

## **The Six Pillars**

1. Embrace the Moon (Cat Stance)
2. Part the Wild Horse's Mane (Bow Stance)
3. Humble Warrior (Drop Stance)
4. Clearing Stretch (Cat Stance)
5. Leaning Pagaoda (Parallel Drop Stance)
6. Twisted Dragon (Cross Stance or Dragon Stance)

Closing Wu Ji Stance