

# **Eight Pieces Of Silk Brocade**

## **Ba Duan Jin**

The Ba Duan Jin is a form of medical Qi Gong meant to improve health. The movements are very slow and intentional – each exercise is done about 3 times before moving onto the next exercise in the sequence. The breathing is very intuitive, for example, breathe in as arms go up or out, breathe out as arms come down or back into the body.

### **The Eight Movements of Ba Duan Jin:**

#### **1. Holding the Sky with Two Hands**

This move is said to regulate the Sanjiao or Triple Heater meridian. It promotes the Lung and Heart organs as well as Qi/energy flow.

#### **2. Drawing the Bow to Shoot the Eagle**

Opens up the chest, promotes the Lung, and regulates the Large Intestine. It is good for neck, shoulder, and back pain. Balances upper and lower body.

#### **3. Separate Heaven and Earth**

Regulates the Spleen and Stomach (digestion). Soothes Liver energy (stress and emotions).

#### **4. Looking Backward**

A good stretch for the neck that calms the mind, regulating the Heart and Pericardium organs. It opens the chest and relieves symptoms of exhaustion/fatigue by promoting Yang.

#### **5. Sway the Head and Shake the Tail**

This one harmonizes the Heart and Kidney organs by releasing excess heat. Promotes better sleep.

#### **6. Reaching the Feet**

Good for releasing excess Liver energy (stress). Also known to nourish/tonify the Kidney.

#### **7. Clench the Fists and Stare Fiercely**

Good for promoting the flow of Qi/energy and blood. Beneficial for muscular strength and overall vitality.

#### **8. Lifting the Heel and Vibrating Vertebrae**

Good for the whole back. It promotes all organ functions and helps to prevent disease. The gentle shaking vibrations of this exercise is said to smooth out the Qi/energy after practice of the preceding seven exercises.

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