

**BASIC STANCES & STANCE DRILLS [EXCERPT] GRANDMASTER LEE KAM
WING'S NORTHERN MANTIS KUNG-FU**

LINK: https://youtu.be/3_4cjlo47Uw

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[00:00] - Basic Stances

JOHN CHENG: As in any martial arts style the different stances form the foundation of the style.

What Master Lee is demonstrating here is the Ma Bou (馬步) also known as the Horse Stance, left sided, then right sided.

However the motion here is a symmetrical motion in terms of balance evenly distributed 50% to the left and also 50% to the right.

The next stance is Dang Saan Bou (登山步).

The left side, 70% of the weight is distributed to the front leg whereas 30% is distributed to the rear leg and you see 30 the rear leg is not totally straight probably about 10 degrees in flexion.

This is also known as the Hill-Climbing Stance also known as Dang Saan Bou (登山步).

The next stance is Seven-Star Stance, Chut Sing Bou (七星步).

The weight is distributed 80 to 90% in the rear leg 10% in the front leg.

Notice that the point of contact to the ground is the left heel.

Again this is the Seven-Star Stance, Chut Sing Bou (七星步).

The next stance we'll demonstrate is Tan Taap Bou (吞塌步), also known as Collapsing Stance.

Here the right leg is extended.

The rear leg carries again 80% of the weight.

The right leg carries about 20% of the weight.

Alternatively on the other side, the Tan Taap Bou (吞塌步) again, also known as Collapsing Stance.

80% of the weight is on the right leg, 10% about 20% on the left leg.

The next stance is what we call the Circle-Entering Stance which is Jap Waan Bou (入環步).

Left side.

In this stance the right knee is placed close in contact with the left ankle.

That was the left Circle-Entering Stance.

The right Circle-Entering Stance involves flexion of the knee.

It's about 90 degrees.

The left knee contacting or slightly touching the right ankle.

The next stance is Kwaa Fu Bou (跨虎步).

Tiger-Riding Stance.

Here 90% of the weight is distributed in the rear leg and 10% in the front leg.

Again Kwaa Fu Bou (跨虎步).

This stance enables easy kicking and different transitions as in retreating and advancing.

Next stance would be Lau Ma Bou (扭馬步) which is the Cross-Leg Stance.

Here involves a twisting motion of the torso, the left knee touching the posterior aspect of the right knee, and also the other side.

Lau Ma Bou (扭馬步).

This action is used in twisting, in generating power, in offensive and defensive fashion.

And the last basic of the horse stances is the Jyun Hau Bou (猿猴步), is a Monkey Stance.

Here the weight is actually distributed quite centrally with the rear leg and the front leg slightly flexed.

This technique, this stance is used in several techniques in which involves grabbing in different transitional movements that we'll see later on in our future tapes.

[03:33] - Stance Drills

JOHN CHENG: Now if you've already learned your basic stances, the next step are utilizing the stances and what we call stance drills and including movement.

I feel like this is a very extremely important drill and so does Sifu Lee, to develop dexterity and movement and your footwork.

You'll see different stances involved with the Horse Stance and now is the Forward Stance moving forward and backwards.

This is the Tiger-Riding stance moving backwards retreating, shifting the leg backwards and forwards.

The stance drill, Horse Stance drill, shifting the foot right and also to the left involving elbow strikes.

It's nice to practice this drill up and down the floor of your school.

Next stance drill is the Forward Stance.

Involving a right Upward Block and a Reverse Punch.

Alternating between the left and right arms.

Tiger-Riding Stance retreating in a ready position.

As you practice more and more you'll feel more comfortable in movements moving forward and backwards.

Getting used to the timing will be very important.

[05:23] - END OF TRANSCRIPT