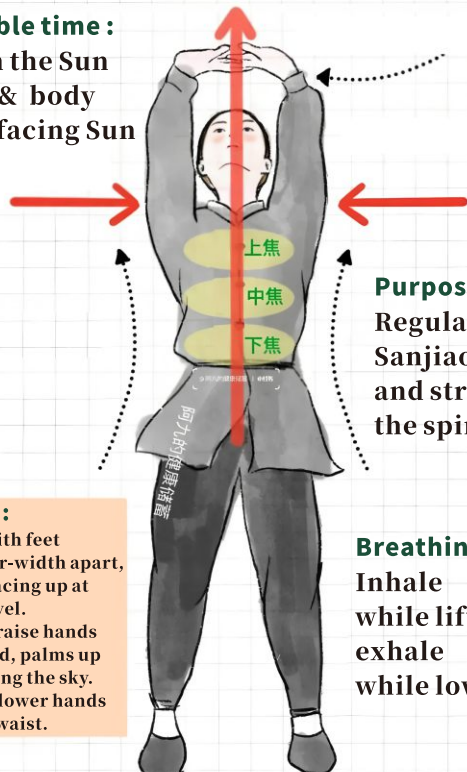


Eight-Section Brocade Qigong

First Section

Two Hands Hold Up the Heavens

Suitable time:
When the Sun
raise & body
back facing Sun



Purpose:
Regulates
Sanjiao
and stretches
the spine.

Action:
Stand with feet
shoulder-width apart,
palms facing up at
waist level.
Inhale, raise hands
overhead, palms up
as if lifting the sky.
Exhale, lower hands
back to waist.

Breathing:
Inhale
while lifting,
exhale
while lowering

Second Section

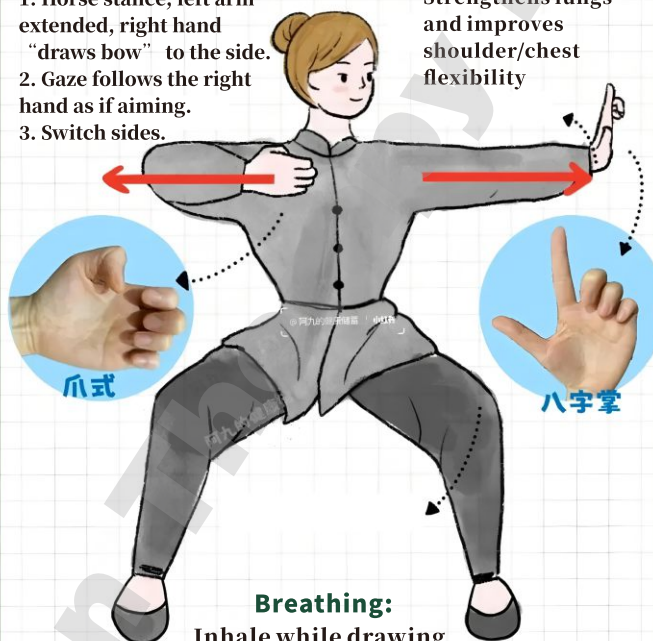
Drawing the Bow to Shoot the Eagle

Action:

1. Horse stance, left arm extended, right hand "draws bow" to the side.
2. Gaze follows the right hand as if aiming.
3. Switch sides.

Purpose:

