

Teaching Da Lu (Large Roll Back moving pushing hands)

First variation. Large Roll Back #1 followed by Large Roll Back #1.

The important points are:

1. Stepping and angling: Step so that you are rolling your opponent into either his front or back open door. Take no more than four steps. The more you step, the more chance your opponent has to attack you.
2. Warding off: Before you can step, you must disrupt your opponent's center by warding off up toward his face. Your arm moves up, but do not allow your body to rise up and weaken your root.
3. Grinding rather than pulling. Large Roll Back #1 works by grinding the opponent's tendon, not by pulling him.
4. Practice on the right side and the left side. When you are proficient on each side, practice changing sides using the smear technique (DPH#5)

Second variation. Large Roll Back #1 followed by Press.

The important points are:

1. Neutralizing and Warding off as above.
2. Stepping to occupy the open door so that the press penetrates the opponent's center

Third variation. Large Roll Back #2 followed by Large Roll Back #2.

The important points are:

1. Neutralizing: Bring the arm being rolled back in close to your body and circle it up to ward off towards opponent's face. Be careful not to allow the opponent to take your arm behind you.
2. Changing sides: Bring your free hand to cover and pluck the opponent's hand on your elbow, then neutralize as above. Changing sides can be practiced in stationary mode.

Fourth variation. Mixing the techniques. Add Small Roll Back, Smear and other neutralizations that can be followed by the Roll Backs or Press and vary the techniques.