

## The 5 types of Yang Style Push Hand 杨氏太极拳推手

1. 定步单推手-fixed step single Hand
2. 定步双推手fixed step double Hands
3. 活步合步推手进三退三moving step –combined-step (3steps)
4. 活步套步推手进三退三moving step –loop-step(3 steps)
5. 大捋 big roll back

