

Eight Pieces of Brocade

Start in basic horse stance. Lower back flat, knees softly bent. Toes straight forward. Anchor your feet to stabilize yourself. Lift your head as if suspended by a golden thread. Arms at side. Relax all your muscles. Focus on breathing softly & notice the qi moving in your body. Connect with the heaven & the earth.

These exercises are designed to assist you to connect with the qi in your body and you can mentally assist the qi movement.

In any of these positions feel the simultaneous push / pull, up / down energy movement.



Basic Stance



Horse Stance



Wide Horse Stance



Soft Fist

“HOLE LOTTA SHAKING GOIN’ ON

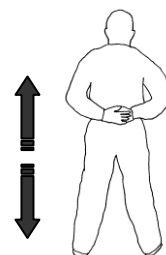
Vertical shake

Start in basic stance. Place your hands in the small of your back.

Make sure your feet are firmly planted.

Shake the body up & down along your internal post.

Slowly increase the speed. This opens and loosens your internal body.



Horizontal shake

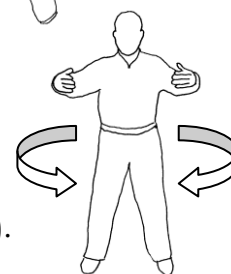
Start in basic stance.

Make sure your feet are firmly planted.

Don't let your knees collapse inward with this movement.

Arms softly out to the side.

Start “shimmying” slowly & increase speed. (Rotating around the internal post).



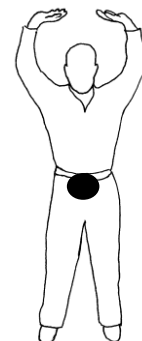
All the following routines are repeated 8 times on each side.

Push up the Heavens

Slowly push your hands up over your head.

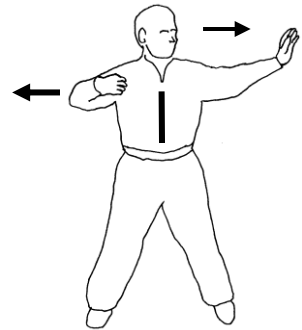
Feel the weight of the heavens as you push down into the earth.

All push in any direction comes from the lower dan tian (center).



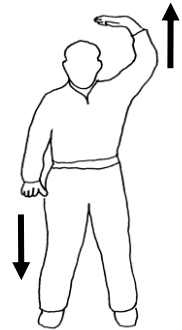
Shoot the Arrow

The body stays straight forward in wide horse stance.
Sink into the earth and lift the head.
Bring arms up to chest as you inhale. Exhale as you extend the arms into position:
One arm is extended out straight to the side. Look over the hand.
The other arm is rounded and drawn away, elbow up, soft fist.
Feel the push of the straight arm & the pull of the curved arm.
The body stays forward, only the head follows the pushing hand.



Hold Down the Earth & Carry the Sky

Stand in basic stance.
One arm will be pushing up, the other pushing down.
All pushing comes from your center, arms stay rounded.
Picture the qi moving up one side of your body as it moves down the other side, simultaneously.



Tilt to the Side

Start in basic stance. Keep the body centered & balanced.
Be sure to stretch upward with one arm first, then lean over to one side.
Imagine the opposite wall is pulling you over. Pull the wall back towards you as you straighten up. As you straighten up, the lower arm is folding up to straighten out over the to other side as the first side unfolds down. Always be **fully upright** before leaning over.

When you are strong & flexible enough you can add forward & backward stretch/pushes here.



Softly Punch Diagonally

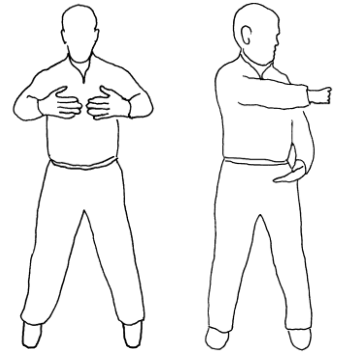
Start in horse stance. Keep centered and anchored. Hips should not turn too far, but torso does in this one.

Fist is soft, not clenched.

Lower one hand down to groin & punch other to the opposite side.

Look over the fist. Knees stay open over the knees.

As you rotate back to center bring hands back together to hug the pole and switch directions to opposite sides.



Turn and Look Behind You

Basic horse stance. Keep your feet solid. Prevent your knees from collapsing in. Rotation comes from your waist.

Your hips should not rotate very far.

Arms are up and rounded in front of the sternum.

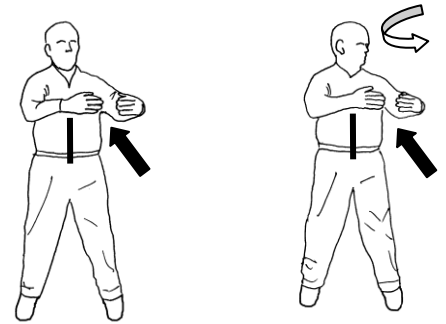
Slowly rotate your torso to one side.

When you reach your limit where your knees collapse stop rotating the torso & continue with just your head turning.

Hold for a breath or 2 and then slowly rotate your head back into alignment with your hands & then bring everything back to center.

Repeat to the other side.

NOTE: Your hands always stay in front of the sternum. The tendency is to continue to twist them (pull back your elbow) as you twist your head. We are separating the different areas of the spine & taking each to their limit.



Stand on Toes then Squat

Start in basic or horse stance. Be sure you are very stable before going up on toes. Lightly tone your abds and gluts. Remember to stay anchored, sink as you lift.

As you raise up on toes the arms come up the center & overhead.

Open the arms out to the side as you sink into your squat. Stay on your toes as long as possible. In the squat you eventually want to be on flat feet. You can also use a rolled towel under your heels to support yourself so you don't fall over initially.

DO NOT let knees collapse in or go forward past toes.

Try to straighten up and lift yourself on your toes.

