

8 Pieces of Brocade

Preparing/standing form: Move left feet one step to the left side, feet with shoulder width, relax and bend knee slightly, stand strict, tongue touch the upper jaw, close lower jaw, mouth slightly close, relax shoulder, hold anus tight, arms down, hands place on both side of the pelvis, finger facing out, palm facing down (as if press down), calm down and relax, eyes look downward, breath slowly and let chi goes to Den Tian, breath naturally.

1. Two hands lifting the sky with finger interlocked to harmonize the triple warmers.

Move both hands and cross fingers together (palms up), raise to chest level, (exhale) over turn the palms downward, outward, upward and push up toward ceiling and stretch up. Separate both palms (inhale) and press downward. Repeat the same form.

Breathing: Inhale when hands go down. Exhale when hands push up. Eyes look downward.

Function: when overturning the palm, induce the chi through “Arm Sha Yang Triple Burner Meridian” to have internal organ circulation

The Triple Burner Meridian begins at the outer tip of the ring finger and goes along the back of the hand, wrist, forearm and upper arm, until it reaches the shoulder where it branches off. One branch travels internally into the chest and passes through the pericardium and diaphragm uniting the upper, middle and lower burner (**triple burner**). The other branch runs externally up the side of the neck, circles the ear and face, and finally ends at the outer end of the eyebrow where it connects with the Gall Bladder Meridian.

Triple burner - responsible for: Heart; Liver; Spleen; Lung; Kidney; Gall; Stomach; Large Intestine; Small Intestine; Bladder and Triple Burner (which is related to the Pancreas and metabolism in the body, it is a collective term for the Upper, middle and lower burner. “Triple burner” means 3 parts which burn or scorch. When triple burner circulate well, all the connections will be in good condition, therefore it is most effective to start with this form.

兩手托天理三焦



2. Pull the bow left and right to shoot the hawk.

Move your left feet one step to left, sitting in 90 – 12 degree (horse stance), right arm move a circle to the left (inhale) palm facing you, left palm move to middle (palm facing out, fingers upward), form a cross, (exhale) pull right arm with close fist, left hands stress out with index pointing up, rest of fingers curled shut but palm open, sitting palm.



After a pause, reverse, left arm move a circle to the right (inhale) palm facing you, release right fist to move palm to middle (palm facing out, fingers upward), form a cross, (exhale) pull left arm with close fist, right hands stress out with index pointing up, rest of fingers curled shut but palm open, sitting palm.

Repeat. Final close drop hands to sides and stand up move left feet one step back to right.

Breathing: When close movement, inhale. When arms separate, exhale. Relax shoulder, elbows down. Head, eyes and waist follow and look at index finger.

Function: To increase the lung and breathing. If the position is correct, you will feel the chi from your index finger.

“Arm Tai Yin Lung Meridian” This meridian branches out from the axilla (armpit) and runs down the medial aspect of the upper arm where it crosses the elbow crease. It continues until it passes above the major artery of the wrist, and emerges at the tip of the thumb. Another branch emerges from the back of the wrist and ends at the radial side of the tip of the index finger to connect with the Large Intestine Meridian.

3. To harmonize the spleen and stomach by raising one arm upward.

Both hands folded each other (left palm under right palm, both palm facing upward). Raise right palm up to the chest, at the same time over turn left palm and press down a bit, move left hand next to your pelvis while turn your right palm (as if keep a coin in your palm and do not let falling) near your right shoulder, then push up, right fingers pointing to your left, left hand press down at the same time.

調理脾胃須臾舉



After a pause, relax, drop and turn your right hand (palm facing downward), at the same time move your left hand to meet with right hand (turn left palm facing upward); place your right hand under your left hand (left palm facing downward, left palm facing upward). Repeat above movement in reverse hands.

Breathing: Exhale when both hand push upward and press downward; Inhale when closing down both hands. Eyes look downward. When push upward, press your big and second toe to the ground tightly

Function: When palms push up and press down, the chi pass to spleen and stomach thru “Leg Yan Ming Stomach Meridian” push upward and press downward, induce the chi from spleen and stomach, so as to harmonize the spleen and stomach.

“Leg Yan Ming Stomach Meridian” The external branch crosses the neck, chest, abdomen and groin where it goes further downward along the front of the thigh and the lower leg, until it reaches the top of the foot. Finally, it terminates at the lateral side of the tip of second toe. Another branch emerges from the top of the foot and ends at the big toe to connect with the Spleen Meridian.

4. Turn the head and look back to prevent consumption.

Move and hold up both hands near your Dan Tian, turn both palms and press downward, then move both palm left and right (keep elbow close to your waist), at the same time turn your head to right side, eyes view at right heel; then move your head back return to the middle, at the same time hold up your palms in the middle, turn and press down

Reverse side: move both palm left and right (keep elbow close to your waist), turn your head to left side, eyes view at left heel; then move your head back return to the middle, at the same time hold up your palms in the middle and press down.

Breathing: Exhale when turning out. Inhale when returning back. Eyes view at the back heel.

Note: Mind focus in lower part, chi will not float when turning the head, so when turning both hands, press palms down and keep elbow close to your waist, so as to guide the chi down. When inhale, hold the anus tightly, to guide the chi to the back of Dan Tian. When exhale, the chi goes down to inner side of legs, when inhale, the chi goes up through outer side of legs, do not force, go naturally.

Function: To circulate twelve meridians, also circulate arteries, chi channel to Dan Tian

五勞七傷往後轉



5. Wiggle your tail and swing your head to release the fire in your heart.

Move your left feet one step to left, sitting in 120 degree (horse stance), put your palms over the knees and press with a bit strength, (fingers facing fingers), move your body front, to make a circle with your body, turn left, bend left arm, right arm straight, head vertical with left knee, eyes view at right toe. After a pause, reverse side, swing head forward, to right, bend right arm, left arm straight.

