

Eight Section Brocade

Baduanjin Qi Gong

By Peter Chen

Baduanjin Qi Gong is the most popular Chinese Qi Gong Form. It is used as exercise for more than 1000 years to improve health. The Baduanjin as a whole is broken down into eight separate sections, each focusing on a different physical area and Qi Meridian. It is very easy to learn and very convenient to practice. Baduanjin training not only has its own great benefits, but is also complimentary to Tai Chi practice.

Ready Position

- Stand upright, feet together, arms alongside the body.
- Relax, breath naturally, focus your mind on Dantian. Look forward.
- When you feel relaxed and peaceful, take a step to the left and keep relaxing the body continuously.
- Slowly open the arms, palms facing backward. Hold a ball in front of the lower abdomen.

Section 1: Hold up Heaven to Regulate the Triple Warmers

- Raise both hands above the head with the palms facing upward, as if holding up heaven.
- Then gently perform curve movements with both hands and return to the starting position.
- Repeat it six times.
- This section is said to benefit the Triple Warmers, which is the passage for water and nutrients throughout the body.

Section 2: Draw the Bow to Shoot the Eagle

- Separate the legs and bend the knees, with arms crossed in front of the chest (left arm outside).
- Left hand makes a pistol shape and points to the left, right hand forms a hook to pull as if drawing a bow;
- Move the right hand to the right side and separate the hands.
- Move both hands back to the starting position.
- Repeat on the right side.
- Repeat it three times on each side.
- This section benefits the lungs by expanding the chest. It can also help the neck and shoulders.

Section 3: Separate Heaven and Earth to Harmonize the Spleen and Stomach

- Standing upright, let the palms face up. Raise the left hand with the palm facing upward; the right hand moves downward with the palm facing down.
- Move both hands back to the starting position.
- Repeat on the right side.
- Repeat it three times on each side.
- It contributes to the ascending of spleen-qi and the descending of stomach-qi, thus promoting the digestive functions.

Section 4: Wise Owl Gazes Backwards to Heal Diseases and Injuries

- Slowly turn the head to the left side as far as possible, at the same time, rotate arms widely and stretch them.
- Hands return to starting position.
- Repeat on the right side.
- Repeat three times on each side.
- This section is said to benefit those with various kinds of diseases and injuries by enriching the essence and blood, calming the mind and promoting organ function.

Section 5: Rotate the Head and Sway the Rear to Expel the Heart Fire

- Taking a horse step, raise hands up, and then drop palms down slowly until they're resting on thighs.
- Look down and lean the upper body forward. Swing the head from right to left, then back to the middle. At the same time, swing the rear from left to right and then back to the middle.
- The upper part of the body lowers down slowly.
- Repeat on the other side.
- Repeat three times on each side.
- Swaying the head can send down heart-fire while swinging the rear can help the kidney-water to ascend to meet the heart-fire.
- Return to the neutral position.

Section 6: Hands Hold the Feet to Strengthen the Kidneys and the Back

- Raise both hands above the head.
- Both hands press down to chest level.
- Rotate hands and thread fingers behind your back. Bend forward while the hands are moving down from the back to the toes.
- Raise hands above the head again when the back is straightened.
- Repeat six times.
- This section can reinforce the kidneys and strengthen the waist and the knees.
- Return to the neutral position.

Section 7: Glare and Punch to Help the Liver Qi Flow Smoothly

- Taking a horse step, pull both hands in and form fists next to the waist.
- Punch with the left fist with the eye of the fist facing up.
- Rotate the left hand and pull it into the waist.
- Punch the right fist with the eye of the fist facing up.
- Repeat three times on each side.
- This does not only help increase general vitality, but also helps to release the anger and helps the Liver Qi flow smoothly.
- The left foot takes a step to join feet together. Stand upright, with arms alongside the body.

Section 8: Bouncing on the Toes to Smooth the Qi Flow

- Raise the heel.
- Land with a gentle rocking motion.
- Repeat six times.
- The gentle shaking vibrations of this section are meant to smooth and settle the Qi flow after doing the previous seven sections.

Closing position

- Open the arms, palms facing backward.
- Perform a curve movement until hands are resting on the lower abdomen. Left palm over right palm for females, and right palm over left palm for males.
- Drop the hands naturally; stand upright, with arms alongside the body.
- Relax, breath naturally, and mind focus on Dantian. Look forward.