

# Push Hands Seminar

(*Tui Shou*, 推手)

**We so enjoyed our first Push Hands Seminar  
we're doing it again!**

Join Sifu Julie and her Special Guest, Inoshi,  
for a deeper look at Tai Chi Push Hands

**SUNDAY, May 18th  
3 pm - 4:30 pm**

All ages & skill levels welcome  
No experience necessary  
Intriguing • Relaxing



Push Hands (*Tui Shou*, 推手) is the hand to hand / body to body contact art in Taijiquan (Tai Chi chuan). In this 90 minute workshop, our guest, Inoshi, will lead us in practicing fundamental partner-work exercises and “play”, introducing theory, and demonstrating applications for self-defense.

Inoshi is a long-time practitioner of Yang family Taiji and an adherent to Eastern Zen-Dao wisdom. Sifu Julie has been trained in the Wu system Push Hands method. Both systems are based on awareness of, and sensitivity to, the energy of a partner or opponent. We hope you can join us for this fun event.

**\$40 PER PERSON. RSVP Please at [info@northskykungfu.com](mailto:info@northskykungfu.com)**

