



**YMAA**  
**BOSTON**

# Taiji Basic Stances



Ma Bu  
(Horse Stance)



Deng Shan Bu  
(Mountain Climbing Stance)



Si Liu Bu  
(4/6 Stance)



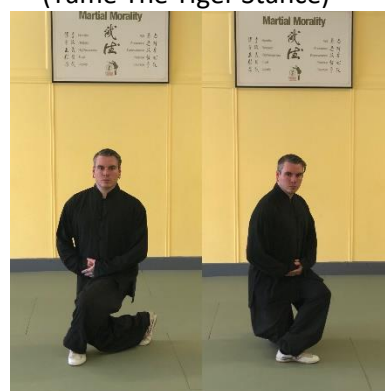
Fu Hu Bu  
(Tame The Tiger Stance)



Jin Ji Du Li Bu  
(Golden Rooster Stands On  
One Leg)



Xuan Ji Bu  
(False Stance)



Zou Pan Bu  
(Sitting On Crossed Leg  
Stance)