



八段錦

Ba Duan Jin

Eight Pieces of Brocade

•••

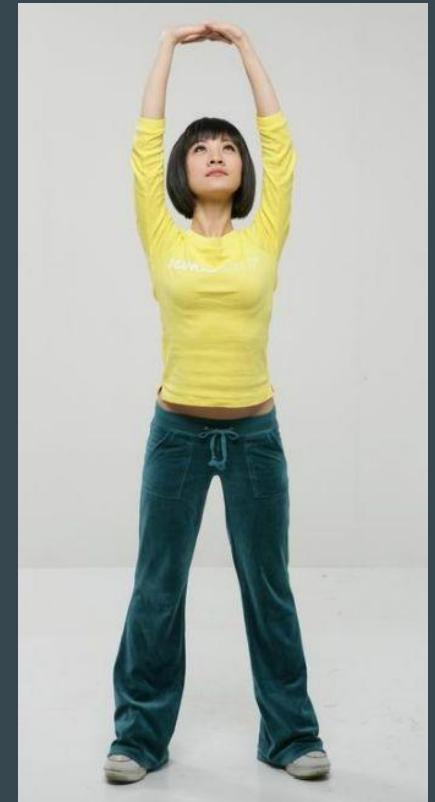
By Bruce Sun

Ba Duan Jin (Eight Pieces of Brocade) is an ancient Chinese exercise. It has the features of:

1. Body movement in Anterior/Posterior, Left/Right, & Upper/Lower directions
2. Easy Practice
3. Better circulation and energy

## Form 1: Prop up the sky for well-tuned Samjiao

- Elongates the spine.
- Regulates Qi and blood.
- Calm the mind.
- Boosts metabolism.
- Improves aches on the waist and back, headaches, night sweat, flu and fever.



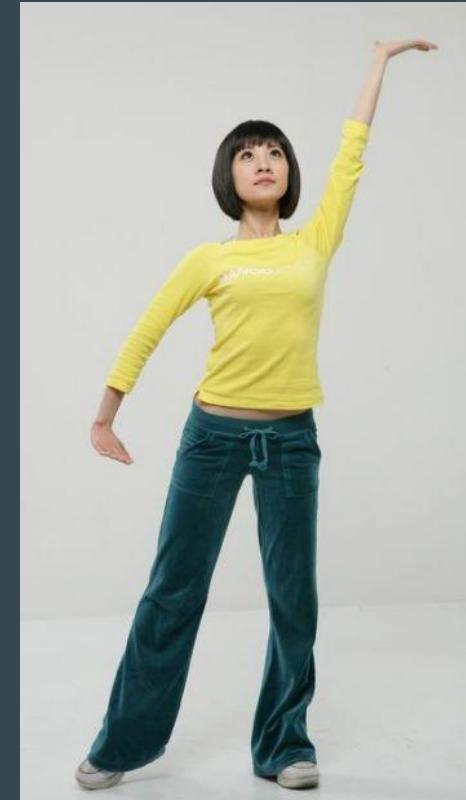
## Form 2: Draw the bow on both sides

- Boosts blood circulation.
- Promotes the better lung functions.
- Improves stuffy chest, urinary and constipation issues, hunching back.
- Relieves muscle tensions.
- Strengthens leg muscles.



## Form 3: Asymmetric stretch for good digestion

- Boosts digestive and immune systems.
- Relieves abdominal discomfort.
- Improves soreness of the limbs.
- Promotes bowel movement.



## Form 4: Look back for cures of strains and weariness

- Relaxes the neck muscles.
- Relieves the stiffness of neck and shoulder.
- Stretches the spine.
- Releases stress.
- Calm the mind.



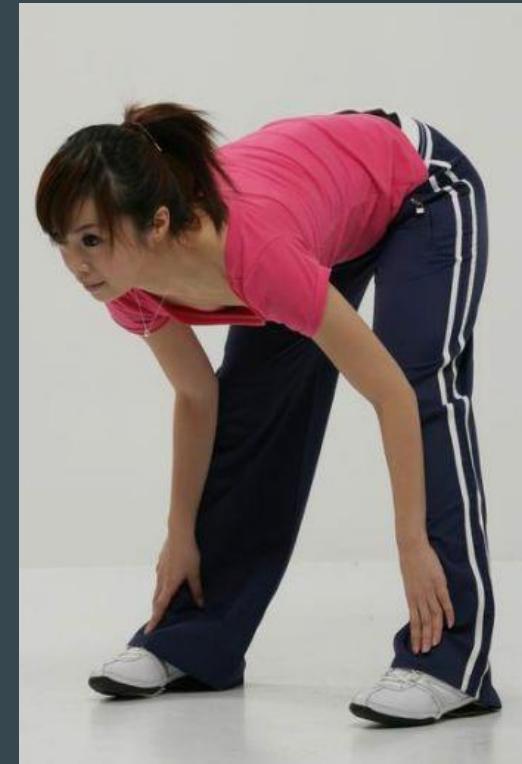
## Form 5: Sway the head and buttock to subdue the heart fire

- Reconciles emotions.
- Strengthens leg muscles.
- Relieves limb numbness and cramps.
- Reduce discomforts of migraine.
- Improves acne and nose bleeding.



## Form 6: Touch feet to strengthen kidneys and waist

- Strengthens the urinary and reproductive systems.
- Detoxifies the body.
- Relieves stomach ache, lower back pain and menstrual pain.



## Form 7: Clench the fist and open eyes wide to enhance vitality

- Strengthens muscles.
- Enhances lung functions.
- Improves diarrhea.
- Relieve waist pain.



## Form 8: Stand on toes and land on heels 7 times to eliminate disease

- Boosts the immune system.
- Calms the mind.
- Relaxes stiff muscles.
- Relieves neck and waist pain.
- Reduces swollen eyes.



# Online Resource

Basic Version:

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

<https://www.youtube.com/watch?v=cwlvTcWR3Gs>

Advance Version:

<https://www.youtube.com/watch?v=UpN3AcXLSSk>

©December2022, Chunchieh Bruce Sun, CAc, MSOM, Dipl OM offers acupuncture and Chinese medicine services at The Ommani Center. He's available for appointments on Mondays and every other Thursday. Call our office at (262) 695-5311 to schedule an appointment. Bruce is always open to speaking with people in advance to discuss any care concerns.