

八段錦

Zi Gong

Eight Pieces of Brocade

Eight simple exercises for your health and longevity



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气 Qi

- The vital life force that flows through the body and is regulated by exercise and by acupuncture.

气功 Qi Gong

- System of coordinated body posture and movement, breathing, and meditation used to cultivate and balance Qi



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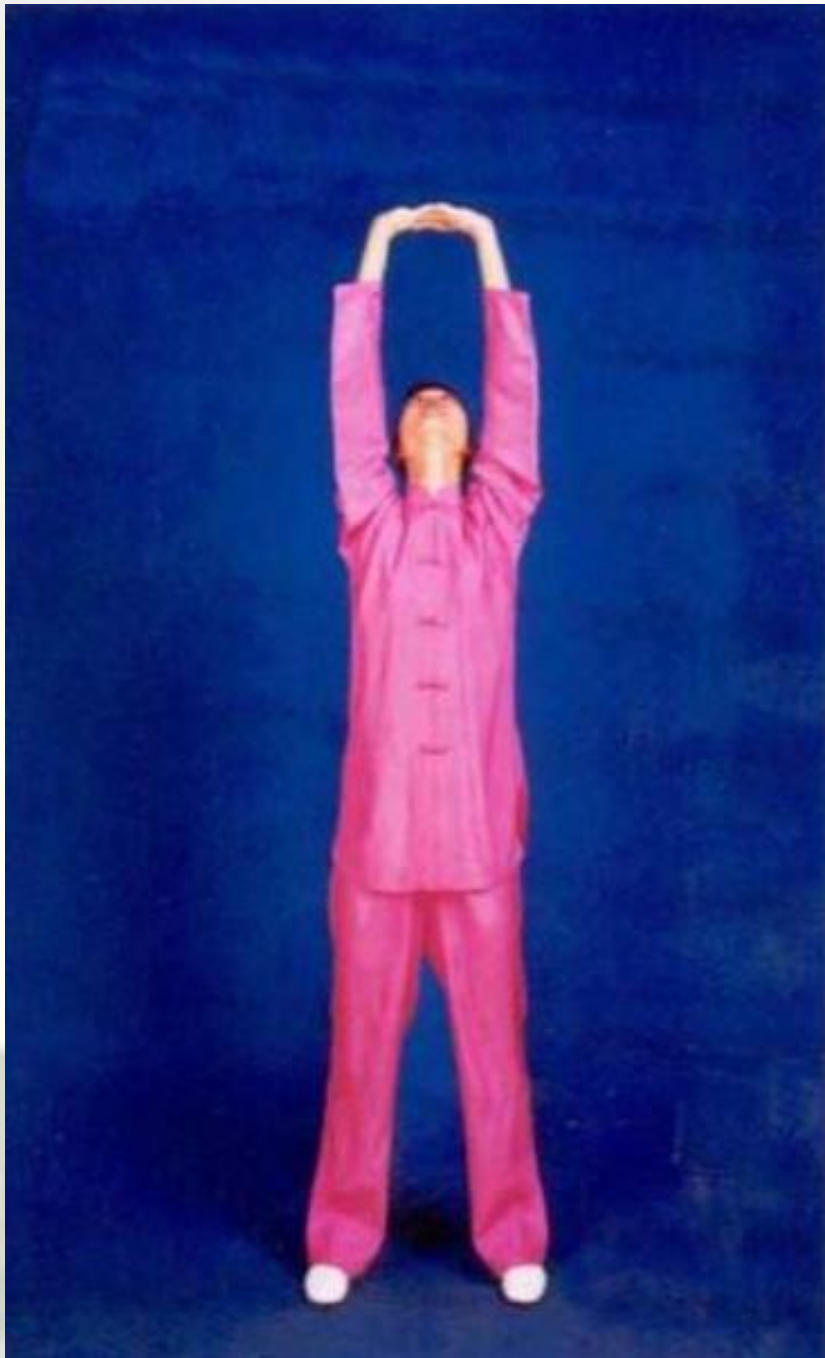
Benefits of Practicing 8 Brocades in Qigong

- Ba Duan Jin combines exercise and memory work, which gives you positive outcomes and healthy benefits for your mind, body and spirit.
- It is also good for improving your body balance, respiratory, blood circulation and immune systems.
- It feels good to stretch out your body, slow down your breathing, and relax your mind. Qigong can help you to relax when life is busy and stressful



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1. Holding the Hands High with Palms Up

- Hold the hands down with fingers enmeshed
- Move upwards, turning the wrists in front of the face
- Then raise the enmeshed hands as high as possible and stare at the sky.
- Return the hands to the bottom position by swinging separately radially
- **Benefits the flow of water, nutrients and fluid through the body**



