

## ***Eight Basic Stances***

Horse Stance  
(Ma Bu)



Mountain Climbing Stance  
(Deng Shan Bu)



Sitting on Crossed Legs Stance  
(Zuo Pan Bu)



Four-Six Stance  
(Si Liu Bu)



Tame The Tiger Stance  
(Fu Hu Bu)



False Stance  
(Xuan Ji Bu)



Golden Rooster Standing on One Leg  
(Jin Gi Du Li)



Squat Stance  
(Zuo Dun)

