

The 8 Pieces of Brocade

Ba Duan Jin

Shaolin Version

Stand in Wuji posture

Opening:

- Raise the palms to join the Qi together
- Raise the palms slowly just like lifting the Sun
- Join the hands at the point of the Bahui
- Drop the hands to the chest and exhale slowly to regulate the internal organs
- Release hands to your sides. Draw the hands back up to the level of the lower dan tian and hold in position with palms facing up. (*Men should have left hand on top of right, women right hand on top of left*).

Form 1 (8 times)

Uphold Heaven with the hands to alleviate the Sanjiao

Lift all your Qi out to the world. Bring hands to bahui point

The sanjiao

In Chinese the sanjiao means the three cavities. The xin-heart and the fei-lung are in the upper jiao (the chest), and they transport qi and blood to all parts of the body in order to nourish the body. The pi-spleen and stomach are in the middle jiao (the epiastrum) and they digest and absorb food. The shen-kidney and bladder are in the lower jiao (the hypogastrum) and they control water metabolism and the storage and excretion of water. The sanjiao is also sometimes called the triple warmer organ. This is because the three body cavities are intended to control the body temperature.



Join the fingers and raise arms slowly above the head with palms facing up (inhaling). Stretch the arms and body. Let hands descend to rest on top of your head or bahui point (exhaling).

On final movement stretch arms above the head (inhaling) and release the arms to your side (exhaling). Return hands to lower dan tian position (palms facing up at lower dan tian).

This exercise helps harmonize the Earth element (spleen & stomach)

Form 2 (8 times)

Draw the bow to shoot the hawk – lungs



Fig. 3

Step out with your right foot to widen your stance. Sweep your right arm across your body and begin shifting your weight into your right leg as your right arm begins to pull the imaginary bow string. Your left arm should extend to your left side with the first and middle fingers extended (sword fingers). You are aiming up into the sky. Switch sides by beginning to sweep the left arm across your body and shift your weight into your left leg. Pull the bow string with your left arm and extend the right. Inhale when opening & expanding, exhale when switching sides & contracting.

Close by stepping your right foot back in to shoulder-width distance. Inhale and draw your arms up on both sides. Exhale and wash down the front of your body. Return palms to lower dan tian position.

This exercise harmonizes the metal element (lungs).

Form 3 (8 times)

Separate Yin & Yang – Harmonize the spleen & stomach



Fig. 4

Raise left hand overhead with palm up and fingers pointing inwards while pressing right hand downward with palm facing the floor and fingers pointing forward. The right hand should be slightly behind the body when fully extended. Switch and raise the right palm above the head while pushing the left palm towards the ground. Inhale when separating & stretching, exhale when contracting and switching hand positions.

On the final repetition inhale with right hand up and left hand down, exhale in position. Inhale and raise the left arm above the head, exhale while washing both hands down to the sides. Return palms to lower dan tian position.

Form 4 (8 times)

Looking backward for the prevention of consumption (tuberculosis)

Step out to the right to slightly widen your stance. Drop both hands down in front of the left leg. Sweep both arms up on the right, above the head, and down the left side (while inhaling). Twist the upper part of your body until you are facing backwards, place the left hand on the right hip and the right hand on the left hip (exhale).

Gently unwind until you are facing forward and both hands are in front of the right leg. Sweep both arms up on the left, above the head, and down the left side (while inhaling). Twist the upper part of your body until you are facing backwards, place the left hand on the right hip and the right hand on the left hip (exhale).

After the final repetition, inhale while raising the arms extended to each side. Exhale and wash down the front of the body. Return palms to lower dan tian position.

Form 5 (8 times)

Holding the fists tightly and staring with angry eyes to increase strength and eliminate anger. Practice slowly & with willpower. The punching hand passes over the hand pulling the Qi back in towards the body



Step out with your right foot to widen your stance. Curl your hands into fists and hold them at the hips. Glare as if angry. Punch with the left hand and exhale loudly through the mouth. Relax the hands and eyes, and begin drawing the left hand back towards the body (gathering Qi). Inhale as the left hand continues to pull back. Clench the fists and punch with the right hand while exhaling loudly. (My preferred method is to do four punches with each hand to the front and then four punches with each hand to the left and right sides).

After the final repetition step back in until the feet are shoulder-width apart. Inhale while raising the arms extended to each side. Exhale and wash down the front of the body. Return palms to lower dan tian position.

