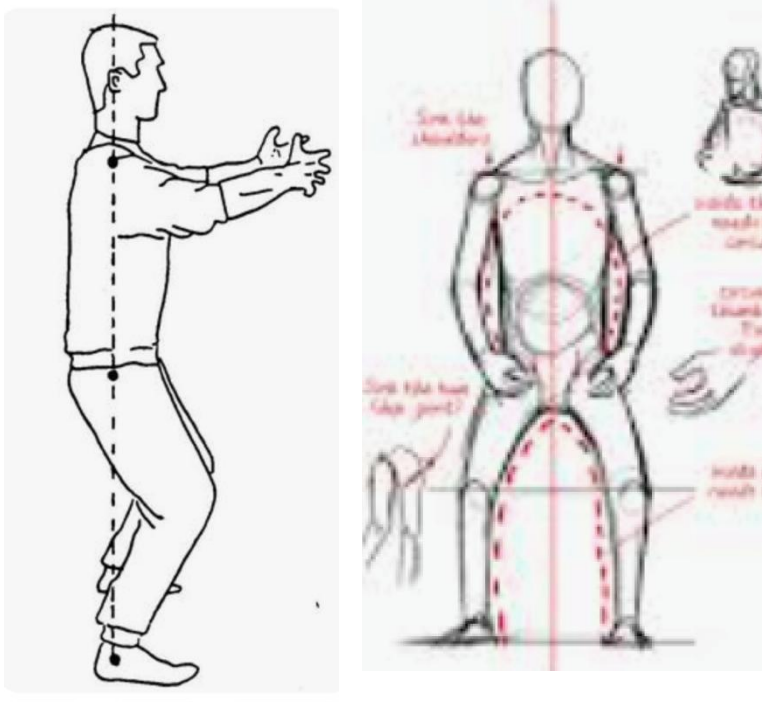


A few Basic Stances in Tai Ji Quan

The horse stance and the bow stance are two very basic stances in Tai Ji quan and Qigong. For example, at the beginning of the Tai Ji Quan, you start with the horse stance. I hope that the following drawings can help you understand these two stances better and to get the techniques right.

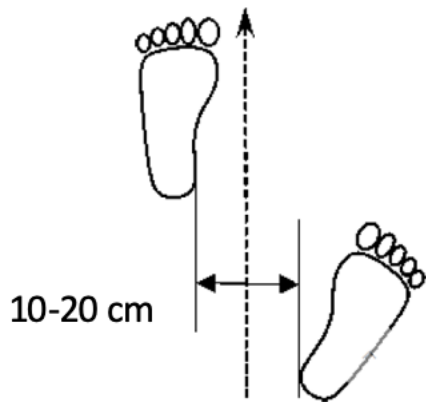
Horse Stance:



Above drawings illustrated the front and side view of the horse stance. You do not need to pay attention to hands and arm, because they can be put to different positions.

Bow Stance:

In Tai Ji quan, you will frequently finish a movement with Bow stance, such as in step 4, steps 6, step 10, etc.



As is shown in Figure 2, the front foot (either right or left) points to the front where you are facing, the toes of the back foot(either left or right) turn 45 degree away from the front foot. Your upper body is straight. Make sure to relax your should and hips.