



du @幸福在冬季

# 八段錦

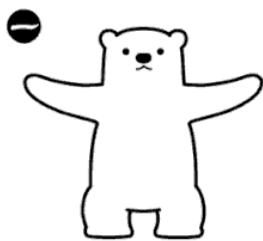
## Baduanjin

八组 安心、健体的动作

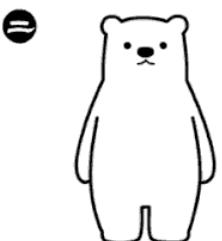
eight groups      peaceful and healthy movements

主动用意识，引导身体动作，并注意与呼吸配合

use your mind to guide your action, And remember to work with  
the breath



兩手托天理三焦



左右開弓似射雕



調理脾胃臂單舉



五勞七傷往后瞧



搖頭擺尾去心火



兩手攀足固腎腰



攢拳怒目增氣力



背后七颠百病消

# 锦

## 五星出东方利中国（护膊）

1995年10月中日尼雅遗址学术考察队成员在新疆和田地区民丰县尼雅遗址一处古墓中发现该织锦。

是汉代（前202年—8年）文物。  
收藏于新疆博物馆。

长18.5厘米，宽12.5厘米。



The “Five Stars Out of the East Benefit China” (armguard)

In October, 1995, the members of the Sino-Japanese Academic Inspection Team for the Niya Site found the brocade in a tomb at Niya Site in Minfeng Country, Hotan, Xinjiang Province.

It is a relic from the Han Dynasty. It is now collected in Xinjiang Museum.

It is 18.5 centimeters long and 12.5 cm wide.

# 锦



## 五星出东方利中国（护膊）

★以蓝色为底，花纹主体为平行排列的孔雀、仙鹤、辟邪、盘龙和虎等祥瑞禽兽，以卷曲的植物蔓藤及两蕾一花作间隔。

其间织篆字“五星出东方利中国”。

The “Five Stars Out of the East Benefit China” (armguard)

It is Based on blue. The main body of the pattern is parallel arrangement of peacocks, red-crowned crane, warding off evil spirits, coiled dragons, tigers and other auspicious animals,using curled plant vines and two buds on one flower as intervals.

Between them,there weaves “Five Stars Out of the East Benefit China” in seal character.

# 锦

## 五星出东方利中国

★ “中国”一词最早见于《尚书》。“五星出东方利中国”出自《史记·天官书》：“五星分天之中。积于东方，中国利；积于西方，外国用者利。”寓意，祝福中国吉祥顺利。



The word China was first seen in the book Shang shu. This sentence “Five Stars Out of the East Benefit China” comes from the Heavenly Official Book in Historical Records, by Sima Qian: Five stars divide the sky. Accumulating in the East, China's strength, accumulating in the West, benefiting foreign users. It means wishing China good luck and success.

# 锦

锦，精美、实用（蚕丝做成，天然透气，冬暖夏凉）、滑润舒适

Brocade, is exquisite, practical, lubricating and comfortable.(Made by natural silk, it has natural breathability, and is warm in winter and cool in summer.)



汉朝的锦



今天的蜀锦

## 八段锦

应是中国道教信仰者，注重养生而发明的。  
道教，是老子创立的（约公元前571年出生）。



Baduanjin was invented by Chinese Taoist believers who emphasized health preservation.

Taoism was founded by Laozi (Born around 571 BC).

# 八段锦

八段锦之名，最早出现于南宋洪迈（1123年—1202年）所著《夷坚志》中：“政和七年（公元1117年），李似矩为起居郎……尝以夜半时起坐，嘘吸按摩，行所谓八段锦者。”说明八段锦在北宋已流传于世，并有坐势和立势之分。

The word “baduanjin” first appeared in the writing Jian Yi Ji written by Hong Mai in the Southern Song Dynasty. It says: In the seventh year of the Zhenghe reign, Li Siju was appointed as the Qijulang(an official position) …… He would get up in the middle of the night and take deep breaths, **massaging** and doing the so-called baduanjin.