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2. Posing as an Archer

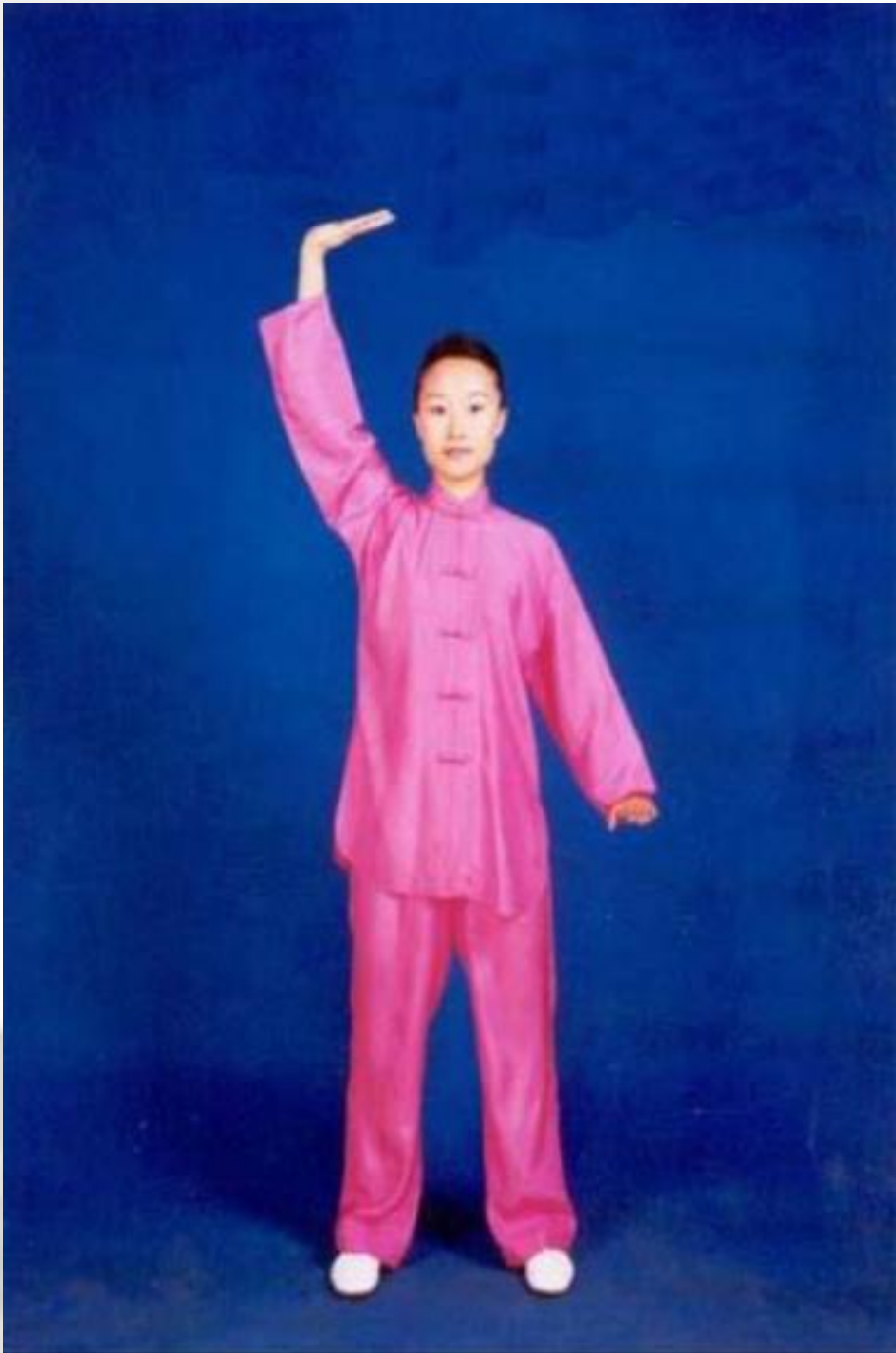
- Assume Archer position to the left
- Pull right hand fully back
- Turn to right and move weight to right leg
- Assume Archer position to the right
- **Benefits the lungs by expanding the chest and strengthening the upper body**



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3. Hold the hand aloft

- Hold the right hand high and the left hand down
- Slowly bring the right hand down and the left one up
- **Regulates the functions of Spleen and Stomach**



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4. Looking Backwards

- Hold your arms outward with fingers extended
- Turn your head fully to the left whilst still facing forward
- Turn your head fully to the right
- **Enrichs the essence and blood, calms the mind and promotes organ function.**



