

7 TREASURES

1. **PUSH**
2. **Pet Horse's Mane** (as you Rollback)
3. **PRESS**
4. **Rollback** (hands the same as PRESS but spread apart)
5. **WARD-OFF**
6. **Polish the table**
7. Step forward to **7 STARS**

Weight change from one foot to the other in every step.

All Rollbacks (#2, #4, #6) turn back towards the back leg.

1. Before PUSH in step 1, hands start at navel, palm up. Inhale and slightly lean back as hands (palm up) rise to chest, then exhale as hands extend out to PUSH.
4. #4 is a take down, with one hand on opponent's neck, and the other hand grabbing opponent's wrist.

