from the other direction, i.e. Bamberg, the right exit is the exit 9 Knetzgau. After exiting the highway you just have to follow the traffic signs. They will lead you to the city Haßfurt which is about 5 kms away.



Location map from Haßfurt am Main

### Catering:

Within a radius of about 500 meters, there are supermarkets, bakers, butchers, cafes and pubs and restaurants (italian, turkish, german and asian cuisine).

### Accommodation:

There will appear an overview of hostels, Bed and Breakfast, Apartments and privat Rooms in Haßfurt and around the city.

More accomodations you can find on the homepage [www.pushhands.jimdofree.com](http://www.pushhands.jimdofree.com)

**If you need help regarding the accommodation,  
don't hesitate to contact me via E-mail.**

Roland von Loefen (Organizer)

Hintere Gasse 18

97478 Knetzgau

fon. +49 170 3173204

Web: <https://pushhands.jimdofree.com/home/>

Mail: von.loefen@t-online.de

## Registration

( Please print out and bring it with you to the meeting)

Registration is required.

Name, first name: \_\_\_\_\_

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

Zip City: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Thursday to Sunday (200, - €)

1 day 60, - €

2 days 110, - €

3 days 155, - €

4 days 200, - €

The days can also be booked individually!

### **Please tick!**

I here with order the following days:

Thursday:  Friday:  Saturday:  Sunday:

The amount of .....Euro I pay cash at the start of the event

I accept the storage of my email address and would like an invitation   
for the next International Push Hands Meeting in Haßfurt am Main.

I require a receipt:

I am aware that film recordings will be made and photographs taken during the event and with my signature on the registration form I give my explicit permission that I may be filmed and photographed and that the producers may published and commercially exploit these image recordings. I thus grants the rights to my own image to the producers of the recordings at no charge.

I am prepared to take responsibility for myself in the workshop. I will be liable for any damage or loss I may cause. In case of accidents can not be held liable.

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