

Ma Bu 馬步



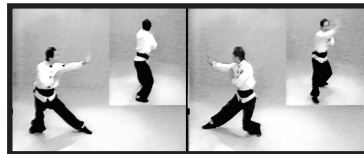
Horse stance  
Le Cavalier

Deng Shan Bu 登山步



Climbing the mountain  
Escalader la montagne

Si Liu Bu 四六步



Four-Six Stance  
6-4

Jin Ji Du Li 金雞獨立



Golden rooster stands on one leg  
Le coq doré perché sur une patte

Tun Bu 吞步



Swallow stance  
Position d'absorption

Qi Lin Bu 麒麟步



Unicorn stance  
La Licorne

Xuan Ji Bu 玄機步



Tricky stance  
La position fausse

Fu Hu Bu 伏虎步



Tame the tiger  
Dompter le Tigre

Zuo Pan Bu 坐盤步



Sitting on cross legs stance  
S'asseoir sur la jambe croisée

Zuo Dun 坐蹲



Squat stance  
Position accroupie