# 八段锦

南宋道教学者，曾慥（?-1155年）著《道枢·众妙篇》：“仰掌上举以治三焦者也；左肝右肺如射雕焉；东西独托，所以安其脾胃矣；返复而顾，所以理其伤劳矣；大小朝天，所以通其五脏矣；咽津补气，左右挑其手；摆鳞之尾，所以祛心之疾矣；左右手以攀其足，所以治其腰矣。”

但这一时期的八段锦没有定名，其文字也尚未歌诀化。

A Taoist scholar from the Southern Song Dynasty, Zeng Biao wrote about baduanjin in his work "Dao Shu · Zhong Miao Pian": Raising both hands to cure the gut, liver and heart; the liver on the left and lungs on the right are like arches shooting eagles; raise the left and right hands separately to regulate the spleen and stomach; turn the head back to relieve fatigue and calm the mood, The big and smart towards the sky, to benefit the viscera; Flip your palms left and right to increase qi and blood; Swinging your body like a fish to treat emotional disorders in your heart.

清朝，皇室更加重视八段锦的练习。《起居注》记载，清高宗乾隆也练习过八段锦。

他是中国历史上最长寿的帝王（1711——1799）

本杰明·富兰克林  
(Benjamin Franklin,  
1706—1790)

注：18世纪，全球人均20多岁。



In the Qing Dynasty, the royal family paid more attention to the practice of Baduanjin. According to the "Living Note", emperor Qianlong of the Qing Dynasty also practiced Baduanjin.

He was the longest-lived emperor in Chinese history .(1711-1799)

Benjamin Franklin (1706-1790)

Note: In the 18th century, the average global life span was about 20.

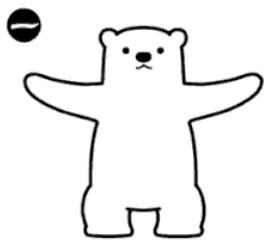
# 八段锦

主动用意识，引导身体动作，并与呼吸相配合 —— 和谐统一

t

立身中正，虚领顶劲，松肩沉肘，脚踩浮萍

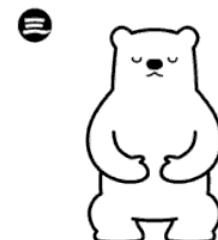
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兩手托天理三焦



