

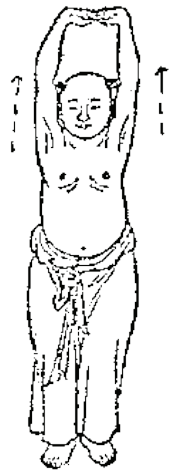
The 8 Pieces of Brocade

The Eight Pieces of Brocade was developed during the twelfth century as a way to strengthen the body, to balance the vital functions and to reduce stagnant energy and toxins. Each exercise should be repeated 8-10 times.

We start with gently raising and lowering the arms from waist to chest height and then continue to the "Tripple Warmer" below, following the sequence of movements from left to right then to the 2nd row.

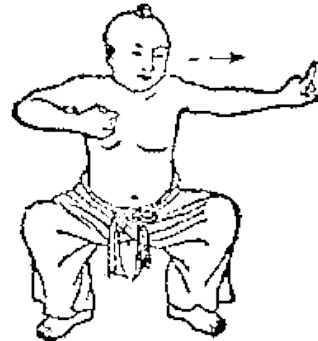


TaiChiChuanBerkeley
taichichuanberkeley.com andreas asmus



兩手托天理三焦

Hands Holding the Sky to Harmonize the Tripple Warmer eyes, ears, face, upper respiratory system, internal organs and legs



左右開弓似射鵰

Open Bow to Shoot the Hawk arms & shoulder muscles



調理脾胃須單舉

Separating Heaven & Earth spleen & stomach



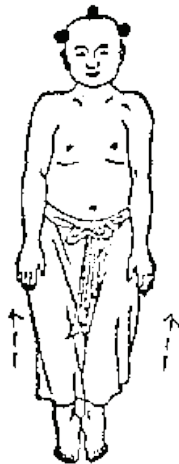
五勞七傷往後瞧

Turning the Head neck, chest & lungs



攢拳怒目增氣力

Hold Fist with Angry Eyes strengthens metabolism, generates chi



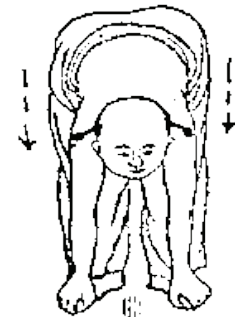
背後七顛百病消

Stand on Toes & Bounce 7 Times body & nervous system



搖頭擺尾去心火

Wiggle Tail & Swing Head digestion & circulation



兩手攀足固腎腰

Bending Back & Forward kidneys, back & waist