

STANCE SET 1

Theme: There are 22 stances in this set. This set is showing transitions between stances. Hidden within this set are a number of foot maneuvers that you need in order to move from one stance to another. This set teaches flow and smooth transitions from one stance to another. You will recognize the stance switches from both techniques and forms.

Facing 12:00: Meditating horse stance (Scholar and the Warrior)

1. Attention stance
2. Left leg to Horse stance
3. Left leg back into Right Neutral Bow
4. Right leg back into Right 45° Cat Stance
5. Right leg back into Horse Stance
6. Right leg back into Left Neutral Bow
7. Left leg back into Left 45° Cat Stance
8. Left leg back into Right Twist Stance
9. Unwind into Right Neutral Bow
10. Right leg back into Left Twist Stance
11. Unwind into Left Neutral Bow
12. Rotate into Left Reverse Bow
13. Rotate in-place into Left Forward Bow
14. Front to Back Switch (concave stance in transition)
15. Rotate into Right Reverse Bow
16. Rotate in-place into Right Forward Bow
17. Into Right Rotating Twist Stance
18. Step-thru forward to a side horse stance
19. Into Left Rotating Twist Stance
20. Unwind into Left Neutral Bow
21. Left leg back into a meditating Horse Stance
22. Left leg in to Attention Stance

Stances Used

- Horse
- Attention
- Cat
- Neutral
- Forward
- Reverse
- Concave
- Side Horse
- Twist