左右開弓似射雕



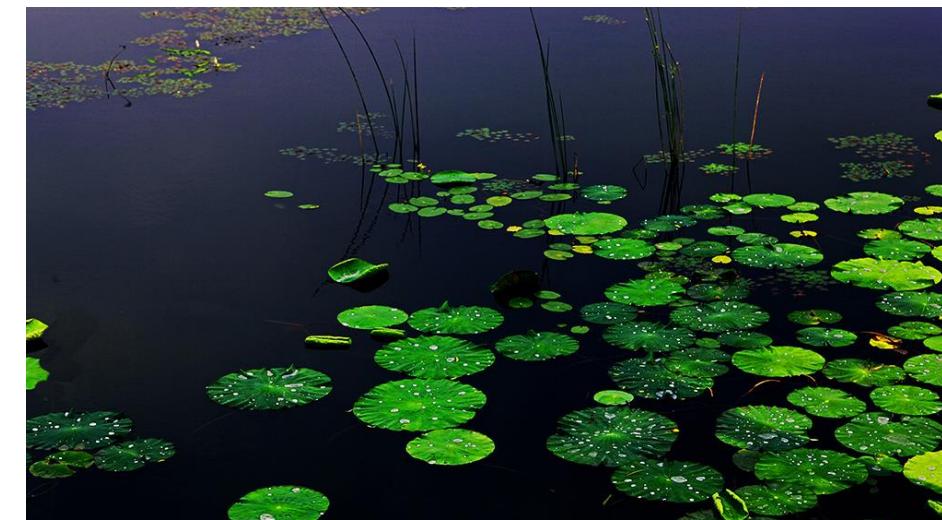
調理脾胃單舉



五勞七傷往后瞧



搖頭擺尾去心火



立身中正，虚领顶劲，松肩沉肘，脚踩浮萍



腾讯视频

# 技击的意义



梅威瑟

Floyd Mayweather  
(1977~) 出生于 Grand Rapids



2017年8月26日，梅威瑟第10回合，击败爱尔兰综合格斗选手康纳·麦格雷戈，赢得职业生涯第50场胜利；

创造了美国职业拳击赛的记录：生涯战绩50胜0负。

On August 26<sup>th</sup>, 2017, Mayweather defeated Irish combatant Connor McGregor in the 10th round, winning his 50th career victory and setting a record for professional boxing in the United States, with a career record of 50 wins and 0 losses.

# 1. 双手托天理三焦

三焦：肠，肝、胃，心肺

hands up holding sky to cure three viscera



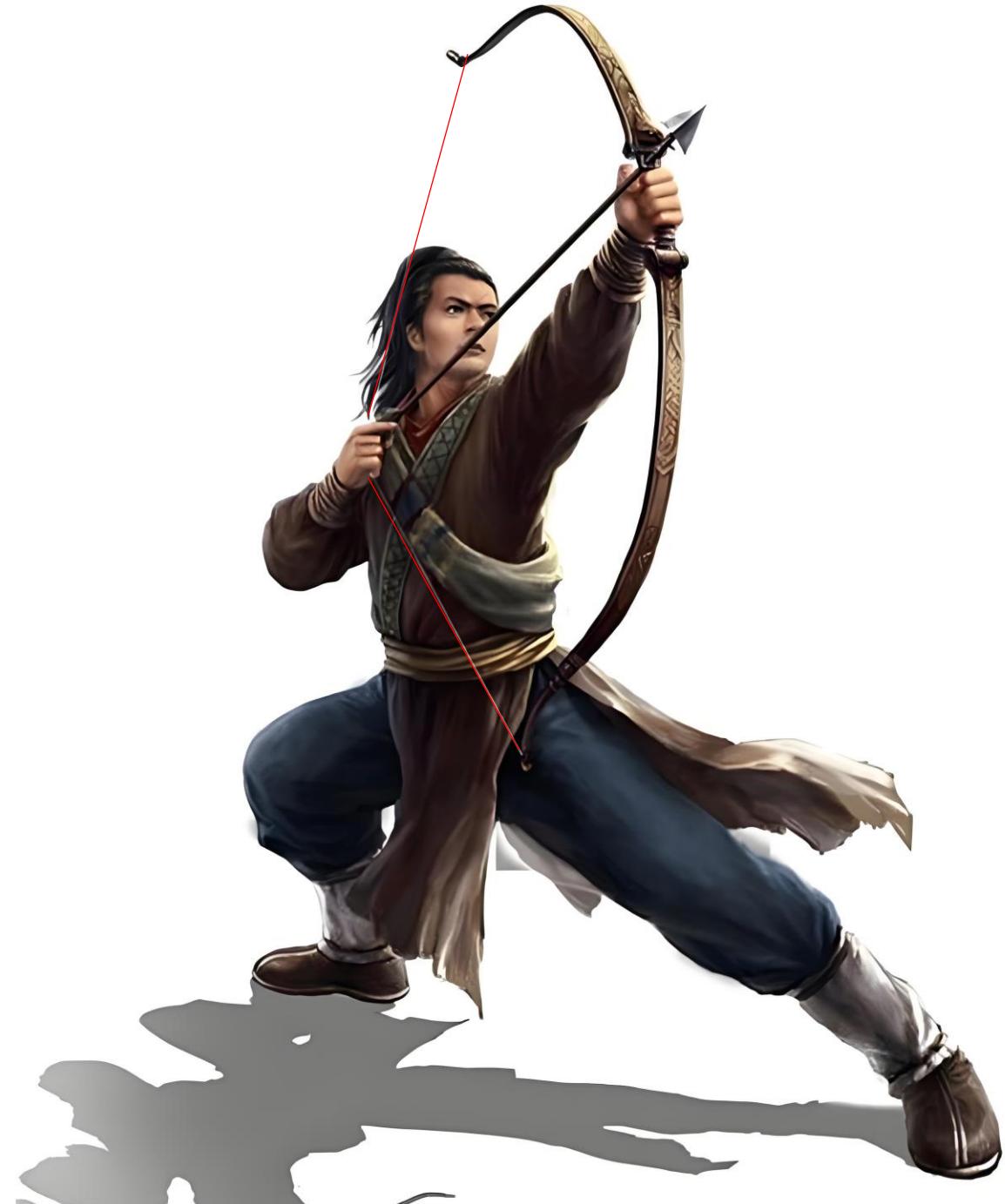
1. 两脚平行开立，与肩同宽。
  2. 两臂徐从身侧上举，举过头时，十指渐相对
  3. 掌心尽量向上托，使两臂充分伸展，又不可紧张（似伸懒腰）。
  4. 缓缓仰头，透手而观
  5. 掌托、仰头到位后，略停顿，生成擎天柱地的感受，用腹式呼吸慢呼吸二、三次。
  6. 翻转掌心朝下，经胸前，徐落。
- ※ 重复动作，3-6次  
呼吸平稳、缓慢。  
意念经过三焦（）

