

# The Eight Pieces of Brocade

Ba Duan Jin (The Eight Pieces of Brocade) was developed during the twelfth century by the famous general Yueh Fei (who also created the Hsing I internal martial art) as a way to strengthen the body, to balance the vital functions and to drive stagnant energy and toxins from the system. Pa Tuan Chin is a very popular Chi Kung set, ideal for beginners. Although simple, these exercises have a lot to offer. By involving your mind in your Chi Kung practice you will get their full benefits. But, even by practicing the set as simple physical exercises, the Pa Tuan Chin routine will loosen your muscles, improve your posture, enhance your blood circulation, and relax you.

Each exercise should be repeated 12 times. You may start off with 6 times each and add more repetitions. The ancient texts recommend 24 to 36 repetitions each.

## 1. Palms raised to Heaven [to regulate the Triple Burner]

Stand in the Horse Stance, empty the lungs and relax. Inhale and raise the hands palms up slowly. When the palms reach heart level turn them around to face upwards and continue raising them. Palms are raised to heaven upon completion of inhalation. Stretch all the way up lifting the heels off the ground. Exhale smoothly while bringing back the arms slowly down to the sides and lower both heels to return to a standing position with hands relaxed at the sides.



兩手托天理三焦

**Benefits:** Balances energy in all the internal organs (The Triple Burner refers to the Heart, Lungs and Stomach).



左右開弓似射鵝

## 2. Drawing the Bow

Stand in a lower Horse Stance. Relax your hands and lift them up to the chest area. As you breathe in, push out with one hand while pulling back the other as though shooting with a bow and arrow. Repeat the procedure for both sides. Breathe in when pulling back breathe out when returning to the center.

**Benefits:** Realigns the back muscles and the spine. Strengthens the muscles of the arms abdomen, back and legs. Promotes overall good health and vitality.

## 3. Separating Heaven and Earth

Stand in the Horse. Bring the hands below the navel with palms facing up the sky. Inhale while raising both hands together up to heart level. When the hands reach the heart and the breath is full, turn one palm out and around 360 degrees so that it faces the sky and continue raising it, and turn the other palm in and around 180 degrees so that it faces the ground and bring it down. Exhale while you turn both palms around and slowly bring them back to heart level. Breathe and reverse sides.



調理脾胃須舉

**Benefits:** Invigorates the torso with energy from the heavens and from the earth. Opens the chest for deeper breathing.



五勞七傷往復頭

#### 4. The Wise Owl Gazes Backward

Stand upright, feet together and look to the far distance. Breath in. Turn the head to one side following with eyes to look behind you. Keep the trunk of the body straight. Repeat this head turning routine for both sides. Breathe out when turning, breathe in when returning.

**Benefits:** Exercises the neck and eyes muscles, releases tension. Nourishes the internal organs with vital energy and freshly oxygenated blood.

#### 5. Shake the Head and Swing the Tail [to Expel Fire from the Heart]

Stand in a low Horse Stance. Place your hands on top of your knees.

Shift your weight to your left leg and press down heavily with your hand.

Turn your head to the left side and look backward while extending your right leg.

Repeat the same thing on the other side.



搖頭擺尾去心火

**Benefits:** Expels Fire Energy from the system by drawing it out through the lungs and energy gates.



兩手舉足固腎腰

## 6. Press the Earth, Touch the Sky

Stand in the Horse.

Exhale slowly through the mouth, lean forward and bend down.

Inhale and rise slowly, raising your arms upward over your head, with the palms facing each other.

Exhale smoothly, relax the shoulders while bringing the arms down the sides with the palms down and turned outward.

Inhale in the Horse Stance.

**Benefits:** Stretches and tones the entire spinal column. Promotes the circulation of freshly oxygenated blood to the brain. Balances energy flow between the front and back and the upper and lower parts of the body.

## 7. Punching with Angry Eyes

Stand in a lower Horse Stance. Hold your fists beside your waist.

Extend one arm to the side in a twisting punch motion. Glare fiercely at an imaginary opponent. Imagine that energy is projected from the fist.

Your other hand stay beside your waist in a tight fist.

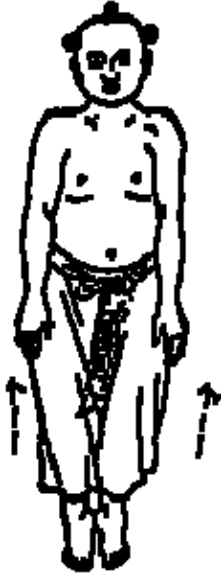
Bring the extended arm back, repeat on the other side.

Exhale as you punch, inhale as the arm moves back.



擗拳怒目增氣力

**Benefits:** Angry and tense feelings are dispelled. Additional oxygen is supplied to the blood.



背後七類百病消

### 8. Lifting Up the Heels

Stand in the Horse and look straight in the distance. Let your arms hang loosely at your sides. Make sure your shoulders are relaxed, and empty your mind of all thoughts. Lift the heels off the ground as you inhale. Remain stable using the toes for balance. Lower the heels back to the ground as you exhale. Repeat the procedure breathing in when lifting the heels and breathing out when lowering them.

**Benefits:** Generates waves of energy, improves blood flow to the internal organs, which helps detoxify them. Enhances the balance and coordination. Draws terrestrial energy up from the earth through the Bubbling Spring on the soles.

*Plaza Fitness at Stuyvesant Plaza, Albany Qigong and all instructors shall have neither liability nor responsibility to any person or entity with respect to loss or damage caused, or alleged to be caused, directly or indirectly, by reading or following the instructions on this website or at Albany Qigong's locations. Qigong practice is not intended to replace orthodox medicine, but rather complement it. You should ask your doctor before beginning any Qigong practice.*

The Eight Pieces of Brocade Class is 4:00 PM on Tuesdays