

The 5 types of Chen Style Push Hand 陈氏太极拳推手

1. 挽花(定步)—fixed step- Single arm winding and double arms winding
2. 合步推手（定步）-fixed step double hands
3. 顺步推手（一进一退）single backward/forward step-double handed
4. 大捋Great Roll back
5. 活步推手-花脚步Free moving step push Hands

