



GateWay Taiji, Qigong & Yoga

8 Pieces of brocade (Poetry)

Sitting 8 Pieces:

- 1- Close eyes and sit with deep Mind, Hands hold firm, mind is calm, and concentrate on the Shen (Spirit).
- 2- Knock the teeth thirty-six times; two hands hold Kun Lun (Head).
- 3- Left and right beat the heavenly drum, resounding 24 times.
- 4- Lightly turn the head to loosen up the Tian Zhu (Sky post = Neck) swing the sky post 24 times (12 each way); Red Dragon (tongue) stirs the liquid saliva, drum, rinse, thirty-six times, Saliva liquid fills the entire mouth, one mouthful divided into three swallows, use Yi to send it to the Belly wheel.
- 5- Seal the breath and rub hands hot, massage the rear Essence Door on your back, end this one mouthful of breath, think the fire is burning in the belly wheel.
- 6- Left and right windlasses turn, two feet lie comfortably extended.
- 7- Interlock the fingers of both hands, false lift; lower the head repeatedly to hold the feet.
- 8- Entire sky Slow transportation: Wait until the mouth water arrives, again rinse, again swallow the saliva, do this three times, swallow mouth water 9 times, swallow noisily, In hundreds of vessels Qi adjusts uniformly and automatically, entire sky(Body) slow transportation completed, think that fire is burning your entire body. Ancient name 8 pieces of brocade, train after midnight and before noon train diligently without ceasing, thousands of illnesses vanish into dust





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Standing 8 Pieces:

- 1- Double hands hold up the heavens to regulate the Sanjiao (Triple Burner); Sanjiao passes (Qi) freely and smoothly, illnesses disappear, Reverse hands to face the sky and raise both arms. Thrust out your chest, straighten your waist & Swing to both sides, Stand upright and be steady, Practice Long, the body becomes strong and you will feel happy.
- 2- Left and Right open the Bow like shooting a hawk, two arms strong and firm to strengthen kidneys and waist. Bend the elbow horizontal to the shoulder; use your mind to imagine hard pulling. Hand Arrow aims at the target, use the eyes to stare, Left and right shoot for 24. Ride the horse and squat down to increase efficiency.
- 3- To adjust and regulate the spleen and the stomach, you must lift singly; spleen and stomach gain peace and harmony, sickness cured automatically, Lift arm and stiffen the palms, use the force to rock. Extend and develop the tendons and muscles, spleen and stomach comfortable. Right hand lifted high, left dropped down, left and right extend and rock the tendons and channels alive.
- 4- Five weaknesses & Seven injuries, wait and see later (they'll be gone); train long; exercise long, tendons and bones strong. Weakness injuries (from over exertion) all because the internal organs (are) weak. Thrust out the chest and twist the neck to take a good look to the rear. Hold the waist and hold up the chest the body is upright. Especially effective in curing internal injury.





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- 5- Sway the head and swing the tail to get rid of the heart fire; When the heart fire is strong, use the metal lung to subdue, Hands press the knee caps, repeatedly sway and swing, blood flows smoothly, many good benefits. If the muscles/tendons are cramped, legs sore, and body numb, repeatedly extend and press heavily, do not waste time or hesitate.
- 6- Two hands hold the feet to strengthen the kidneys and waist; when the kidneys and waist are strong the entire body is strong. Bend the waist and hold the feet. It is the most effective way to strengthen the muscles/tendons and bones. One down one up, the life force greatly increases. It is the best way to prevent colds.
- 7- Screw the fist with fiery eyes to increase Qi Li; Body and mind healthy, the spirit of vitality comfortable, Ride the horse and squat down, straightening the chest. Hold the fist or strike with palm. Using more force, left and right, two hands grasp in turn. Grasp, hold, fiery eyes use Li Qi.
- 8- Seven disorders and hundreds of illnesses disappear and are left behind your back; Hundreds of illnesses are caused because the body is weak. The feet up, achievement is hard to describe by pen. The head up and press down to reach to the end of the toes. Hold the waist, and hold the chest, up and down movements. It is effective in getting rid of sickness and eliminating disasters.

