

The eight Pieces of Brocade

By Master Yang Jwing-Ming

1. **Double Hands hold the Heavens** (24 times)
Regulates the Sanjiao (triple burner)
Raise hands & stand on toes, 3rd eye focus
2. **The Archer** (12 each direction)
Posture, musculoskeletal system
Horse stance, use Yi, release arrow
3. **Heaven & Earth** (Singled hand sky push) (24 times)
To adjust & regulate stomach, spleen, liver
4. **Turn neck, look & vitalize behind** (12 each direction)
3 hand positions: on waist, kidneys, heart (round back)
5 weakness Yin organs: Heart, liver, spleen, kidneys, lungs
7 emotions: Happy, anger, sorrow, joy, love, hate, desire
5. **Sway the head & shake the tail & look behind**
Get rid of heart fire, relieves tension & anger, calms heart
Horse stance thumbs on outside of thigh
6. **Happy Buddha**
2 hands raise above head, bend & hold feet
Stimulates kidney & waist
7. **Energy punch**
Horse stance low, punch & screw the fist/palm to each side.
8. **Cure 7 disorders & 100 illnesses**
3 hand positions while raise on toes: waist, kidneys, heart,

Double Hands hold the Heavens (Shuang Shou Tuo Tian)

This move is said to stimulate the "Triple Warmer" [meridian](#) (Sanjiao). It consists of an upward movement of the hands, which are loosely joined and travel up the center of the body.

The Archer Drawing the Bow to Shoot the Hawk

While in a lower [horse stance](#), the practitioner imitates the action of drawing a bow to either side. It is said to exercise the waist area, focusing on the kidneys and spleen.

Heaven and Earth

This resembles a version of the first piece with the hands pressing in opposite directions, one up and one down. A smooth motion in which the hands switch positions is the main action, and it is said to especially stimulate the stomach.

Turn neck, look & vitalize behind

This is a stretch of the neck to the left and the right in an alternating fashion.

Sway the Head and Shake the Tail & Look Back

This is said to regulate the function of the heart and lungs. Its primary aim is to remove excess heat (or fire) (xin huo) from the heart. *Xin huo* is also associated with heart fire in [traditional Chinese medicine](#). In performing this piece, the practitioner squats in a low horse stance, places the hands on thighs with the elbows facing out and twists to glance backwards on each side.

Happy Buddha Strengthen the Kidneys and Waist

This involves a stretch upwards followed bend forward hold the toes.

Energy punch This resembles the second piece, and is largely a punching movement either to the sides or forward while in horse stance. This, which is the most external of the pieces, is aimed at increasing general vitality and muscular strength.

Bouncing on the Toes

This is a push upward from the toes with a small rocking motion on landing. The gentle shaking vibrations of this piece is said to "smooth out" the qi after practice of the preceding seven pieces.

“The Eight Pieces of Brocade” Qigong practiced over 1,000 years. The gentle breathing, stretching and strengthening movements activate the qi (chi) energy and blood circulation in your body, helping to stimulate your immune system, strengthen your internal organs and give you abundant energy. Dr. Yang Jwing-Ming, PhD