



# **QIFLOW CARDS**

**8 BROCADE**

**QIGONG PRACTICE CARDS**

## The 8 Brocade Postures

1. Hold Up the Heavens
2. Drawing the Bow
3. Separating Heaven & Earth
4. Wise Owl Gazes Backwards
5. Sway the Head and Shake the Tail
6. Two Hands Hold Feet
7. Clench the Fists with Fierce Eyes
8. Bouncing on the Toes 7 Times to Eliminate Illness

## **The 8 Brocade or The 8 Pieces of Silk Brocade or Eight Treasures or Ba Duan Jin**

excerpted from [logantaichi.au](http://logantaichi.au) (names amended)

“Ba Duan Jin is a set of qigong movements, thought to date back a thousand years. Each of the stretching movements circulates internal Qi energy, throughout certain meridian channels, building on strength and flexibility as a whole-body exercise. The practise improves one’s health, calms the mind, and heals body and spirit. Performing Ba Duan Jin allows one to realign yin and yang energy, thus releasing built-up emotions that can cause stress. It is well known for the simplicity and effectiveness of its movements.

While performing the eight exercises, the focus is on different physical channels or Qi meridians. Each of the exercises is repeated 6 times (8 for more advanced groups) and to perform the set takes around 15 minutes. The basic principles of the Ba Duan Jin are rooted in the belief that a person’s health relies on these meridian channels remaining open and clear routes for the internal Qi to flow uninhibited.

### **The Ba Duan Jin Exercises**

The reason for, or aim of these exercises, is to gently stretch tendons, lubricate the joints and tighten up the muscles giving them shape. The movements promote blood circulation and regulate the functions of the vital functions organs.

Commencing: Relax and breathe normally. Standing in Wu Ji to meditate briefly. Opening the channels is achieved by planting one’s self as a tree. The fingers become roots as do the feet. Take several slow breaths to draw up energy from the earth, pushing it up through the spine from the feet. The

top of the head reaches up towards the sky helped by the fingers drawing earth energy along with the legs. Tongue to the roof of the mouth, just behind the teeth. After several breaths, relax ready to begin.

### **1. HOLD UP THE HEAVENS**

This move is said to stimulate the “Triple Burner” aka “Triple Warmer” or” Triple Heater meridian it consists of an upward movement of the hands, which are loosely joined and travel up the centre of the body

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

### **2. DRAWING THE BOW**

While in horse riding stance you stand like an archer drawing his bow. This exercise stimulates the liver, heart and lung meridian. It helps clarity of thought and vision.

Benefits: Realigns the back muscles attached to the spine. Strengthens muscles in the arms, the abdominal region, and the legs. Excellent for overall good health and vitality.

### **3. SEPARATING HEAVEN AND EARTH**

This movement helps in conditioning the stomach and spleen. The stretch helps us to feel grounded, without having to think too much about it by over analyzing. It supports a balance between mind and body.

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

### **4. WISE OWL GAZES BACKWARDS**

The head in this exercise turns slowly to look at the hand. Alternating one side to the other. The channels, or pathways to the head, need to be clear. Qi needs to flow

freely in order to improve one's intuition. At the same time, when performed correctly, it relieves chronic tension and tiredness and weakness in the neck and shoulders.

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

## **5. SWAY THE HEAD AND SHAKE THE TAIL**

This movement helps to balance the rhythm of the heart. If you ever feel overworked or burnt out, or even a loss of control, this exercise will help. It helps bring forth a soft, warm light in the heart or centre of the being. Being in harmony with what is going on around you is essential to overall wellbeing.

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

## **6. TWO HANDS HOLD THE FEET**

The spotlight here shines on the urinary tract and bladder line. Essential to the kidney meridian. We channel energy from the earth, which in turn feeds and nourishes the body as the arms reach upwards. We focus on the energy that supports the essence of our being. Unhealthy kidneys can drain our energy and inner strength. To counteract that we need to promote a sense of peace and belonging.

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. CLENCH THE FISTS WITH FIERCE EYES**

This can resemble Drawing Bow To Shoot The Hawk in some schools. It is by and large a punch to either side while

standing in horse stance, or forward on either side while standing in horse stance. This is by far the most externally focused movement of the routine. It is aimed at increasing general vitality and muscular strength.

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

## **8. BOUNCING ON THE TOES 7 TIMES TO ELIMINATE ILLNESS**

This aims to settle the breath and take in the changes brought about by the entire sequence. Great for circulation and an overall feeling of being revitalised and refreshed. This is a push upward from the front part of the foot. And with a small rocking motion on landing, the gentle vibration is said to “smooth out” the qi after practise of the preceding seven pieces.

Benefits: Generates waves of energy, improves blood flow to the internal organs, which helps detoxify them. Enhances balance and coordination. Draws earth energy up from the “Bubbling Spring” on the soles of the feet. An acupuncture point that offers access to the power of will and wisdom.”

