

## 首屆北加州民間揉手交流大會(NCCTC Push Hand Exchange Conference)

北加州民間揉手交流大會的活動宗旨是為了發展和振興中華民間傳統武術，提高人民身體健康。本次交流是北加州各地揉手活動的延伸，本着不同拳種、不同地域、不同流派間互相交流學習的原則，以聽勁、化勁、發勁為主。大家本著互相學習、取長補短，以武交友，共同提昇的目的進行交流，因為我們的交流活動不是比賽，所以交流氣氛和諧融洽，即使是這樣，為了保證交流的安全性，我們也制定了一些規則，例如不許斷打，不許摔跤，下絆子，不許摟脖子等。人是有情感的，武術既然是文化，它就是和人緊密相關的，和人有關的東西都有感情，有感情就有溫度。北加州民間揉手交流大會，就是一個為愛好武術文化的朋友們，特別打造的一場充滿了感情的盛會。我們除了有名師表演和講座外，最主要是提供一個平台，讓愛好推手的太極功夫追求者，互相切磋、交流和學習，既健身又可提昇，同時結交志同道合的朋友。

所謂揉手，其實就是推手，對中國武術來說，推手在很多拳種中，或者在很多門派中都有，太極拳有，八卦掌有，形意拳有，甚至詠春拳等也有，只是形式略有不同，叫法各異，但本質和內涵完全一樣。

目前北加州揉手團體有舊金山隊，精才隊，陳氏太極隊，桑利維爾Sunnyvale Ortega 隊，費利蒙Fremont 湖畔推手隊，Dublin 太極拳隊，Cupertino 李太極拳隊，Berkeley 太極武術隊，王氏水性太極隊，Oakland 太極隊，曾祥柏推手太極隊等十幾隊，他們都表示對此大會的支持與共襄盛舉。

揉手交流規則要求：

1. 在倆人功夫接近的前提下，經大會事先和各拳隊領導溝通安排後，方可以進行分組。交流採用雙雙自由結合形式，不搞兩人對抗的比賽形式。
2. 揉手活動開始前，請大家把指甲剪短，以免划傷對方。
3. 揉手中要注意好安全防護，動作要做到可控、有度，切磋不紅臉，既不傷害他人，也不要被他人所傷害。
4. 不要採用諸如摟脖子、拌腿、擒拿、偷發短勁暗勁傷人等危險技法；也不許使用打擊要害部位的招法，如穿喉、打裆等招法。
5. 凡是報名參加交流活動的人，一律自願簽訂安全免責協議。
6. 揉手交流規則一切以 NCCAF 太極網頁之 Rules for NCCAF Push Hand Exchange 為準  
[www.nccaf.org.taiji.html](http://www.nccaf.org.taiji.html)

## The first Northern California Push Hand Exchange Conference

The purpose of the Northern California Push Hand Exchange Conference is to develop and revitalize Chinese traditional martial arts and improve the health of the people. This exchange is an extension of the activities of push hand in all parts of Northern California. Based on the principle of mutual exchange and learning between different types of Chuan, different regions and different genres, this exchange focuses on listening-jing, hua-jing and fa-jing. Everyone is learning from each other, learning from each other's strengths, and making exchanges with the purpose of making friends with each other. Because our communication activities are not competitions, the communication atmosphere is harmonious. Even so, in order to ensure the safety of communication, we have also formulated some rules. For example, it is not allowed to break, not to wrestle, not to lick the other party's neck or using leg to attack groin area. Since martial arts is a culture, it is closely related to people. The Northern California Push Hand Exchange Conference is a festival full of emotions for friends who love martial arts culture. In addition to the performances and lectures by famous teachers, we mainly provide a platform for hobbyists who love to push hands, learn from each other, communicate, both fitness and improvement, and make friends with like-minded people.

The current Northern California push hand groups in Northern California Bay Area include the San Francisco team, the Elite Tai Chi team, the Chen Taiji team, the Sunnyvale Ortega team, the Fremont Lakeside team, the Dublin Tai Chi, the Cupertino Li Tai Chi, and the Berkeley Tai Chi Wushu. Wang Water Tai Chi team, Oakland Taiji team, Zeng Xiangbai pushed the Taiji team and other dozen teams, they all expressed their support and participation in this conference.

## Rules for Push Hand Exchange Communication:

1. The organizer NCCTC will work for with each team leaders to arrange pairing parties.
2. Before the start of the pairing practice, please cut your nails short so as not to scratch the other side.
3. You should pay attention to safety and protection in your hands. The action should be controllable, and there should be no red face, no harm to others.
4. Don't use dangerous techniques such as licking your neck, mixing your legs, kicking illegal Area such as groin area; you can't use the tricks to attack critical parts, such as wearing eyes and throat.
5. Anyone who signs up for the activities will voluntarily sign a security disclaimer agreement.
6. The rules for this push hand exchange conference are subject to the 'Rules for NCCAF Push Hand Exchange Conference' described on the NCCAF Taiji website. [www.nccaf.org.taiji.html](http://www.nccaf.org.taiji.html)