EIGHT PIECES OF BROCADE: STANDING SET
(Ba Duan Jin)

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Qigong For Health And Martial Arts

List of the Forms: Repetitions
1. Double Hands Hold Up The Heavens 24
2. Bend The Bow Like Shooting A Hawk 12 on each side
3. Lift Singly 24
4. Turn Head To Look To Rear 3 sets, 12 each side
5. Sway Head and Swing Tail 12 each side
6. Two Hands Hold the Feet 16
7. Screw Fist with Fiery Eyes 8 each side
8. Heels Up 3 sets of 24

General Points
• Do not practice when your stomach is full or you are hungry.
• Relax before and after the set, perhaps by taking a short walk.
• Face East when the sun is up
• Stand still to regulate your breathing and calm the mind.
• Breathe naturally through your nose during the exercises.
• Holding the position for a breath cycle allows you to raise the cells to a more excited state.
• In forms four and eight the hands on waist position brings energy to the center line, the hands on back position brings energy to the rear for the kidneys, the hands in front position brings energy to the front for the liver and spleen.

Points on Regulating the Breathing
• Regulate the breath until it is calm, smooth, and peaceful.
• Breathe deep, slender, long, and softly.
• Inhalation and exhalation should be relatively equal.
• Inhale and exhale only to about 70-80% of lung capacity so that your lungs stay relaxed.
• Eight key words for Qigong practitioners’ breathing: Calm (jing), slender (shyi); deep (shenn), long (charng), continuous (iou), uniform (yun), slow (hoan), soft (mian).

Preparation for the set: Hands hang naturally at the sides, close eyes, calm your mind, breathe regularly, condense the shen in the upper Dan Tien, sink qi to lower Dan Tien.
First Form: Double Hands Hold Up the Heavens to Regulate the Sanjiao.

Purpose: To regulate the triple burner meridian and increase Qi circulation in the front of the body.

Stance: Feet shoulder width apart.

Movement: Interlock fingers, sink the chest, round the back, push hands out to front, palms facing outward, keeping arms straight raise them above your head while raising your heels. Don’t raise your shoulders or tense your back. Lower heels. Bend to left then right keeping lower back straight. Lower hands to waist level. Repeat twenty-four times.

Advanced Variations: Don’t raise heels on some repetitions. In addition to bending to the side, twist to the side, twist to the side and then bend side to side while holding the twist position, shift weight to one leg and twist.

Song for the First Form

Double hands hold up the heavens to regulate the Sanjiao. Sanjiao passes Qi freely and smoothly. Illnesses disappear. Reverse hands to face the sky and raise both arms. Thrust out your chest. Straighten your waist (lower back) owing to both sides. Stand upright and be steady. Practice long, the body (will be) strong and happy.
Second Form: Left Right Open The Bow Like Shooting A Hawk.

Stance: Double shoulder width, horse stance. Move right leg out.

Movement: Relax your hands and lift them up to the chest area, sink the chest. Bring the palms together then separate them with the right hand moving past the right nipple while the left hand, changing into the “sword secret” or “single finger” hand form, extends to the left as if you were pulling a bow, expand the chest. Turn the hips 45 degrees and then sink the kua. Your eyes stare to your left at a very distant point. Then rise from the squat and lower your hands, circle them up to the chest and repeat the same process to shoot to the right. Twelve repetitions to each side.

Details for second form: This form is used to strengthen the kidneys and waist. Make sure when your squat down you keep your back straight and tuck your buttocks under. This emphasizes the kidney area and increases the Qi circulation there. Concentrate the mind so that you really feel you are drawing a very strong bow.

Advanced Variations: Turn to the rear as if on horseback and shooting an enemy behind you. You can also turn to the front. You can vary the up and down angle of the “arrow.”

Song for the Second Form

Left right draw the bow like shooting a hawk, two arms strong and firm to strengthen the kidneys and waist. Bend the elbow horizontal to the shoulder, (your mind) trying hard to pull. Hand arrow aims, use the eyes to stare. Left right shoot for twenty-four. Ride the horse and squat down to increase efficiency.
**Third Form: Lift Singly to Adjust and Regulate the Spleen**

**Stance:** From the second form, stand up and move your right leg back so that the feet are parallel and shoulder width apart.

