

Red Sun Academy's
CHOREOGRAPHED
PUSH HANDS

- **PUSH**..... Side
- **PRESS**..... Up
- **WARD-OFF** Down
- **SHOULDER STRIKE**..... Take Down
- **PUNCH**..... Parry
- **CHICKEN WRIST** Deflect + Strike using 4 Corners
- **SEVEN STARS**..... Cross Wrists

Start with right leg forward

~~~~~

1. **PUSH**..... **Rollback, Turn, Redirect to SIDE**  
 Both your hands on opponent's shoulders  
 When turning left / redirecting,  
 your right palm on their elbow  
 parrying to your left
  
2. **PRESS**..... **Sink, Lift UP**  
 Sink by hollowing out chest.  
 Your palms under their elbows & lift.
  
3. **WARD-OFF RIGHT** ..... **Rollback, Turn, Deflect DOWN**  
 Rollback, Turn Left,  
 then bring your arm over theirs  
 and deflect down
  
4. **SHOULDER STRIKE**..... **Pull Down (Take Down)**  
 In PULL DOWN, use your left thumb  
 and middle finger to lightly grasp  
 opponent's wrist, other hand  
 to opponent's neck, taking them down

# CHOREOGRAPHED PUSH HANDS

5. **PUNCH** ..... **Three-hand Parry**  
Punch with back hand  
Start parry with forward hand,  
then punch with back hand.
  
6. **CHICKEN WRIST STRIKE** ..... **Deflect + Strike using 4 Corners**  
Strike with back hand  
Forward arm is higher up.
  
7. **End with SEVEN STARS** ..... **Cross wrists with your partner**

