

Stance Drill



1. Void Stance
Front View
wújíbù
無極步



1. Void Stance
Side View
wújíbù
無極步



2. Horse Stance
Front View
mǎbù
馬步



2. Horse Stance
Side View
mǎbù
馬步



3. Bow Stance
Front View
gōngbù
弓步



3. Bow Stance
Side View
gōngbù
弓步



4. Empty Stance
Front View
xūbù
虛步



4. Empty Stance
Side View
xūbù
虛步

Stance Drill



5. Rest Stance
Front View

xiēbù
歇步



5. Rest Stance
Side View

xiēbù
歇步



6. High Rest Stance
Front View
gāoxiēbù

高歇步



6. High Rest Stance
Side View
gāoxiēbù

高歇步



7. Reclining Stance
Front View

pūbù
仆步



7. Reclining Stance
Side View

pūbù
仆步



8. One Legged Stance
Front View

dúlìbù
獨立步



8. One Legged Stance
Side View

dúlìbù
獨立步