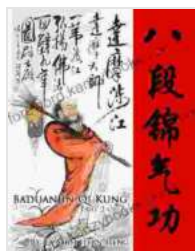


Baduanjin: Eight Pieces of Brocade Qigong for Health and Vitality

Baduanjin, also known as the Eight Pieces of Brocade, is a traditional Chinese qigong practice that has been practiced for centuries to promote health and vitality. This ancient practice is a gentle and accessible form of exercise that can be enjoyed by people of all ages and fitness levels. Baduanjin consists of eight simple movements that are designed to improve circulation, strengthen muscles and joints, and promote relaxation.



Baduanjin (Eight Pieces of Brocade) Qi Kung: Part 2 of 2

2 by Hern Heng

★★★★☆ 4.6 out of 5

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The origins of Baduanjin are unclear, but it is believed to have been developed by a Taoist monk named Zhang Sanfeng in the 12th century. The practice was originally intended for use by martial artists to improve their strength and flexibility, but it was later adopted by the general population as a way to improve overall health and well-being.

Baduanjin is based on the principles of traditional Chinese medicine, which views the body as a system of interconnected channels or meridians. These meridians are believed to carry qi, or vital energy, throughout the body. The eight movements of Baduanjin are designed to stimulate these meridians and promote the flow of qi. This, in turn, is believed to improve circulation, strengthen the immune system, and promote overall health and vitality.

Benefits of Baduanjin

Regular practice of Baduanjin has been shown to provide a number of health benefits, including:

- Improved circulation
- Strengthened muscles and joints
- Promoted relaxation
- Reduced stress
- Improved sleep
- Enhanced immune function
- Increased energy levels
- Improved balance and coordination

Baduanjin is a safe and effective form of exercise that can be enjoyed by people of all ages and fitness levels. It is a low-impact practice that can be easily modified to suit individual needs.

How to Practice Baduanjin

Baduanjin is a simple practice that can be performed anywhere. It is typically practiced in a standing position, but it can also be performed sitting down or lying down. The eight movements of Baduanjin are as follows:

1. **Two Hands Hold Heaven**



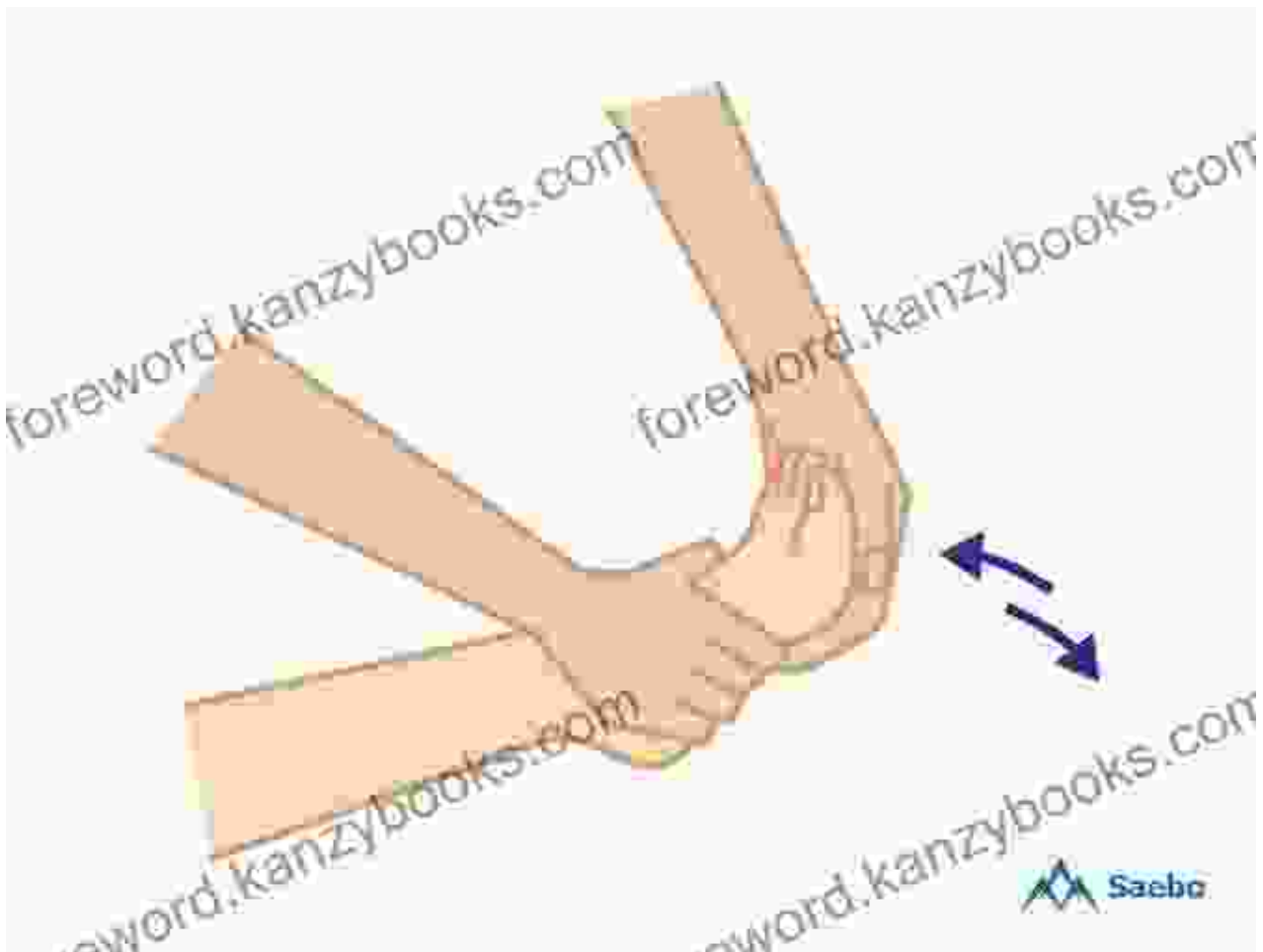
Stand with your feet shoulder-width apart. Relax your body and let your arms hang at your sides. Slowly raise your arms overhead, palms facing up. As you raise your arms, inhale deeply. When your arms are fully extended, hold the position for a moment and then slowly lower your arms back down to your sides. Exhale as you lower your arms.