Strengthens lungs
and improves
shoulder/chest
flexibility

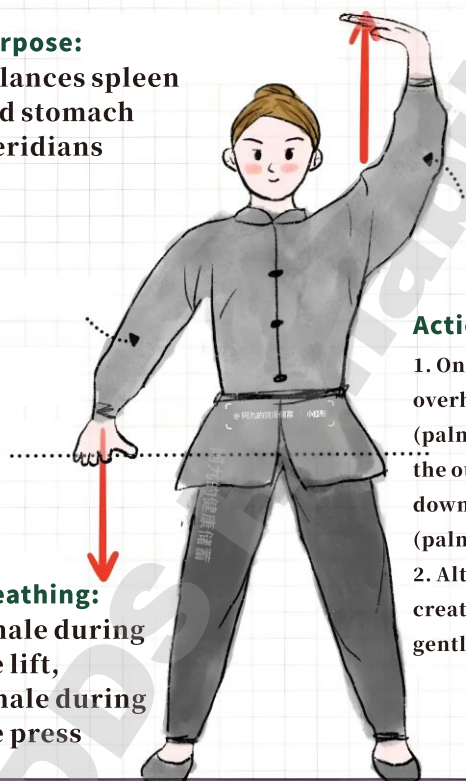


Breathing:
Inhale while drawing,
exhale while releasing

Third Section

Separate Heaven and Earth

Purpose:
Balances spleen
and stomach
meridians



Breathing:
Inhale during
the lift,
exhale during
the press

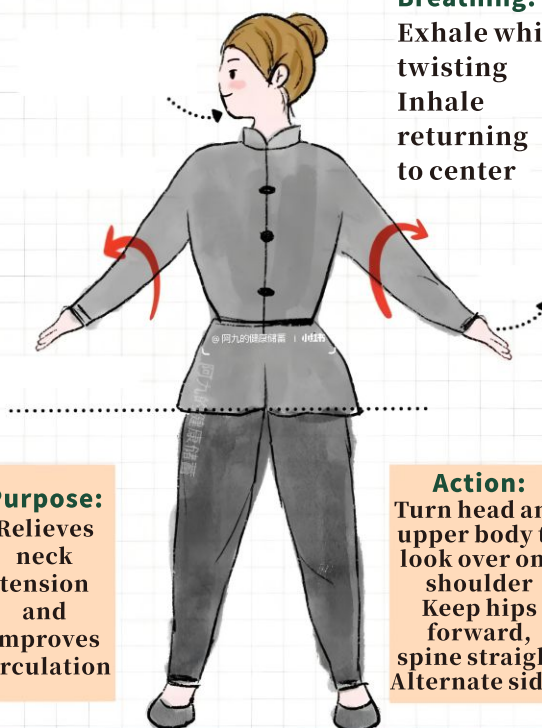
Action:

1. One hand rises overhead (palm up), the other presses down (palm down)
2. Alternate sides, creating a gentle stretch

Fourth Section

Wise Owl Gazes Backward

Breathing:
Exhale while
twisting
Inhale
returning
to center



Purpose:
Relieves
neck
tension
and
improves
circulation

Action:
Turn head and
upper body to
look over one
shoulder
Keep hips
forward,
spine straight
Alternate sides

Be Happy, Be Healthy, Be Wealthy!!!

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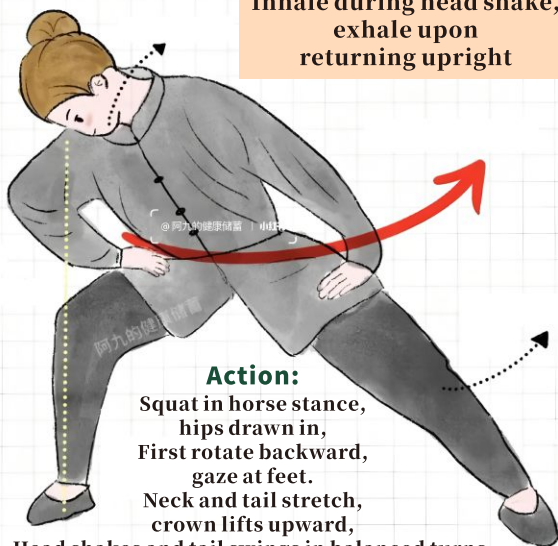
Eight-Section Brocade Qigong

Fifth Section

Shaking the Head & Wagging the Tail to Eliminate Heart Fire

Breathing:

Inhale while leaning right,
exhale while rotating left
Inhale during head shake,
exhale upon
returning upright



Action:

