

Ba Duan Jin Qigong (Eight Silken Movements) consists of eight individual movements. Each movement focuses on a specific physical area, body function and Qi meridian. The movements can be practiced individually or in sequence as a set.

1. Pushing both hands upward to regulate metabolism



2. Expanding the chest to strengthen the Lungs



3. Stretching the arms alternatively to improve digestion



4. Turning the spine to alleviate fatigue and impairment



5. Swinging the head and tailbone to reduce Heart Fire



6. Holding the knees to strengthen the Kidneys and lower back



7. Clenching fists and open eyes widely to build up strength



8. Standing on tiptoes to defeat various ailments