2. **Two Hands Part Cloud**



Stand with your feet shoulder-width apart. Relax your body and let your arms hang at your sides. Slowly raise your arms to the sides, palms facing up. As you raise your arms, inhale deeply. When your arms are fully extended, hold the position for a moment and then slowly lower your arms back down to your sides. Exhale as you lower your arms.

3. **Single Hand Grasp Toe**



Stand with your feet shoulder-width apart. Relax your body and let your arms hang at your sides. Slowly bend forward at the waist, keeping your back straight. As you bend forward, reach down with your right hand and grasp your left foot. Inhale as you bend forward. Hold the position for a moment and then slowly return to standing. Exhale as you return to standing.

4. **Single Hand Push Sky**



Stand with your feet shoulder-width apart. Relax your body and let your arms hang at your sides. Slowly raise your right arm overhead, palm facing up. As you raise your arm, inhale deeply. When your arm is fully extended, hold the position for a moment and then slowly lower your arm back down to your side. Exhale as you lower your arm. Repeat the movement with your left arm.

5. **Snake Creeps Down**

Ba Duan Jin 少林八段錦

Practice 12 Duan in exercise of body and spirit strength, breathing through your nose and using abdominal muscles to activate the blood circulation of the body and help to provide food, oxygen and nutrients necessary to parts of the body where capillary blood vessels cannot reach and therefore improve your health.



1. Raising the Heavens by Supporting the Three Gates
To start your mind with focus and energy. Blood circulation increases, spirit of Qi rises, strength in the body increases. Control the body energy body alignment, posture, balance, control the vibratory muscular bands, energized these principal the internal systems of the body.



2. Drawing a Rainbow with Shaking Sands (Shaking a sandbag)
Strengthen inner and outer muscles, enhance breathing and blood circulation to improve circulation in joints, muscles, organs, and mind, muscle quality.



3. Lifting with Hand to Benefit the Spine and Anus
Improve circulation of the blood and promote muscle relaxation and movement. Strengthen joints, decrease weight, such as women's fat reduction as well as lifting masses.



4. Returning back to how Internal Organs
Practice slow movements to the feet and return back through movement of the spine and internal organs, mass, energy, the vital internal activities, energy, muscle of the body.



5. Shaking the Feet and Wagging the Tail to Drive the Heart
Balance Yin-Yang, enhance the circulation, energy, vitality, and vitality, activate their activity, improve the health and vitality. The body is complete, energy, and vitality.



6. Spinning and Dropping the Body to Benefit Anus
The movement lightly vibrates per belly region and part, torso circulation, the lower internal organs and the 3rd, 4th, 5th, 6th, 7th, and 8th, improve the body's internal functions.



7. Bending down and grasping the feet to benefit the kidneys and lower back
These movements strengthen the lower back, improve circulation, and improve the lower back, improve the lower back, improve the lower back, improve the lower back.



8. Shaking the Feet and a Shrimp-like Movement to Increase Physical Energy
Start with a gentle posture, the body's vitality, these movements improve the body's vitality, improve the body's vitality, improve the body's vitality, improve the body's vitality.

Stand with your feet shoulder-width apart. Relax your body and let your arms hang at your sides. Slowly bend forward at the waist, keeping your back straight. As you bend forward, reach down with your right hand and touch your toes. Inhale as you bend forward. Hold the position for a moment and then slowly return to standing. Exhale as you return to standing. Repeat the movement with your left arm.

6. Dynamic Two Hands Push Mountain



Stand with your feet shoulder-width apart. Relax your body and let your arms hang at your sides. Slowly raise your arms to the sides, palms facing up. As you raise your arms, inhale deeply. When your arms are fully extended, hold the position for a moment and then slowly lower your arms back down to your sides



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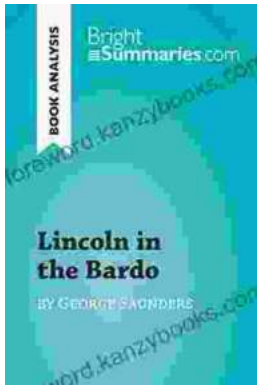
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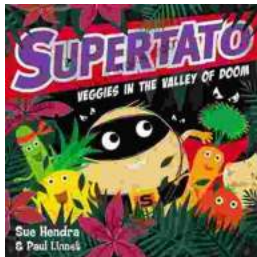
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