**Movement:** Move both hands to the front of your waist with palms facing up. With elbow leading, raise left arm above head and push upward with palm facing up and fingers pointed inward towards body. At the same time, lower your right hand, palm facing down, to your side and press down slight, fingers pointing toward front. You should feel that both hands are pushing against resistance, but do not tense your muscles. Bring the arms together with palms facing each other. Now raise the right arm and lower the left. Do twenty-four repetitions.

**Details:** When you “stiffen the palms” do not tense the muscles but rather extend your force through the hands to stretch your arms all the way.

**Advanced Variations:** Don’t raise the lower arm until the upper arm has descended and the palms have faced each other to exchange Qi. Lower hand fingers point to center-line. You can turn to the side of the up raising arm. You can finish with repetitions of White Ape Plucks the Peach from the Four Seasons Medical Qigong.

**Song for the Third Form.**
To adjust and regulate the spleen and stomach (you) must lift singly, spleen and stomach gain peace and harmony, sickness cured automatically. Lift arms and stiffen the palms, use the force to rock. Extend and develop the tendons and muscles, spleen and stomach comfortable. Right hand lifted high, left hand dropped down, left right extended and rock the tendons and channels alive.
Fourth Form: Five Weaknesses and Seven Injuries, Wait and See Later:

Stance: Stand easily and comfortably with both feet parallel as in third form. Hands hang down naturally at your sides. Lift chest slightly from the inside so that your posture is straight but do not thrust out your chest.

Movement: Lift and turn head to the left and look to the rear as you exhale, return to the front as you inhale. Repeat to the right. Turn twelve times in each direction. Your torso should remain facing the front. Place hands on the back at waist level fingers pointing inward toward the spine. Do twelve more repetitions in each direction. Move both hands to level of solar plexus, and hold them in a bow out from the chest palms facing up. Repeat twelve times in each direction.

Details: In all three parts, use your yi to lead the Qi from the Dan Tien to your bubbling well (yongquan) and Huiyin when you exhale and turn your head to the side. Then lead the Qi back to the Dan Tien as you inhale and return your head to the front. Strong emotions cause Qi to accumulate in your head. When you turn your head, you loosen the muscles, blood vessels, and Qi channels in the neck. It is important to really look to the rear to make the Qi move.

Advanced Variations: First position is with hands on waist instead of hanging down. In this position you can move shoulders back or forward. Hold the turn for one breath cycle.

Song for the Fourth Form:
Five weaknesses and seven injuries, wait and see later, train long, exercise long, tendons and bones strong. Weakness injuries (from over-exertion) all because the internal organs are weak. Straighten the chest and twist the neck to take a good look to the rear. Hold the waist and hold up the chest, the body is upright. Especially effective in curing internal injury.
Fifth Form: Sway The Head And Lift The Tail To Get Rid Of Heart Fire.

**Stance:** Step your right leg one step to the right and squat down in a horse stance. Place your hands in front of your knees, with the thumbs on the outside of the thighs. Your Qi is sunk to the bottom of your feet, and your Yi is on the two bubbling well cavities.

**Movement:** Shift your weight to your left leg and press down heavily with your hand. Line up (extend) your head, spine, and right leg. Stay in this position for about three seconds, then return to the original position. Repeat to the other side. Turn twelve times in each direction for a total of 24 repetitions.

**Details for Fifth Form:** When you hold your hands on knees with the thumbs pointed to the rear, you are expanding your chest and when you move your body from side to side, you are loosening the lungs and therefore taking in the excess Qi from the Middle Dan Tien (Heart). You are also increasing the blood circulation which will take care of any numbness or soreness in the legs. Make sure when you lean to each side you don’t drop your head.

**Advanced Variations:** Bend the far knee in. After three repetitions, pause in the center, exhale, relax, and make the he sound for the heart. Hold the turn for one breath cycle.

