

8 Pieces of Brocade - Ba Duan Jin

- 1. Post Heaven; Raise Palms to Heaven to regulate the Triple Burner**
- 2. Draw The Bow To Shoot The Vulture, Golden Eagle, Let the Arrow Fly**
- 3. Regulate Spleen and Stomach; Separating Heaven and Earth**
- 4. Turn Body to Look Behind; The wise Owl Gazes Backward**
- 5. Lion Shakes Its Tail; Shake the Head and Swing the Tail to Expel Fire from the Heart**
- 6. Thrust Fist With Angry Look To Increase Qi And Strength; Punching with Angry Eyes**
- 7. Grab Toe And Look At Sky; Press the Earth, Touch the Sky**
- 8. Jog Heels To Keep Illness Away; Lifting up the Heels**

Videos to watch:

https://youtu.be/6Zn_d2D15Q4 shows a version closest to what I do. It's a demonstration, not made for practicing with.

<https://youtu.be/Q8jsDDJW2y0> is a longer demonstration, again not instructional.

<https://youtu.be/3K-0Jpiju-o> has instructions! and commentary on energy and emotional balance.

<https://youtu.be/QBkNTQdclqU> shows a standard way of movements that you can practice to.

<https://youtu.be/445Fz8AQvX8> shows a Wudang Master doing the set. A few more flourishes than the standard.