



Baduanjin 八段锦气功

8 Pieces of Brocade Qi Gong

This Qi Gong set is very accessible and has 8 Postures/Movements. This sequence is practiced all over China (and indeed the world) and has been used as a medical Qi Gong intervention for a range of long term health conditions (including COVID) and evaluated in research trials.

A comprehensive cultural history of Baduanjin and its practice in Wudang can be found here:

<https://www.okanaganvalleywudang.com/eight-brocades>

Follow along the full set in real time, using this video:

<https://www.youtube.com/watch?v=dU4camAnq2w>

Daily practice is recommended.

Gather the breath and qi in between each posture, as shown in the video. Take enough time to rest with a focus on dantien (the area just below your belly button) after each posture, before moving on to the next. See specific practice notes for each posture below.

1. Two Hands Hold Up Heaven 两手托天理三焦

Repeat 4 times each side. Breath in as you twist from the waist to one side, breath out as you return to the centre. Make the arms as straight as you can.



2. **Draw the Bow and Shoot the Arrow** 搭腕、开弓、并步

Repeat 3 times each side. Breathe in as you bring the rear hand forwards, breathe out as you pull back on the bowstring.



3. **Separate Heaven & Earth** 上举、下落

Repeat 4 times each side. Keep the hips pointing forwards. Make the arms as straight as you can.



4. **The Wise Owl Gazes Backwards** 起身、后转正

Repeat 4 times. Breathe in as you turn the head and hands to the side, breathe out as you return the head and fingers to point forwards. Keep the torso pointing forwards. Look around as far as you can with the eyes, as if you were an owl that can turn its head 360 degrees.



5. Shake the Head and Wag the Tail to Clear Heart Fire 摇头摆尾去心火

Repeat 4 times each side. Breathe in as you travel from the centre point of mabu/horse stance to gong bu/bow stance, breathe out as you then return back to the centre point. As you circle past the centre point, push against the rear thigh from which you are circling away. The head is the last to come up in gong bu/bow stance.



6. Touch the Feet to Strengthen the Kidneys 两手攀足固肾腰

Repeat the following sequence 4 times. Breathe in as you open the chest/subtly arch the back while travelling the hands along the belt line from dantien to kidneys; breathe out as you fold forwards while travelling the hands down the back of the legs and outside of the feet; breathe in as you travel the hands along the inside of the feet and up the inside of the legs as you unfold one vertebrae at a time; breathe out as you return to dantien. Repeat the cycle.



7. **Punch and Gazing Fiercely to Increase Qi and Muscular Strength** 攢拳怒目增气力

Repeat 4 times each arm. Breathe in as you circle the open hand before you form a fist, breathe out as you extend the punch forwards. Keep the hands relaxed but gaze intently beyond the fists.



8. **Shake the Body to Chase Away Disease** 背后七颠百病消

Repeat 7 times. Breathe in as you lift the heels, balance for a few seconds, breathe out vigorously as you drop the heels down. Keep the spine extended and elongated throughout (if any back or neck problems, release the heel lifts and drops with heel lifts on in breath, rocking on to heels and lifting toes on outbreath). Finish by doing mini-bounces and body shakes to dissipate any excess energy.



Enjoy the practice and its benefits!

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