Breathing: inhale while swing head in the middle, exhale while swing the head to the side. Eyes view at the toe

Function: Exercise the spine, which will harmonize the heart and kidney. When fingers press tightly which induce the chi to “The Heart Meridian”

搖頭擺尾去心火



The Heart Meridian starts from the **heart**, and divides into three branches. One goes towards the small intestine. The second runs upwards along the throat towards the eyes, and the third branch emerges under the arm and runs along the inner side of the forearm, elbow and upper arm. It then crosses the inner side of the wrist and palm and ends at the inside tip of the little finger, where it connects with the Small Intestine Meridian.

6. Press your feet with two hands to conditioning the lower back and kidneys.

兩手壓足固腎氣

Move your left feet one step to left, put both hands in Dan Tien, inhale and move both hands to around your back waist, finger points down, stretch your back and lean back, exhale. After a pause, inhale while raise up your body, then bow forward and exhale, at the same time both hands touching both side of legs till the feet to guide and feel the chi following from bladder downward. Straighten up, inhaling, and repeat again.



Breathing: up, back inhale. Front down exhale. Eyes look downward

Note: when bend back or front, keep the head straight as your body. You can place your hands to your feet angle or top of your feet, so as to induce the chi down strongly.

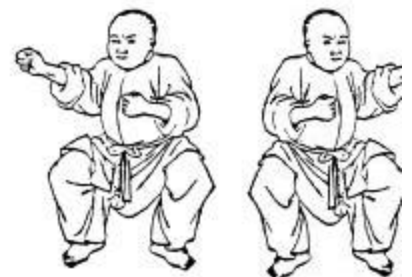
Function: Guide the chi from Dan Tian to kidney, to strengthen the waist and back, hands massage down to “The Bladder Meridian”, and up to “The Kidney Meridian”, so as to strength the back and kidney.

The Bladder Meridian starts at the inner side of the eye and goes across the forehead to reach the top of the head where it branches into the brain. The main channel then goes across the back of the head and divides into two branches. One branch crosses the center of the base of the neck and extends downwards parallel to the spine. Once in the lumbar region (bottom of the spine), it branches out to reach the **bladder**. The other branch crosses the back of the shoulder and runs downward on the outside, which is adjacent and parallel to the inner branch. It continues down until it reaches the buttocks where two branches run across the back of thigh along different pathways that join at the back of the knee. The joint meridian then continues along the back of the lower leg, circles behind the outer ankle, runs along the outside of the foot and terminates on the lateral side of the tip of The Kidney Meridian starts from the inferior side of the small toe. Crossing the middle of the sole and the arch of the foot, it circles behind the inner ankle and travels along the innermost side of the lower leg and thigh, until it enters the body near the base of the backbone. After connecting with the **kidney**, it comes out at the pubic bone. Over the abdomen, it runs externally upwards until it reaches the upper part of the chest (the inner side of clavicle). A second branch emerges from the kidney and moves internally upwards and passes through the liver, diaphragm, lungs and throat, finally terminating at the root of the tongue. Another small branch divides from the lung to connect with the heart and the pericardium.

攥拳怒目增氣力

7. Hold the fists tight with eyes wide open to increase strength.

Move your left feet one step to left, sitting in 120 degree (horse stance), hold fists loosely, place near waist, (fists heart inside, fists eyes upward), extend right arm and turn fist (fist heart downward), left fist follow the waist and bend the elbow (fist heart upward). Draw back right arm (fist heart upward) and extend left arm (fist heart downward)



Breathing: inhale when fist out, exhale when fist in.

Note: When punching, should relax and harmonize with breathing, also follow the waist. When draw back the fist, pay attention to shoulder that should not bend back.

Function: to increase vitality, focus, strengthen the back and waist. Eyes open widely while fists extending.

8. Stand up on toes and bounce seven times to cure all diseases.

Both feet stand with heel to heel, palms facing down by hips. Raise heels
To stand on toes (inhale) (hold anus tight) press hands down (fingers upward). Pause,
relax, both heels down, relax both palms (exhale), bounce seven times.

Function: to Calm down. When bounce up, the chi goes to the top of head.



Notes:

- ✍ Each form practice eight or sixteen time.
- ✍ The breathing of 8 Brocade has 3 points:
 - 1) The chi goes to the Dan Tian
 - 2) Inhale while close (arms down), exhale while open (arms up)
 - 3) Harmonized interior and exterior
- ✍ The breathing is opposite from the physical excise which is breath with chest, while 8 brocade is using abdominal (Dan Tian) breathing. (inhale with nose, exhale with mouth)
Inhale: close mouth loosely, tongue touch upper jaw.
Exhale: open mouth slightly, tongue touch lower jaw.
- ✍ The tongue should touch the upper jaw, to increase the saliva, and should swallow the saliva, so as to help the digestion
- ✍ Each movement should have a short pause, and the inhale and exhale follow the pause movement naturally (so as to exchange the oxygen and co2 in the lung).
Pause: “exhale – pause – inhale – pause”
- ✍ Eyes has three choice of position:
 - 1) Close eyes - you will easily fall asleep or dream other things.
 - 2) View at eye level - easily disturbed by surrounding, cannot concentrate.
 - 3) Look downward - after knowing the form well, watch downward will easily fall into calm situation, and would not easily disturbed by surrounding, except No. 2 and No. 7, it is recommended to use eyes look downward.
- ✍ In order to increase the circulation vigorously, some forms should hold anus tightly, which will guide the chi goes to the back of Dan Tian. (Preparing form, No. 4 and No. 8)