



The Eight Pieces of Brocade Qigong

Start in the Wuji Posture

1: Lifting the Sky

2: Shooting the Bow

3: Separating Heaven and Earth

4: Wise Owl Gazes Backward (Looking Over the Shoulders)

5: Wagging the Tail

6: Spinal Stretch (Arching Back and Touching Toes)

7: Clenching the Fists

8: Bouncing On the Toes