

18 Post Techniques of T'ai Chi

	<u>Technique</u>	<u>Body Part</u>	<u>Weight</u>
1	Ward Off	Forearm (Front)	Back
2	Elbow	Elbow	Back
3	Shoulder	Shoulder (Side)	Back
4	Push	Two-Handed Push	Forward
5	Press	Back Hand Issue	Forward
6	Punch	Flat Four Fingers	Forward
7	Repulse Monkey	One-Handed Push	Back
8	Brush Knee	One-Handed Push	Forward
9	Separate Foot	Toe	Back
10	Diagonal Flying	Forearm (Cutting Edge)	Back (Waist Rise and Twist)
11	Thrusting Hand	Fingers	Back
12	High Pat on Horse	Hand (Edge)	Forward
13	Single Whip	Wrist (Back)	Back
14	Head Butt	Head (Front of Forehead)	Forward
15	Golden Rooster	Knee (Top) (use hand/bag instead of post)	Back
16	Kick with Sole	Heel	Back
17	Sweep Kick	Foot (Side)	Back
18	Corkscrew Punch	Flat Four Fingers	Forward
19*	Shoulder	Shoulder (Front)	Forward
20*	Embrace Tiger	Forearm (Underside)	Back (Waist Rise and Twist)

8 Reasons for Training the Post

1. Condition the Striking Area – It gets the striking area/surface use to striking and making contact
2. Learn Not to Use “Hand” – Trains how to use Whole Body as One Unit. How to use rise as power and not the arms (Concentration of Energy)
3. Learn to be Single-Weighted – All techniques are done from the single-weighted orientation with a rise or a waist turn
4. Proper Distance for Issue – The techniques should just lightly contact the Post so learning the proper distance and obtaining it at a glance will be trained
5. Proper Weighting of Feet and Stance – Each technique is slightly different in orientation and weighting
6. Keeping Knee from going past Toe – No shifting occurs so forward or back knee and toe alignment will be essential
7. Develop Short Power – (Form is long power) Just from the rise. Remember no power is issued against the post
8. Train to “Suddenly Appear/Suddenly Disappear” – Touch and off, do not linger or rest on the post

Post Notes

Do not hit the post with your hand energy, this defeats the whole-body training. All the techniques are Single-Weighted and all use Rise for power. Also, if you are too far away, do not stretch the hands to make up the distance, use your waist and legs. This is excellent distance training.

Also practice Push, Pull, and Sweep in the air to develop waist energy in your knockdowns.

Master Liang said to practice T'ai Chi's way in the T'ai Chi fashion, the post is the same as "Knocking the Tofu". The whole body needs to go with it and relax. Liang used to practice Elbow, Shoulder, and Head butt against a tree 100 times each leg.

Cheng man-Ch'ing practiced Ward-Off, Elbow, and Shoulder. Yang Lu-Chan practiced Wrist (Single Whip), Elbow, and Shoulder for developing Folding technique. Ray practices Ward-Off, Shoulder, and Brush Knee.

Do not lean on the post, this is called "Don't hang your meat on me, I'm not a meat hook." Do not rely on the post to stop your push. Use your front leg to stop you. Use your back leg for power, front leg is for braking.