

2-Person Fixed PUSHING HANDS: left view—from South; middle view—from North, right view—from above where R=right; L=left. For a given individual, the sequence is push (horizontally), press, exchange, roll back opponent, push (down), and then repeat. Your partner is at the roll back just after you begin with a press, but follows the same sequence of moves.

1. White (W) **pushes** Blue (B) where B has R hand in ward off position and L hand ready for a roll back; W moves into a forward bow stance while pushing and B is drawn back in a ward off.



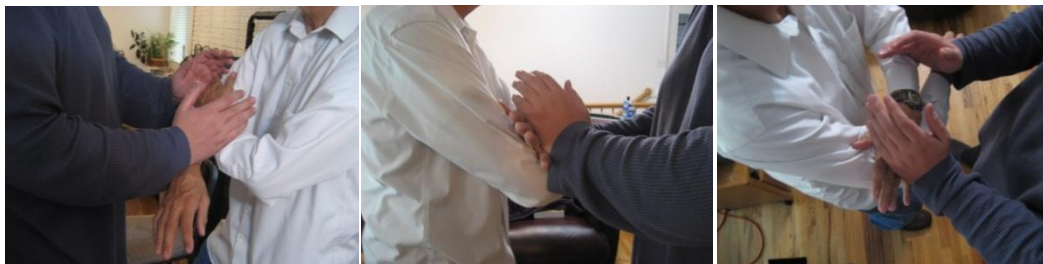
2. W's push is diverted by B's **roll back** to B's R side, caused by a gentle inward push of B's L hand on W's R elbow (W diverted to his left side, W going forward, B going backward).



3. To avoid being thrown to his L, W responds by **pressing** his L hand on the instead of his R arm toward's B's center of gravity in order to topple him over. B responds to W's press by **pushing** W's R forearm down (using bent wrists), diverting his attack down.



4. As B pushes W's forearm down, W slides up his pressing L arm over the top of W's R arm and this exchanges which arm is being pushed/pressed by B: now B is in position to push W's left arm.



5. After W exchanges his L forearm for the R, W slides his R forearm underneath B's L forearm and gently grabs B's L elbow (getting ready to roll back if B pushes).



6. Now B pushes W's L forearm, then W rolls B back and to W's left as B pushes.



At this stage, the moves of B and W are reversed, as well as their hands. When W rolls back B to the side, B will press with his R hand on the inside of his L forearm, and then exchange his R arm for his L by sliding the R forearm over the top of his L forearm (see 4 above). Both players should practice with alternative hands forward. After getting the standing sequence down, then the partners practice walking back and forth doing the sequence as follows:

W starts with weight on rear but hands in pushing position, B with weight forward but ready to roll back, B's right hand on W's left elbow

FIRST SEQUENCE:

First step: W forward, B backward:

W pushes B

B rollbacks W's push

Second step: W forward, B backward:

W presses B

B sinks W's press with wrists' edge

Third step: W forward, B backward:

W separates hands: with W's left arm rolling up and replacing contact with B's right arm, then

W places right hand on B's left elbow

REVERSE SEQUENCE:

First step: B forward, W backward:

B pushes A

W rollbacks B's push

Second step: B forward, W backward:

B presses A

W sinks B's press with wrists' edge

Third step: B forward, W backward:

B separates hands: with B's left arm rolling up and replacing contact with W's right arm, then B places right hand on W's left elbow

GO TO FIRST SEQUENCE AND REPEAT