

Eight Pieces of Silk Brocades

<i>Name and Benefit of Posture</i>	<i>Instructions</i>
<p>Upholding heaven with both hands</p> <ul style="list-style-type: none"> improves posture by bringing the body's segments (head, shoulders, thorax, pelvis, legs) in a more vertical alignment opens and balances the Qi channels to increase blood circulation, improve digestion, and promote deeper respiration strengthens ankles, calf muscles and arch of foot 	<ul style="list-style-type: none"> from standing position, inhale slowly and raise your arms slowly away from your sides interlace your fingers above your head, palms down rotate palms to face sky and stretch until arms are fully extended go up on your toes and hold exhale slowly and slowly lower your heels and float your arms back to your sides <p>REPEAT 3 times</p>
<p>Drawing the bow</p> <ul style="list-style-type: none"> increases capacity of lungs stimulates heart and improves blood circulation strengthens muscles of the arms, shoulders, chest and thighs 	<ul style="list-style-type: none"> feet in horse riding stance cross arms in front of chest inhale slowly and pull your right arm slowly to the right with the elbow bent as if pulling a bowstring extend your left arm slowly to the left until your elbow is fully extended as if drawing a bow exhale slowly and return to beginning position <p>REPEAT 3 times on each side</p>
<p>Raise the hands one at a time</p> <ul style="list-style-type: none"> adjusts and regulates the functions of the stomach to improve digestion and aids the process of elimination increases Qi circulation to the spleen to enhance immune function stretches all the muscles of the rib cage to increase lung capacity strengthens the chest, upper back, shoulders, and arms benefits the liver and gall bladder 	<ul style="list-style-type: none"> stand with feet shoulder-width apart inhale slowly and push your left hand above the crown of your head, palm up, until your elbow is fully extended At the same time push your right hand below your tailbone, palm down, until the elbow is fully extended exhale slowly and return to beginning position <p>REPEAT 3 times on each side</p>
<p>Turning the head and looking behind</p> <ul style="list-style-type: none"> energizes and tones the central nervous system—the brain and spinal cord rejuvenates the internal organs, increasing immune function and promoting emotional well-being prevents neck problems by increasing the strength and flexibility of the muscles of the neck excellent antidote to rounded upper back, forward head and collapsed chest posture 	<ul style="list-style-type: none"> stand with feet shoulder-width apart cross your arms in front of your chest inhale slowly and deeply as you expand your chest and stretch your arms down and away from your body, palms facing the sky at the same time, turn your upper body and head to the left and look backward over your left shoulder as far as possible exhale slowly and return to beginning position <p>REPEAT 3 times on each side</p>

<i>Name and Benefit of Posture</i>	<i>Instruction</i>
<p>Bending the trunk and stretching the neck</p> <ul style="list-style-type: none"> • tranquilizes the fiery heart • increases flexibility of the spine • strengthens the low back, hips and thighs • strengthens and relaxes your neck by lengthening the muscles that connect head, neck and shoulders 	<ul style="list-style-type: none"> • stand in horse-riding stance • place hands on hips where they remain throughout the exercise • inhale slowly while bending your trunk sideways to the left • exhale slowly back to center • repeat on right side, then forward and backward <p>REPEAT 3 times on each side</p> <ul style="list-style-type: none"> • maintain horse-riding stance • inhale slowly while bending your neck sideways to the left • exhale slowly back to center • repeat on right side, then forward and backward <p>REPEAT 3 times on each side</p>
<p>Touching the toes and arching the back</p> <ul style="list-style-type: none"> • opens the Qi channels responsible for nourishing the internal organs of the body, especially benefiting the kidneys, and adrenals • improves flexibility and strength of the lower back, waist and hip joints 	<ul style="list-style-type: none"> • stand with feet shoulder-width apart • place your hands on your lower back • inhale slowly and bend forward as you run your hands down the backs of your legs (bend the knees!) • from the backs of your legs, run your hands along the outside edges of your feet to the big toe • from the big toe run your hands along the inside of your feet and up the inside of your legs • slowly lift yourself back to the starting position • place the palms of your hands over your kidneys • arch your body and bend backward until you feel a good stretch but without straining your lower back • exhale slowly and return to starting position <p>REPEAT 3 times</p>
<p>Punching with angry eyes</p> <ul style="list-style-type: none"> • build physical strength in the legs, arms and upper back • revitalizes the inner organs, especially the liver and heart 	<ul style="list-style-type: none"> • stand in horse-riding stance • clench fists at hold at sides of waist, with palm turned up • inhale slowly and punch with your left arm and fist • at the extension of the punch, palms are turned down <p>REPEAT 3 times on each side</p>
<p>Lift the heels to ward off 10,000 diseases</p> <ul style="list-style-type: none"> • strengthen the Qi flow to the spine and brain • massages internal organs • gently jolting the body stimulates the reflexes on the soles of the feet, similar to reflexology 	<ul style="list-style-type: none"> • stand with feet hip-width apart • reach upward with the top of your head and draw your chin in slightly • inhale deeply and raise your heels as high as possible by pushing up on your toes • lower your heels so that you give your body a gentle, low-impact jolt as you come down <p>REPEAT 10 times</p>