

EIGHT BROCADES PRACTICE (*Baduanjim Qigong*) 08262020 (Similar to t Brocades taught by Mimi Kuo-Deemer on YouTube)

Bend, and sink only as far as comfortable for you! Do each practice 3- 7 times

1. *Two Hands Hold Up the Heavens*

TRIPLE HEATER/TRIPLE WARMER-Reduce stress/act appropriately in any situation

Interlock fingers, sink and, and inhale as you press palms up above your head, pushing up; exhale as you rise and bring your palms back to the top of your head. Repeat sequence with palms down. Clear.

2. *Separate Heaven and Earth*

STOMACH AND SPLEEN-Reduce anxiety/cultivate a balanced lifestyle

Hold the ball at solar plexus and inhale. Exhale as your left hand pushes down as right hand pushes up. Inhale as you change direction of arms. Exhale as right hand pushes down and left hand pushes up. Reverse and repeat. Clear.

3. *Drawing the Bow*

LUNGS LIVER HEART-Strengthen your organs/live with intention, inspiration, vision

Widen feet into horse stance. Bring backs of hands together in soft fists. Inhale and sink as right hand pull the bow & left hand shoots the arrow. Reverse. Eyes follow hands. Clear.

4. *Wise Owl Looks Back*

HEAD NECK SHOULDERS-Reduce tension in neck, shoulders & spine/strengthen intuition/nurture the brain

Inhale and sink as head turns to the left, & hands open with palms facing away from the body. Exhale and rise as head returns to face center & hands face inward again, palms facing the body. Clear.

5. *Sway the Head and Shake the Tail*

HEART-Soothe an overexerted burnt out heart/restore balanced and harmonious heart fire

Widen the feet into horse stance. Sink and rest your palms on your thighs and inhale. Exhale bend down towards the right leg keeping your back straight, chest facing the ground, and swing to the left leg. Inhale as you straighten up; exhale as you move slowly move your upper body back towards your right leg. Reverse and repeat. Clear.

6. *Two Hands Hold Feet to Strengthen Kidneys*

KIDNEY BLADDER-Reduce symptoms of aging/Increase inner strength, tenacity, inner stillness, and wisdom

Begin with hands on kidneys. Exhale as you draw them down the backs of the legs (bladder meridian) as far down as you are comfortable. Shift the hands to the inside of the legs(kidney meridian) and inhale as you draw them up to the top of the kidney meridian (located just below the in the small cavity just below the inside edge of the collar bone) and tap several times. Repeat. Clear.

7. ***Clench the Fist and Gaze Fiercely/with Strong Intention***

LIVER-Reduce stress and feelings of being stuck/Nurtures creativity, kindness, moving forward, and appropriate and healthy expression of anger

Widen feet slightly. Draw both fists back to the sides at hip level. Focus your gaze on a distant point in front of you and inhale. Sink, exhale, and punch the right fist forward sending the energy towards the point you have chosen. Relax shoulders. Rise up, return to center, and inhale. Reverse and repeat. Clear.

8. ***Open the Spine and Smooth Out the Energy***

SPINE/SETTLING THE Qi-Reduce tension in spine and body/open spine and increase flow of spinal fluid and qi, reduce stress/strengthen immune system

Inhale, then bend forward (only as far as you are comfortable), exhale, and feel the back of your body open. Inhale and stand up, bringing your shoulder blades together as you feel the front of your body open. **KEEP YOUR CHIN DOWN AND DO NOT BEND YOUR NECK BACKWARDS.** Return to center and bounce several times on your heels and smile.

End with standing meditation

Baduanjin qigong

From Wikipedia, the free encyclopedia

The **Baduanjin qigong**(八段錦) is one of the most common forms of Chinese [qigong](#) used as exercise.^[1] Various translations as **Eight Pieces of Brocade**, **Eight-Section Brocade**, **Eight Silken Movements** or **Eight Silk Weaving**, the name of the form generally refers to how the eight individual movements of the form characterize and impart a [silken](#) quality (like that of a piece of [brocade](#)) to the body and its [energy](#). The Baduanjin is primarily designated as a form of medical qigong, meant to improve health.^[2] This is in contrast to religious or martial forms of qigong. However, this categorization does not preclude the form's use by martial artists as a supplementary exercise, and this practice is frequent.^[2]

History

This exercise is mentioned in several encyclopedias originating from the [Song Dynasty](#). The *Pivot of the Way* (Dao Shi, c. 1150) describes an archaic form of this qigong.^[3] The *Ten Compilations on Cultivating Perfection* (Xiuzhen shi-shu, c. 1300) features illustrations of all eight movements. The same work assigns the creation of this exercise to two of the [Eight Immortals](#), namely [Zhongli Quan](#) and [Lü Dongbin](#).^[3]

The exercise was later expanded from eight to twelve movements over the centuries and was described in the boxing manual *Illustrated Exposition of Internal Techniques* (1882) by Wang Zuyuan, a famed practitioner of the [Sinew Changing Classic](#) set.^[3]

Nineteenth century sources attribute the style to semi-legendary Chinese folk hero General [Yue Fei](#),^[4] and describe it as being created as a form of exercise for his soldiers. The legend states he taught the exercise to his men to help keep their bodies strong and well-prepared for battle.^{[5][6]} Martial historian Prof. [Meir Shahar](#) notes Yue's mention as a lineage master in the second preface of the *Sinew Changing Classic* manual (1624) is the reason why he was attributed as the creator of Baduanjin qigong.^[4]

The sections

The Baduanjin as a whole is broken down into eight separate exercises, each focusing on a different physical area and [qi meridian](#). The Baduanjin traditionally contains both a standing and seated set of eight postures each. In the modern era, the standing version is by far

the most widely practiced. The particular order in which the eight pieces are executed sometimes varies, with the following order being the most common.

Standing

Two Hands Hold up the Heavens (Shuang Shou Tuo Tian)

This move is said to stimulate the "Triple Burner" aka "Triple Warmer" or "Triple Heater" [meridian](#) (Sanjiao). It consists of an upward movement of the hands, which are loosely joined and travel up the center of the body.

Drawing the Bow to Shoot the Eagle / Hawk / Vulture

While in a lower [horse stance](#), the practitioner imitates the action of drawing a bow to either side. It is said to exercise the waist area, focusing on the kidneys and spleen.

Separate Heaven and Earth

This resembles a version of the first piece with the hands pressing in opposite directions, one up and one down. A smooth motion in which the hands switch positions is the main action, and it is said to especially stimulate the stomach.

Wise Owl Gazes Backwards or Look Back

This is a stretch of the neck to the left and the right in an alternating fashion.

Sway the Head and Shake the Tail

This is said to regulate the function of the heart and lungs. Its primary aim is to remove excess heat (or fire) (xin huo) from the heart. *Xin huo* is also associated with heart fire in [traditional Chinese medicine](#). In performing this piece, the practitioner squats in a low horse stance, places your hands on your thighs with the elbows facing out and twists to glance backwards on each side.

Two Hands Hold the Feet to Strengthen the Kidneys and Waist

This involves a stretch upwards followed by a forward bend and a holding of the toes.

Clench the Fists and Glare Fiercely (or Angrily)

This resembles the second piece and is largely a punching movement either to the sides or forward while in horse stance. This, which is the most external of the pieces, is aimed at increasing general vitality and muscular strength.

Bouncing on the Toes

This is a push upward from the toes with a small rocking motion on landing. The gentle shaking vibrations of this piece is said to "smooth out" the qi after practice of the preceding seven pieces or, in some systems, this is more specifically to follow Sway the Head and Shake the Tail.