

Cheng Man-Ch'ing's Dalu

- **PALM STRIKE**right foot forward
- **SHOULDER STRIKE**right foot forward
- **PLAY THE GUITAR**right foot forward
- **ROLLBACK PULL DOWN**left foot forward

Hands crossed at wrist, looking at open palms, contact with Defender's back of hands
Feet shoulder-width apart.

Attacker

1. Right foot steps forward to PALM STRIKE (right hand) (north)
then Left foot steps forward as opponent pulls you (north)
2. Right foot steps right to SHOULDER STRIKE (right hand) (east)
3. Lean back (in cat stance) and PLAY THE GUITAR to neutralize opponent's attack (east)
- Right hand blocks arm.
4. Right foot steps back (in horse stance) to ROLLBACK PULL DOWN (face east) (chest south)
(left foot forward) (your left hand, palm up, at their elbow) (your right hand at their wrist)
1. Right foot steps forward so feet are together to beginning: PALM STRIKE (east)

Defender

1. (left foot steps back)
PLAY THE GUITAR (south) (left foot steps back so right foot forward) (right hand blocks arm)
Step back with right foot, ROLLBACK PULL DOWN (west) (left foot forward)
2. PALM STRIKE (west)
3. sticking/adhering
4. SHOULDER STRIKE (west)