OLD PUEBLO TAI CHI • TUCSON, ARIZONA - 1-PAGE STUDIO PRACTICE HANDOUT

Eight Pieces of Brocade (Ba Duan Jin) Sequence Sheet

ALL 8 BROCADES

All 8 classic Qigong movements in traditional order with breathing rhythm and seated chair adaptations.

COMPLETE 8-MOVEMENT SEQUENCE (STANDING OR SEATED)

01 Two Hands Hold Up the Heavens (Shuang Shou Tuo Tian)

Full-Body Stretch & Breath

Interlace fingers below navel; inhale as palms rise and press comfortably overhead (or 45 deg forward for tight shoulders) while heels stay heavy. Exhale and circle arms wide down.

02 Drawing the Bow to Shoot the Hawk (Zuo You Kai Gong)

Upper Back, Chest & Posture

Cross wrists at chest; inhale as you draw one elbow softly back and extend the other hand out to the side in a comfortable stance (or seated tall). Exhale to center and switch sides.

03 Separating Heaven and Earth (Tiao Li Pi Wei Xu Dan Ju)

Ribcage & Side-Body Length

Inhale as one palm presses gently upward and the opposite palm presses downward beside the hip, lengthening the waist without leaning. Exhale to gather at the belly and alternate.

04 Wise Owl Gazes Backward (Wu Lao Qi Shang Wang Hou Qiao)

Neck Mobility & Collarbones

Stand or sit tall with palms open slightly beside hips. Inhale as you turn your head smoothly 70% over one shoulder while shoulder blades drop; exhale smoothly back to center.

05 Sway the Head and Shake the Tail (Yao Tou Bai Wei)

Hips, Waist & Calm Heart

Rest hands lightly on thighs. Bow comfortably from the hip crease (keep spine long, never round low back), glide smoothly from one side to the other on the exhale, and return upright.

06 Two Hands Hold the Feet to Strengthen Kidneys (Liang Shou Pan Zu)

Lower Back & Hamstrings

Sweep palms around to the lower back, then exhale and trace down the backs of the thighs/shins only as far as comfortable with knees unlocked (if seated, trace to shins or ankles).

07 Clench the Fists and Gaze with Bright Eyes (Zuan Quan Nu Mu)

Leg Strength & Clear Vitality

Hold soft hollow fists at the waist. Exhale as one palm/fist spirals steadily forward at chest height while shoulders stay down and eyes focus clearly ahead; inhale to draw back.

08 Bouncing on the Toes Seven Times (Bei Hou Qi Dian Bai Bing Xiao)

Ankle Balance & Settling Qi

Inhale and lift heels just half an inch off the floor (keep a chair back nearby for fingertips, or lift heels gently while seated), then exhale and let heels settle softly to the ground.

"Move like silk, breathe evenly through the nose, and return gently to center between every posture."

- Ba Duan Jin Studio Guide • Practice 4 to 6 slow repetitions per movement (approx. 10-12 minutes total).

Old Pueblo Tai Chi - Beginner-Friendly Sun & Wudang Yang Style Classes with Dan Kimball

Culture Connects Studio • 3000 E. 22nd St, Tucson, AZ 85713 • Mondays & Wednesdays, 10:00 AM - 11:00 AM

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