



The 8 Pieces of Brocade

The Eight Pieces of Brocade was developed during the twelfth century as a way to strengthen the body, to balance the vital functions and to reduce stagnant energy and toxins. Each exercise should be repeated 8-10 times.

We start with gently raising and lowering the arms from waist to chest height and then continue to the "Tripple Warmer" below, following the sequence of movements from left to right then to the 2nd row.



兩手托天理三焦

Tripple Warmer

Eyes, ears, face, upper respiratory system, internal organs and legs



左右開弓似射鵰

Shoot the Hawk

Arms & shoulder muscles



調理脾胃須草舉

Separating Heaven & Earth

Spleen & stomach



五勞七傷往後瞧

Turning the Head

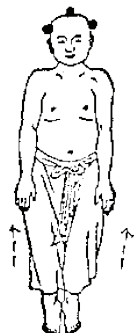
Neck, chest & lungs



攢拳怒目增氣力

Hold Fist with Angry Eyes

Strengthens metabolism, generates chi



背後七顛百病消

Bounce on the Toes

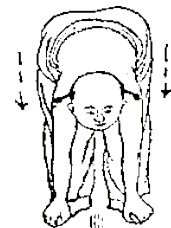
Body & nervous system



搖頭擺尾去心火

Swing Head & Tail

Digestion & circulation



兩手攀足固腎腰

Bending Backwards and Forwards

Kidneys, back & waist