**Song for the Fifth Form**
Sway the head and swing the tail to get rid of heart fire; when the heart fire is strong use metal (lung) to subdue it. Hands press the knee caps, repeatedly sway and swing. Blood flows smoothly, there are many good benefits. If the muscles/tendons are cramped, legs are sore, and the body is numb. Repeatedly extend and press heavily, do not waste time (hesitate).
Sixth Form: Two Hands Hold the Feet to Strengthen the Kidneys and Waist.

**Stance:** Move your left leg back so that you feet are shoulder width apart.

**Movement:** Press both palms down slightly beside your waist. Move your hands up in front of your chest and overhead, fingers pointing inward. Palms roll up as arms move up. Focus your mind on your Mingmen cavity in the kidney area. Hold for three seconds. Bend forward with the arms extended and grab your toes. Pull your hands up slightly so that you are putting a gentle stress on your whole body. While holding your feet, focus your mind on the Bubbling Well cavities in your feet. Hold this position for three seconds. You can stretch to each side. Repeat 16 times.

**Advanced Variations:** Hold the toes for longer. Shift weight from side to side. Rock from side to side. Twist while rocking. Reach across and use hands and arms to twist. Make the cui sound for kidney when you exhale on rising.

**Song for the Sixth Form**
Two hands hold the feet to strengthen the back and waist; (when the) waist and kidneys are strong the entire body is strong. Bend the waist and hold the feet. It is the most effective way to strengthen the muscles, tendons, and bones. One down, one up, the life force increases greatly. It is the best way to prevent colds.
**Seventh Form:** Screw the Fist with Fiery Eyes to Increase Qi Li.
Similar to the second form.

**Stance:** Step your right foot to the side and squat in horse stance.

**Movements:** Sink your stance as you chamber fists at waist. Tighten both fists, turn head and twist the kua left, and extend left arm to the side in a twisting strike. Glare fiercely at an imaginary opponent as you strike. The extended hand can be either a fist or an open palm. Relax both fists and bring the extended hand back to the waist. Repeat to right side. Do eight repetitions to each side.

**Details:** This form trains you to raise your spirit of vitality. When your spirit is raised, you strengthen your Qi flow and increase your muscular strength (Li). Concentrate your Yi. Have a very strong image of punching someone very heard and your Yi will lead your Qi to the ends of your arms and legs.

**Advanced Variations:** Tense the fist, wrist, and forearm just before end of movement. Hold the punch and tension for one breath cycle.

**Song for the Seventh Form**
Screw the fist with fiery eyes to increase Qi Li: Body and mind are healthy. Ride the horse and squat down, straighten the chest. Hold the fist or strike with palm, using more force. Left and right, two hands grasp in turn. Grasp, hold, fiery eyes, use Li Qi.
Eighth Form: Seven Disorders and Hundreds of Illnesses Disappear and Are Left Behind You.
(3 parts)

Stance: Feet shoulder width apart. Hands hang naturally at your sides.

Movements:
1. Raise up on toes and stay as high as you can for three seconds. Then lower your heels to the floor. Do 24.
2. Place your hands on your back at waist level, fingers pointing toward spine, thumbs pointing toward front. Raise up on toes and hold for three seconds. Do 24.
3. Hold your hands in front of your chest palms up. Raise up on toes and hold for three seconds. Do 24.

After your finish this piece, stand still, keep your mind calm, and breathe smoothly and regularly for about three minutes.

Details: The different hand positions serve different Qi circulation functions. This form smoothes out the Qi from the top of your head to the bottom of your feet. It stimulates the six Qi channels and two vessels that connect to the feet.

Advanced Variations: First position is hands on waist.

Song for the Eighth Form
Seven disorders and hundreds of illnesses disappear and are left behind you. Hundreds of illnesses are caused because the body is weak. The feet up, achievement is hard to describe by pen. The head up and press down to reach to the end of the toes. Hold the waist, and hold the chest, up and down movements. (It is ) effective in eliminating disasters (illnesses) and getting rid of sicknesses.