



Eight Pieces Brocade

1. **Pro Heaven** – Standing with your feet wider than shoulder feet apart. Palms facing up in front of dan tien. Place the tip of the tongue lightly against the roof of the mouth and breathe through your nose. Look straight ahead and relax all joints. Raise the arms bringing the chi up to the chest, turn palms to face up and press chi overhead, at the same time sink the lower body. Circle arms down the sides to the front of the dan tien, palms facing up and straighten legs slightly. Repeat 6 times.
2. **Draw a Bow to shoot the Vulture** – Sink down and maintain a horse ride stance. Cross arms at chest level, left arm on the outside. Extend left arm to the left with forefinger pointing upward, thumb stretched out and other fingers bent. Turn head to the left and look at the left forefinger. At the same time bend the fingers on the right hand and extend it to the right, at shoulder level with arm bent as if you were drawing a bow. Return to center and cross arms at chest level, right arm on the outside and repeat movement alternating to the left and right.
3. **Raise Single Arm to Regulate Spleen and Stomach** – Standing in horse stance, raise left hand overhead with palm up and fingers together pointing to the right, tilt your head back and look up. At the same time press the right hand down towards the earth. Exchange the arms, raising the right arm up overhead and left arm press down. Note: the lower hand position can be alternated in front of the body or behind or press down on the waist.
4. **Turn Body Look Behind** – Standing in a horse stance, shift your weight to your left leg, and turn your torso, neck and eyes to the left. Return to center and repeat to the other side.
5. **Shake the Head and Tail to Regulate the Heart Fire** – Standing in horse stance, hands on the waist, shift weight to the left leg, lean forward so that the torso is parallel to the floor, then swing the torso to the right with eyes looking forward, raise torso and shift weight center. Repeat on the other side.
6. **Thrust Punch to Gain Strength** – Standing in horse stance, toes gripping the floor, hands tightly clenched with the thumb on the inside, thumb knuckles facing down at the waist. Look ahead with eyes open and thrust left hand slowly halfway and then fast until arm is fully extended, knuckles facing up. Turn knuckles down and pull fist back to waist. Repeat alternating arms.
7. **Bend Body to Grasp Toes to Reinforce Kidneys** – Bend forward slowly, keeping legs straight, and grasp toes with both hands or touch K1 under the ball of the foot. If you cannot reach your toes, touch ankles or knees with fingertips. Raise body straight, making a baby fist, with thumb on the inside of the fist, place fists against the lower back and lean back.
8. **Jog the Heel to Keep Illness Away** – In horse stance, place your hands on your waist, raise both heels, and using your body weight, drop down on your heels.
 - In the Song Dynasty (12th century) General Yue Fei created the 8 Pieces Brocade.
 - The exercises act on the Sanjiao – triple warmer.
 - Each exercise has a specific Qi circulation, balancing effect on the 5 principle organs – heart, spleen, lung, liver, kidneys and by a sequence of the secondary organs.