

# ***Eight Section Brocade Chi Kung***

The *Ba Duan Jin Qigong* or the Eight Section Brocade Chi Kung is an ancient Chinese fitness routine involving using eight specific exercise movements, stretching the muscles, squatting, martial arts aspects, deep breathing, concentration, and using one's imagination. This popular Chi Kung form has precursors in the Animal Frolics exercise forms created by Dr. Hua Tuo in 180 CE. Qigong exercises are practiced daily (*Kung*) to increase vitality, fortify the immune system, calm the spirit, improve flexibility, increase strength, enhance balance, open the energy (*Qi* or *Chi*) gates and pathways of the body, improve mood, and increase the chances for vibrant longevity.

Begin with *Wuji* – The Quiet Standing Mind-Body Meditation Posture

1. Pressing Up the Heavens with Two Hands
2. Drawing the Bow and Letting the Arrow Fly
3. Separating Heaven and Earth
4. Wise Owl Gazes Backward
5. Big Bear Turns from Side to Side
6. Punching with an Angry Gaze
7. Touching the Toes then Bending Backwards
8. Shaking the Body

Finish with: Self-massage, *Wuji*, Magic Pearl Qigong, Dragon Qigong, Yang or Chen Style Taijiquan.

Chi Kung (Qigong) Instructor: Michael P. Garofalo  
Valley Spirit Qigong, 2005, Red Bluff, California

Qigong Class Information: <http://www.egreenway.com/tcc.htm>

Valley Spirit Qigong: <http://www.egreenway.com/qigong/index.htm>

Eight Section Brocade Chi Kung (Qigong):  
<http://www.egreenway.com/taichichuan/esb.htm>