

## EIGHT PIECES OF BROCADE (BA DUAN JIN 八段錦)

The eight individual movements of this form impart a silken quality (like that of a piece of brocade) to the body and its energy. They are primarily designated as a form of the medical qigong meant to improve health. Anyone practicing Ba Duan Jin will easily see the stretching and strengthening benefits. It remains one of the major training programs in the famous Shaolin Temple in Henan, China.

### #1 - 兩手托天理三焦 **Two Hands Hold Up the Heavens:**

In performing this piece raise hands traveling up the center of the body ending with palms up above your head, then lower arms to the side and repeat.



This movement stimulates the “**Triple Burner**” meridian.

- **Upper burner:** Corresponds to the thoracic cavity, is associated with respiration, and includes the lungs and heart.
- **Middle burner:** Corresponds to the upper dorsal cavity, is associated with digestion, and includes the stomach and spleen.
- **Lower burner:** Corresponds to the lower dorsal cavity, is associated with elimination and includes the large intestines, small intestines, kidneys, and bladder.

This exercise is a simple way to:

- Deepen breathing and cleanse the lungs.
- Balance the respiratory, digestion and elimination systems
- Help prevent sickness, weight control, correct the posture.

### #2 - 左右開弓似射鵞 **Drawing a Bow to Shoot the Vulture:**

In performing this piece squat in a low horse stance and imitate the action of drawing a bow to one side, then the other.



This exercise:

- Opens the chest area, and works for the lungs and heart. In TCM, (Traditional Chinese Medicine) the lungs connect to the skin.
- Turning your neck to the left and to the right massages the acupuncture points of the neck and improve the blood circulation around the neck.
- Strengthens your upper burner, upper arms, shoulders and leg muscles.

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### #3 - 調理脾胃腕单拳 **Raising One Arm and Heal the Stomach, Spleen & Pancreas:**



In performing this piece stretch one arm with palm up above your head and one arm with palm down at your side twisting slightly to the side, then repeat side to side.

This exercise helps strengthen the stomach, spleen & pancreas. Improve digestion.

Movements pressing up to the heaven raise the qi to the dantian (Yang energy) and downward movements to the earth lower the qi to the legs (Yin energy).

It is recommended to repeat this exercise during the summertime as icy cold drinks weaken the stomach and spleen.

### #4 - 五劳七傷往後礁 **Look Back and Heal the Fatigue of the Five Organs and Balance the Seven Emotions:**



In performing this piece twist to the left leading with hip, then shoulder, then head. Return to center and repeat to right side. Imagine yourself as a wise owl turning his head from side to side.

This exercise:

- Exercises the neck muscles.
- Relieves the exhaustion of the Five-Yin organs and injuries caused by the Seven Emotions.
- Increases blood circulation, makes you relax, removes eye strain and controls blood pressure.

The feeling here is a massaging of the organs created by the spinal twisting.

### #5 - 搖頭擺臂去心火 **Sway the Head, Shake the Tail, then Calm Your Fire in Your Heart:**



In performing this piece stand with feet slightly more than hip width apart, places hands on kidneys and rotate from the hips leaning forward, right, back, left and return to front. Repeat several times and then switch directions.

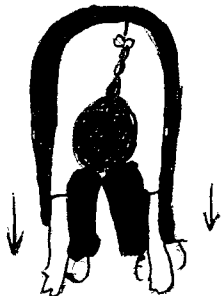
This exercise:

- Helps regulate the function of the heart. Its primary aim is to remove excess heat (or fire) from the heart.
- Helps relieve stress.

The key feeling is a massaging of the lower spine as your head bends forward and the sternum as the head bend back.

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### #6 - 兩手攀足固腎腰 **Two Hands Touch the Feet to Strengthen the Kidneys and Lower Back:**

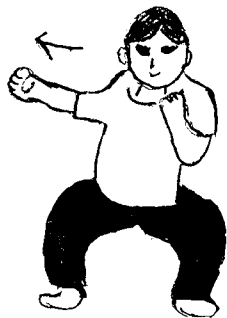


In performing this piece raise hands to the sky arching back and then bending forward at the waist trying to touch your feet, or as low as you can go. Hold position for a couple of seconds and then raise up again. If you have high blood pressure try not to bend your head too low.

This exercise:

- Helps open the lower back.
- Massages the kidney.

### #7 - 攢拳怒目增氣力 **Clench the Fists with Angry Eyes to Raise Your Qi:**

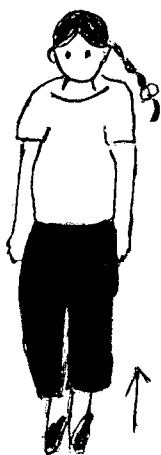


In performing this piece squat in a low horse stance with fists at sides. Punch forward on alternating sides.

This exercise:

- Increases vitality and muscular strength.
- Helps lower blood pressure.

### #8 - 背後七顛百病消 **Bouncing on the Toes:**



In performing this piece raise up on the toes (inhale) and drop on the heels with a small rocking motion on landing (exhale). Repeat seven times.

This exercise:

- Helps activate the organs thru the gently shaking vibrations of the spine.
- Helps prevent any kind of illness.
- Helps increase your qi flow.