Taijiquan IV: Push-Hands and Sword

Students refine and deepen their understanding of tui shou (push hands) and learn the taiji sword form. Together with the empty-handed form, these practices complete the foundation of the art. Push hands helps students apply taiji principles in interaction with others and the sword introduces extending one’s qi (chi) through an inanimate object. These practices are key in enabling students to apply taiji principles in daily life. Please contact the Department for further details. Prerequisite: TRA305. Cross-listed as TRA565.

Course Number: TRA405
Unit: 3.0
Program: Traditional Eastern Arts