

# 8 Brocade - Ba Duan Jin

## **Brocade number one, Hold the Sky with both palms.**

Begin in wuji stance. Inhale, and raise interlaced hands to chest level.  
Exhale, push the hands up and rise up on your toes, arms straight but not locked.  
Inhale and lower heels.  
Exhale and tilt to the left, inhale back to center, then exhale right, inhale to center  
Exhale, open hands to the sky, lower your arms, palms down to sides

Imagine that you are a tall tree, your hands reach into the sky, swaying in the breeze, fingers touching the clouds. Pull energy down from the sun, connecting to the earth.

## **Brocade number two, Draw Bow to Shoot Hawk**

Begin in Horse Stance.  
Inhale, scooping hands and arms toward the chest, arms crossed  
Exhale, squat down, right arm pulls bow, parallel to ground, while left “single finger hand”  
Inhale, circle right arm out, return to center, scooping hands to chest  
Exhale, repeat opposite direction

Imagine that you are pulling a bow to shoot an arrow a long distance

## **Brocade number three, Lift single arm (Touch Heaven and Earth)**

Start in Wuji Stance  
Inhale, lifting palms up to chest  
Exhale, push left hand above head and upward, palm up, fingers point right  
Lower right hand to side and press down, fingers point forward  
Inhale, then push down with left hand and lift up with right to center  
Exhale, repeat opposite direction

Imagine connecting to both heaven and earth, then pull your energies to the center

## **Brocade number four, Look Backwards**

Begin in Wuji Stance  
Exhale, look over left shoulder while hands turn out, palms down  
Inhale, return to center  
Exhale, repeat on opposite side

Imagine looking back to leave all of your problems behind you

### **Brocade number five, Wag Head and Tail**

Begin in Horse Stance

Inhale, hands on knees, thumbs outside thighs

Exhale, shift weight left, turn left, and rise from center

Inhale, return to center

Exhale, repeat opposite direction

Imagine you are a dog or cat, stretching in the sun

### **Brocade number six, Bend and Touch Toes (Spine Stretch)**

Start in Wuji Stance

Inhale, lift hands up right and left side of body. Exhale to overhead, palms up

Inhale first, then exhale and bend slowly from lower back, up the spine, to the neck, letting arms reach down to grab feet with hands

Inhale first, then exhale and release toes and straighten up by lengthening spine until upright

Imagine reaching into the heavens, then reaching deep into the earth to pull energy inside the center of your body

### **Brocade number seven, Punch with Tiger Eyes**

Begin in Horse Stance

Inhale, fists loose at sides

Exhale, tighten fists and punch left arm in a spiraling motion, arm straight but not locked, eyes gazing intently just beyond fist

Inhale, loosen fists and return left fist to side

Exhale, repeat opposite side

Imagine you are a tiger stalking your prey

### **Brocade number eight, Lift Up Heels**

Start in Wuji Stance

Inhale, rise up on balls of feet, putting direct pressure on Bubbling Well point

Keep ankles aligned

Exhale, drop heels back down

Repeat

Imagine rising and lifting your body to the heavens, then lowering back to the earth