

Push Hands

Two Masters
Two Styles
One Art

Presented by



Workshop – Sunday 3 August 2025

There has never been a more remarkable push hands training opportunity in this country

Learn from two of the world's leading Push Hands Masters brought together for the first time.
Understand the similarities and differences between their approaches to Push Hands.
Experience the benefits of Push Hands from both a martial and a wellbeing perspective.
Value the fact that no matter what your approach, or your style, we are all one in the art.

Two Masters

Sifu James Gao

Sifu James Gao is a 6th Generation Traditional Yang Style Tai Chi master, with lineages to both Yang Chengfu and Yang Ban Hou. He has over 40 years of martial arts experience, from internal as well as external styles. While hands-on in both forms and Push Hands/Application Training, Sifu James, through his research, has gained a wealth of knowledge in classic Tai Chi and other Chinese Internal Martial Arts theory. His ability to articulate the essence of this theory and how to apply it is well-regarded by his peers and students. Detail of his profile are here: <https://jinglingtaichi.com/about/>

Master Ji Shou Xiang

Master Ji Shou Xiang has spent over 50 years studying Tai Chi and Tai Chi Push Hands under leading Tai Chi masters in China acquiring a profound knowledge and understanding of the arts. After decades of research, he is considered a leading figure in the study and practice of Tai Chi Push Hands, being a member of professional organisations and associations dedicated to Push Hands development and promotion. His ability to teach this complex system has been well recognised by leading universities and wushu associations in Jiangsu. His passion for the mental and physical benefits associated with push hands is also widely acclaimed.

Two Styles

Developing push hands skills as a method for sensitivity and internal power training coming from a Yang style lineage of classical training.

Developing push hands skills for mental and physical health and wellbeing coming from over 50 years of research and study.

One Art

Recognize Push Hands as a multifaceted yet indispensable cornerstone of Tai Chi mastery. Developing the skill of push hands can lead to improved physical and mental well-being, as well as a deeper understanding and appreciation of the fascinating interplay between insubstantial and substantial (Yin & Yang) in our movements.

Workshop suitable for anyone wishing to learn more about Tai Chi Push Hands

When: Sunday 3rd August 2025
Time: 10.00am to 4.00pm
Where: Studio 14, 1/14 Pakington Street, St Kilda
Cost: \$230
More Info: www.jinli.com.au/whats-on
Enquiries: info@jinli.com.au 0407 941 101
Bookings www.jinli.com.au/login



There will be physical contact during the workshop but no aggressive movements or takedowns.