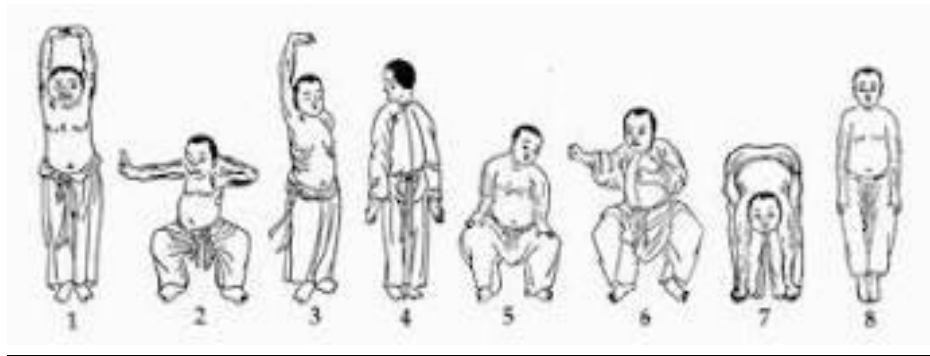


## **Eight Pieces of Brocade QiGong**



**Adirondack Holistic Healing Event**

**May 14 & 15, 2016**

**Lake Clear Lodge and Retreat**

**Michael Harrigan RN**



## **Eight Pieces of Brocade Qigong**

### **Starting and Resting Position**

- 1. Holding the Heavens with Two Hands**
- 2. Drawing the Bow to Shoot the Arrow**
- 3. Penetrating Heaven and Earth**
- 4. Wise Owl Gazes Backward**
- 5. Wag the Tail**
- 6. Punching with an Angry Gaze**
- 7. Touching Toes then Bending Backwards**
- 8. Up on Toes and Drop 3 times**

### **Holding the Heavens with Two Hands**

Keep your knees slightly bent, back straight, butt tucked in, hips tensed. Slowly and gently raise your hands, when your hands are at the level of your heart, turn your palms upward and continue raising your hands over your head. Gaze through your fingertips. When moving up, imagine your internal energy (Chi) moving up from your legs, up your spine, and into your head. Imagine the energy of the air, and Heaven filling your whole being. Turn the palms outward as you move both arms out and down to the side. Exhale as your arms move downwards. Imagine energy moving from your head down the front of your body into the center of your being, your lower Dan Tien which is located about three inches below and behind your navel. Repeat this movement for 5 to 7 times.

### **Drawing the Bow to Shoot the Arrow**

Step out with your left foot into a horse stance. Your feet should be wider than shoulder width apart. Bend the knees and keep your back straight. Gently raise your hands up to your chest. Cross your hands, left in front of right. Extend your left arm out level with your chest. Look to the left. Hold your fingers slightly bent and raise the index finger of your left hand. Inhale as you bring your arms up. Exhale as you squat down lower your stance and pull back with your right hand as if drawing the string on a bow. Imagine that you have released the string and shot the arrow. Return your arms downward and then back up the center of your body. Step back with your left foot to the starting position.

Repeat this entire sequence, this time stepping out into a horse stance with your right foot. Repeat these movements to the left and right sides for 3 to 5 times.

### **Penetrating Heaven and Earth**

Bring your hands up the center of your body. When they reach the level of your heart, turn your palms to face in opposite directions. Your right palm is facing up, and your left palm is facing down. Fully extend both arms in opposite directions, your right arm going upward and your left arm reaching downwards. Slowly bring your hands back together. When they are both at the level of your heart, reverse your palms so that now your left palm is facing up, and your right palm is facing downwards. Fully extend both arms. Inhale as you bring your arms together towards your center, and exhale as you extend them. Repeat this sequence 3 to 5 times.

### **Wise Owl Gazes Backward**

Stand with feet at shoulder width apart. Look straight ahead and imagine that you are able to see a great distance. Stand up straight and relax. Do not move your feet but slowly and gently turn to the left looking behind you as far as you can. Do not move your shoulders or back much instead gently turn your body. Inhale as you turn back towards the center, and slowly turn to the right and looking as far as you behind you. Inhale as you turn towards the center, exhale as you look behind you. Repeat this sequence 3 to 5 times.

### **Wag the Tail**

Step your left foot into a horse stance. Squat down and bend slightly forward so there is no strain in your back. Place your hands on your knees. Sway your head and imagine that you are swinging a long tail by drawing your weight with the left leg as you turn the hips to the left. Lift your chest. Be sure that you keep your knee directly over your toes. Do not put strain your knee by extending it beyond your toes. Return to center and repeat this time leaning forward and drawing your weight on the right leg and imagine that you are swinging a tail as you turn your hips to the right. Lift your chest. Repeat this sequence 3 to 5 times.

### **Punching with an Angry Gaze**

Step out to the right into a horse stance. Arms are at the waist. Form your hands into soft and relaxed fists. Slowly extend the right arm to the front, turning the fist as the arm moves forward. Exhale as your arm moves out, inhale through Eyes should be wide open, staring forward, with an intense gaze. Imagine that you are expelling old stale chi as you push your fist forward. As you bring your fist back to your side, inhale and imagine that you are drawing in fresh chi. Repeat with the other arm punching out and drawing back in the same manner. Repeat this sequence 3 to 5 times.

### **Bending Forward and Backward**

Place your hands on your hips. Exhale as you bend forward. Cross your arms grabbing your elbows and let your self hang. Release your arms and let your hands brush over the top of your feet. Slowly begin to bring yourself upright. Inhale as you let your hands move upwards imagining that you are guiding chi up your legs. Place your hands on your hips and exhale as you lean backwards (Be careful and only go as far back as you feel comfortable. Do not strain your back.) Repeat this sequence 3 to 5 times.

### **Raise up on your toes and drop**

Stand with your hands at your side in the starting position. Inhale and rise up as far as you can on your toes. Exhale, and let your self drop to your heels. Repeat this movement 3 to 5 times.

## **Health Benefits of Tai Chi and Qi Gong**

### **Physical Benefits**

**Improve muscle tone and flexibility**

**Help to prevent muscle degeneration**

**Improve organ function and balance organ energy**

**Improve energy levels and immune system function**

**Relieve stress**

**Promote digestion and absorption, and metabolism**

**Improve Coordination, Posture, and Balance,**

**Use for Self Healing**

**Improve Self Awareness**

### **Contact Information**

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