

☯ Taiji Cane Qigong: ☯ Eight Section Brocade ☯

“The Way Things Work Naturally” Qigong is exercise for development of internal energy. Connecting us to our true nature through breathing, movement, and concentration. Start in a relaxed stance Adjust height of stance to suit own your needs. Back straight and knees soft. Breathe out when moving away from your center and in when you return. Allow your breathing to be full without strain relaxed and coming from your center, fill and empty your lungs: comfortably full and comfortably empty. Do each set Ten or more if you want. Try not to over do it. Take your time and relax into it fully.

☯ **LIFTING SKY** Cane in both hands at high chest level. Feet in double wide horse stance. Lift up overhead to press sky. Eyes and head follow cane upwards and back to high chest. Legs are slightly bent and then at moving up straighten and push legs upwards. Bend and relax legs when coming down. Do 10 or even more if you want.

☯ **PRESS EARTH AND SKY** Circle hands (cane in left) to center. Lift at a diagonally to the right as left hand moves diagonally down to left. Eyes follow cane. Circle back to center and now switch left up as right is down Do 5 or more then move cane to right hand and repeat 5 or more in left hand. Feet stay in place and shift weight to arm going up and that leg straightens upward as other bends a bit. Body shifts a bit side to side.

☯ **SHOOTING THE BOW** Cane in left hand, as both hands come to center turn to right, Hands scoop up and cross at start. Right foot will pivot to right. Right hand moves out at shoulder height to right, with palm up as if to ‘stop’. Cane hand moves back like pulling an arrow back. As free hand goes out. Back leg goes straight and front leg bends over knee, As body shifts back and forth with the hips. Do 5 or more repeat other side and hand Do 5 or more again on this side

☯ **LOOK OVER SHOULDER AT MOON** Cane in double hold at mid-chest, Twist to left, then right. Push cane out towards sky, about neck level, as body turns to back, do as much as you can. Feet pivot towards turn. Push with hip, keep heels on earth, Cane comes back to body each time. Bend knees. Do 5 or more each side.

☯ **TOUCH THE EARTH** Cane is in left hand and both hand circle over head. Cane tip is straight up vertically, meet at top. Eyes follow cane up. Hand off cane to free hand. Sweep circle down and outward, as body and hips squat down, go as far as you can. Hands out in “Safe” at bottom. Move on upward and backwards as hands circle up to top again. Switch to other hand again and repeat for 10 or more times

☯ **BEAR SWIMS WITH CANE** Start in left hold, hands come to center low chest level. Free hand is palm in and turns to palm outward as circle outward like swimming or doing the ‘breast stroke’ Bending down low at cross hands. Coming up as hands cross as you open to side. Do each 5 or more and then switch to other hand do 5 more again.

☯ **WILLOW TREE IN WIND** Hold in double overhead stance; bend to left, letting left leg rise up as heel comes up. Push hip as much as possible to right side let hand and cane come down towards left hip as much as possible. Lower heel as hands come back to top, then do other side. Do 5 or more on each side.

☯ **WAVE AWAY DEMONS** turn to left, with cane in right hand about hip level. Turn body to the left as left-hand sweeps / circles out to right. Left palm to out away from center. Eyes follow cane. Push right holding cane straight forward as if punching to left, as left hand circles out and back to center. Now left hand with take cane from right hand. Turn 180° to the right as right hand sweeps to right side and cane ‘punches’ towards right side, again sweep right hand around to take turn to left side and repeat again doing left again. Back and forth each side. Turn feet at each side. Do 10 or more.

www.sanchi.biz is the web site for this DVD or Tape for this ‘Taiji Cane Qigong practice’.