This exercise harmonizes the wood element or liver.

Form 6 (8 times)

Jump with toes to prevent all kinds of illness



Interlock your fingers and place the back of your hands over your kidney area (lower back). Inhale and come up as high as you can on your toes. Exhale, drop and allow your feet to bounce lightly. The hands slide down the back when coming up on the toes, and slide up the back when the heels drop to the floor. Rubbing the back aids the kidneys.

Inhale and draw your hands up the front of your body, exhale and wash down with the arms extended out to the sides. Return palms to lower dan tian position.

Form 7 (8 times)

Shake the head and wave the tail to rid the heart of excess fire



Step out with your right foot to widen your stance. Rest your hands on your thighs with the fingers on the inside of your legs. Inhale and rise up slightly in the center position. Stretch the left and lower your head towards the floor while rotating across and coming up on the right side. Reverse and do the opposite way.

After the final repetition step back in until the feet are shoulder-width apart. Inhale while raising the arms extended to each side. Exhale and wash down the front of the body. Return palms to lower dan tian position.

This exercise harmonizes the fire element or heart.

Form 8 (8 times)

Hold the knees with two hands to strengthen the kidneys



Join the fingers together and inhale while drawing your hands up to the level of your eyebrows. Exhale and stretch towards the toes (only stretch 70% to begin). Inhale and draw the arms up with palms close to the body. Hold breath while leaning backwards and arms outstretched. Clench through the legs and buttocks to prevent strain on lower back. Exhale as you lower arms back down.

Inhale and draw both hands up the front center of your body. Exhale while washing both hands down to the sides.

CLOSING

- Raise the palms to join the Qi together
- Raise the palms slowly just like lifting the Sun
- Join the hands at the point of the Bahui
- Drop the hands to the chest and exhale slowly to regulate the internal organs
- Slowly lower the hands to the level of the lower dan tian and rest your palms on your lower abdomen. For men have your right hand resting on top of your left hand. For women have left hand on top of right. Focus your attention on your lower dan tian area and deepen your breathing. Attempt to remain in this position until you feel warmth being generated in the lower dan tian area.

Qi Cultivation Technique

- A) Hold your hands at chest height with palms facing each other
 - 1) Picture a white balloon between your two palms
 - 2) Begin inhaling and exhaling into the balloon
 - 3) As you inhale feel your hands pull closer together; as you exhale feel the balloon expand and push your hands apart
 - 4) Stop breathing into the balloon and picture it beginning to spin between your palms. Use your hands to make the balloon spin faster.

- B) Let the balloon slowly stop spinning. Use your hands to guide the balloon down and picture pushing the balloon right through the naval into the lower dan tien.
 - 1) Use your mind to make the balloon spin in your dan tien (lower belly region)
 - 2) Make the balloon spin as fast as you can – try to notice any sensation of warmth in the lower dan tien

- C) Use your hands to guide the balloon to any area of sickness, discomfort or pain in the body. If you have no area of discomfort you may leave the balloon in the lower abdomen. (** People with high blood pressure should avoid directing the balloon to the area of the head as this may cause blood pressure to rise*)
 - 1) Picture the balloon spinning as being pure white
 - 2) Imagine the balloon slowly turning from white to black as it gathers up all the illness in your body
 - 3) Make the balloon spin as fast as you can
 - 4) Keep the balloon spinning and now picture it getting lighter and lighter until it has finally returned to being pure white again. All the sickness in your body has been destroyed.

- D) Use your hands to guide the balloon back to your lower dan tien
 - 1) Keep the balloon spinning in your dan tien for approximately one minute
 - 2) Gradually use less of your conscious mind to keep the balloon spinning and just lightly focus on your lower dan tien region

10) Closing

- a) Rub hands together until warm – wash face with palms (9 times for men, 8 times for women)
- b) Run your fingers through your hair 12 times
- c) Rub hands together again – reach under any clothing and rub the kidney area (lower back)
- d) Chomp teeth together lightly 36 times
- e) Gather up saliva in the mouth by running the tongue around the gums – swallow it in three portions
- f) Gently pat the head from front to back. Gently pat yourself down from your shoulders to your feet.

CONSCIOUSNESS ADJUSTMENT

Evening – “Tomorrow will be better than today” **Morning** – “Today will be better than yesterday”

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