

Ba Duan Jin 少林八段錦

Shaolin Qi Gong, an exercise of body and inner strength, breathing through your nose and using abdominal muscle. It will enhance the blood circulation of the body and help to provide food, oxygen and lymphatic secretions to part of the body where capillary blood vessels cannot reach, and therefore improve your health.



1. Both hands stretching upward
To stretch your limbs and body and enhance blood circulation; increase input of oxygen, energize the body; maximize expansion the lung; proper body alignment, particularly, correct the vertebrae and shoulder blade alignment; thus energize the muscle systems of the body.



2. Bending a bow with alternate hands shooting bow and arrow
Strengthen chest and back muscles; improve breathing and blood circulation; optimize metabolism; provides anti-aging impact on muscle systems.



3. Stretching one hand upward to regulate circulation of the stomach and spleen
Improve activities of the spleen and stomach; enhance digestion and movement of intestines; prevent disease in organs such as stomach and intestines; as well as relieve tension.



4. Looking back all the way to get rid of physical and emotional stress
Enhance blood circulation in the head area; reduce stress through stimulation of the brain and central nervous system; enlarge the eyeball sphere of activities; exercise muscles of the eyes.



5. Shaking the head and wagging the tail to calm down
Release tension, body tone to achieve relaxation; steady nerves and elevate mood; optimize brain activities; strengthen leg muscles and abdomen of the body; to strengthen and beautify legs.



6. Tip toeing, relaxing the body and drop repeatedly seven times, enable to drive all sickness away
This movement lightly vibrates the body organs and parts, hence stimulates the central nervous system and the brain; improve alertness and regulate mood; to strengthens body thus eliminate tiredness.



7. Touching the feet with both hands to strengthen the waist and organs in the vicinity, particularly the kidneys
These movements strengthen organs around abdomen, specially the kidneys and enrich adrenaline secretion; reduce back pain; improve bowel movements.



8. Clenching the fists with staring eyes for increasing body strength
Chest up with a glare, toes grab on the floor steadily; these movements invigorate all body muscles; stimulate cerebral cortex activities; enhance muscle development and boost up body energy.