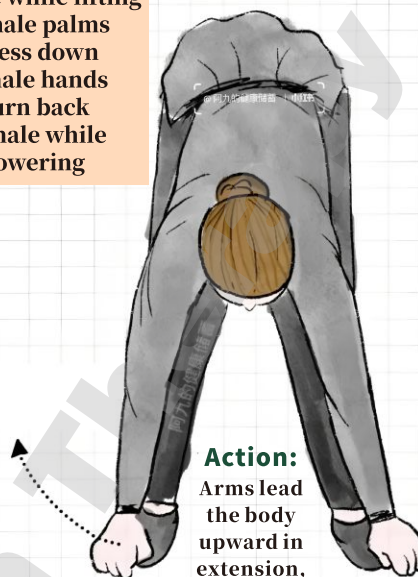
Squat in horse stance,
hips drawn in,
First rotate backward,
gaze at feet.
Neck and tail stretch,
crown lifts upward,
Head shakes and tail swings in balanced turns.
Eyes Look Down at Feet
[During rotation, keep eyes fixed on one foot]
Knees Aligned with Toes

Sixth Section

Holding the Feet to Strengthen the Kidneys & Waist

Breathing:

Inhale while lifting
Exhale palms
press down
Inhale hands
turn back
Exhale while
lowering



Action:

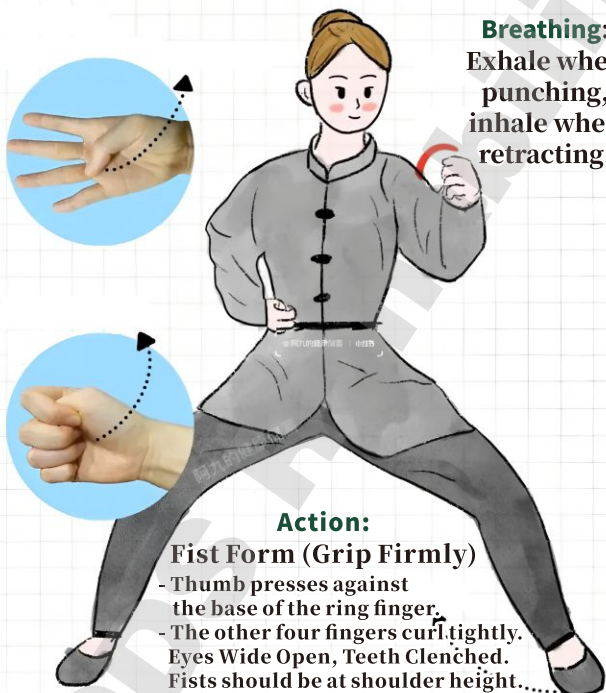
Arms lead the body
upward in extension,
Turn palms, press down, and twist forward.
Fingertips reach back, stroke the spine,
Then gently lower and hang relaxed.
Knees Aligned with Toes

Seventh Section

Clenching Fists and Glaring to Boost Strength

Breathing:

Exhale when
punching,
inhale when
retracting.



Action:

Fist Form (Grip Firmly)

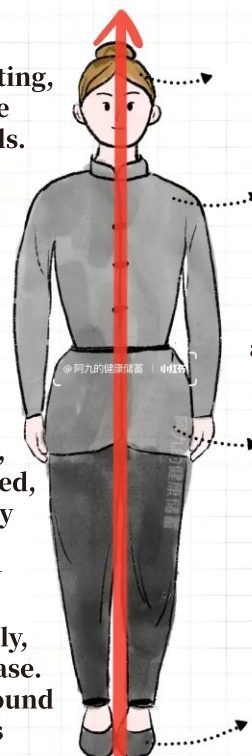
- Thumb presses against the base of the ring finger.
- The other four fingers curl tightly.
- Eyes Wide Open, Teeth Clenched.
- Fists should be at shoulder height.....

Eighth Section

Seven Bounces to Cure All Ailments

Breathing:

Inhale while lifting,
exhale while
lowering heels.



Tuck in the
abdomen and
lift the anus

Action:

Feet together,
shoulders relaxed,
Breathe evenly
as you rise.
Pause briefly
on tiptoes,
Then land gently,
whole body at ease.
Toes Grip the Ground
Total 7 cycles

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