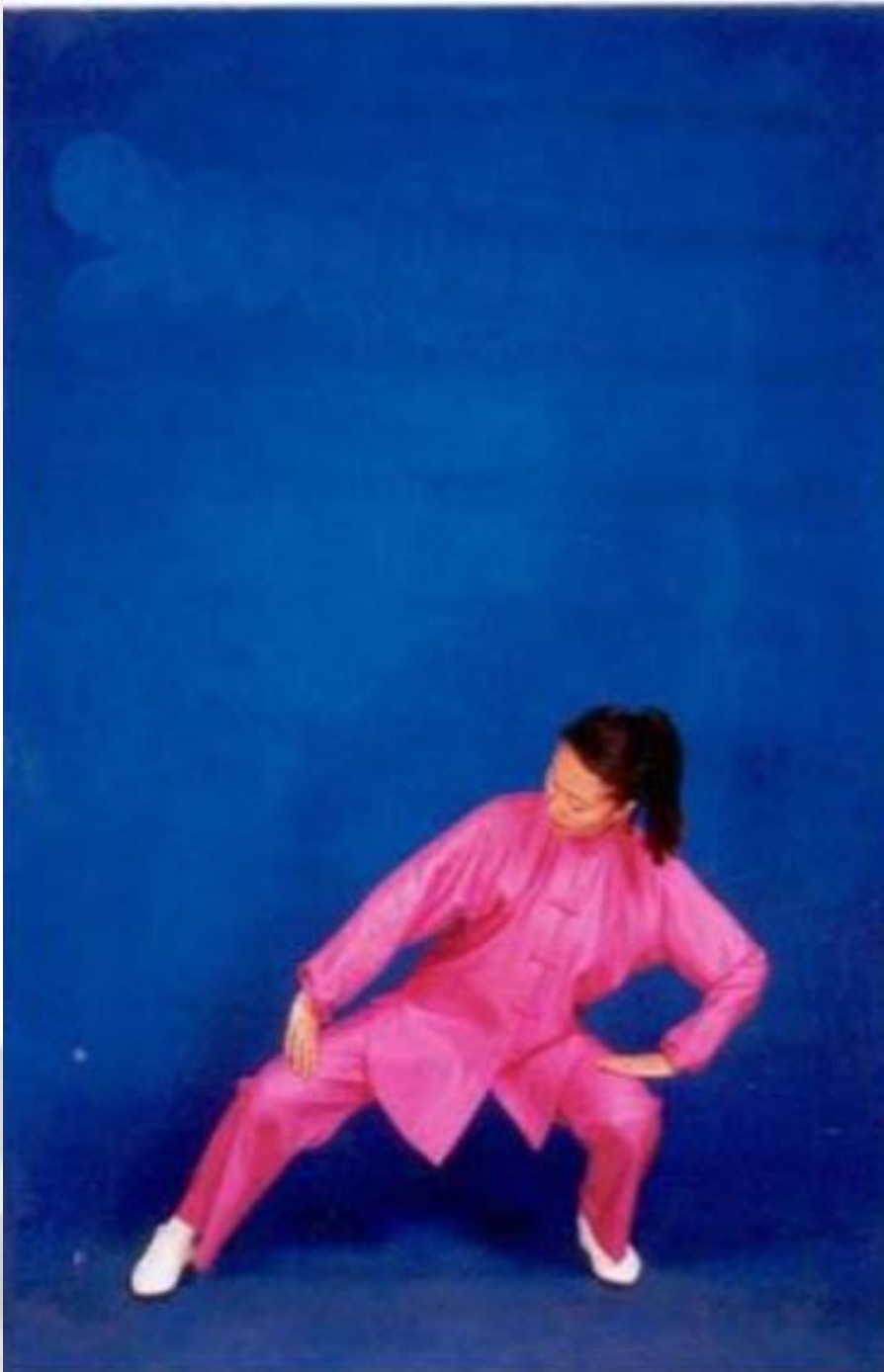
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5. Swinging the Head and lowering the Body

- Crouch down and put your hands on your thighs
- Swing your body and your head as far to the left as you can.
- Then bring round to the right
- **Promotes the relationship between heart and kidneys, relieving Stress**



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6. Moving the Hands down the Back and Legs and touching the Feet

- Place your hands behind your head and slide them down your neck over your chest, over your buttocks and bend to touch your toes.
- Stand up straight raise your hands high and bring them back down to the back of your head
- **Reinforces the kidneys**



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7. Thrusting the Fists and making the eyes glare

- Clench both fists on either side of your midriff.
- Punch with your right fist, while glaring
- Open your hand, turn the palm and clench the opposite way
- Withdraw your right fist and punch with the left, still glaring.
- **Enhances Strength**



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8. Raise and lower your Heels

- Hold your hands behind your back
- Raise up on your toes, and drop back on your heels
- **Enhances flow of Qi and develops resistance to diseases**



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