As with any exercise program, consult your physician to determine if Qigong is right for you before beginning the program.

The information in this program is not intended to diagnose any medical condition or to replace your healthcare professional.

Here is a video of the 8 Brocade performed seated.



## 1. Hold Up the Heavens

1. Feet shoulder width apart, knees relaxed, with hands in front of the abdomen.
2. Inhale: Slowly raise the hands the centerline of the body, palms facing upward, fingertips facing each other.
3. As the hands pass the face, rotate the palms down and then forward while continuing to move the hands upward.
4. Continue raising the arms, turn palms up, fingertips facing, as the arms stretch high upward. Eyes looking forward.
5. Exhale: Lower the hands along the centerline of the body, palms reversing the pattern above.
6. Repeat several times.

## 2. Drawing the Bow

1. Wide stance, knees relaxed, with hands in front of the abdomen.
2. Arms crossed at the wrists in front of the chest with palms facing inward.
3. The outer arm moves straight out to the side with the palm facing outwards, thumb & index finger extended, other fingers bent down.
4. The inside hand makes a fist
5. Inhale: Drawing the fist back to the shoulder bend the knees as deeply as comfortable, looking to the side at the raised index finger.
6. Exhale: Sweep the extended arm out and around to the chest, placing the other arm on the outside, crossing the wrists in front of the chest with palms facing inward while straightening the knees, rising back up.
7. Repeat to the opposite side.
8. Repeat several times.



### 3. Separating Heaven & Earth

1. Feet shoulder width apart, knees relaxed, with hands in front of the abdomen.
2. Place one hand down, palm down, below abdomen.
3. Place the other hand slightly above it, palm up.
4. Inhale: Raise the top hand up the centerline of the body to overhead, rotating the hand in front of the face to palm upward.
5. Push the two hands apart and connect to the earth and universe energies.
6. Exhale: Rotate the hands with the pinky fingers facing the body and sweep the hands to in front of the chest, back of the hands facing.
7. Inhale: Continue to move the hands, ending with the opposite hand overhead, palm up, and the opposite hand in front of the abdomen, palm down.
8. Repeat several times.

## 4. Wise Owl Looks Back

1. Stand with feet shoulder width apart, arms at the sides away from the body, with outstretched fingers, palms facing the floor.
2. Inhale: Rotate the head in one direction to look over the shoulder as the thumbs turn up and back, twisting the entire arms and pulling the shoulders back.
3. Exhale: Rotate the head back to looking forward, with the palms facing the floor, returning to the staring position.
4. Inhale: Rotate the head in opposite direction to look over the shoulder as the thumbs turn down and back, twisting the entire arms and pulling the shoulders back.
5. Exhale: Rotate the head back to looking forward, with the palms facing the floor, returning to the staring position.
6. Repeat several times.

## 5. Sway the Head and Shake the Tail

1. Wide stance, knees relaxed, with hands resting on lower back.
2. Inhale: Bend to the side at the waist looking at the heel of the foot.
3. Exhale: Rotate from the waist while the eyes follow the movement from the heel to the toes, across to the toes of the other foot and the it's heel.
4. Inhale: Straighten up along that side while looking to the side and lean back towards the opposite side.
5. Inhale: Bend from the waist.
6. Exhale: Rotate from the waist while the eyes follow the movement from the heel to the toes, across to the toes of the other foot and the it's heel.
7. Inhale: Straighten up along that side while looking to the side and lean back towards the opposite side.
8. Repeat several times.

## 6. Two Hands Hold Feet

1. Stand with feet shoulder width apart, hands on the lower back over the kidneys.
2. Exhale: Lowering the hands down the back of the legs while bending at the waist.
3. Inhale: Rise up with the hands coming up the inner front of the legs and continuing to rise up in front of and off the body until reaches upward toward the sky with a slight stretch backwards.
4. Exhale: Lowering the hands back to the kidneys.
5. Inhale: Prepare to begin another circuit.
6. Repeat several times.

## 7. Clench the Fists with Fierce Eyes

1. Wide stance, knees relaxed, with loose fists resting on hips, palm up.
2. Exhale: Quickly and forcefully extend one fist outward while rotating the palm downwards, ending extended in front of the heart while bending the knees and dropping down. tensing every muscle in the body, including the face. You can make any sound that enforces this effort.
3. Inhale: Open the hand, extend the fingers, rotate the hand outward gathering energy into a fist and the return to the starting position, fists on hips.
4. Repeat with the opposite arm.
5. Repeat several times.

## **8. Bouncing on the Toes 7 Times to Eliminate Illness**

1. Stand with feet shoulder width apart, arms relaxed at the sides away from the body.
2. Inhale: Raise the body upwards by lifting the heels
3. Exhale: Drop the heels to the floor allowing the entire body to shake while feeling the vibrations throughout.

**CAUTION:** Do not drop so forcefully that it causes discomfort.

4. Repeat 6 more time times.