立身中正，虚领顶劲，松肩沉肘，脚踩浮萍

1. Keep your feet parallel to each other, and shoulder width apart. 2. Raise your arms from your side, When you raise over your head, your fingers are facing each other 3. The palm of the hand should be supported upwards as much as possible, so that the arms are fully extended, and not tense (the action should be like stretching ourself). Slowly look up at your hands. 5. After holding your palm and raising your head, pause slightly to imagine the feeling of lifting the sky, and breathe slowly two or three times with abdominal breathing. 6. Flip your palms down, through the front of your chest, and fall slowly.
2. ※ Repeat 3-6 times Breathe steadily and slowly. The mind passes through three focal points

## 2. 左右弯弓似射雕

the left and right act like shooting eagles



## 2. 左右弯弓似射雕

the left and right act like shooting eagles



1. 两脚平行开立，1½肩宽。
2. 食指与拇指呈L形撑开；余三指，轻轻弯向手心。

两手似提弓而起，至胸前，左手缓缓向左平推，逐渐展直；同时，右臂屈肘向右平拉；最终，左掌心、右肘尖，成对拉之势。腹式呼吸二、三次。

头渐向左转，眼看远方。  
腿渐下蹲。

脚跟碾地，随体而调脚尖位置。脚趾如虎爪抓地。

——想象自己尽力开弓，  
头、手、肘、腿、脚，尽心同  
时运行、到位。

3. 动作渐渐、反向还原。

※ 呼吸平稳、缓慢。

头，上领；背，松、直  
重复动作2，方向、肢体  
动作左右相反，左右各开弓  
4—6次。

1. Keep your feet parallel to each other, 1.5 times shoulder width.

2. Extend the index finger and thumb in an L-shape; Gently bend the other three fingers towards the palm of your hand.

Slowly push the left hand towards the left and gradually straighten your arm; at the same time, bend the elbow of the right arm and pull it to the right; In the end, the left palm and right elbow will form a pulling momentum. Take two or three abdominal breaths. Turn your head gradually to the left, looking into the distance.

The legs gradually squat down.

Roll your heels on the ground and adjust the position of your toes according to your body. Toes scratch the ground like tiger claws.

——Imagine yourself doing your best to draw a bow, with your head, hands, elbows, legs, and feet fully engaged and in place simultaneously.

3. Gradually reverse restoration.

※ Breath steadily and slowly. Head, leads upward; Repeat action 2 for back, loosen, and straight, with opposite directions and body movements on the left and right sides, with 4-6 arches on each side.

### 3. 调理脾胃须单举

Regulating the spleen and stomach  
must be done by each side alone.



1. 两脚平行开立，与肩同宽。
2. 左手徐从身侧上举，边举边翻掌；  
举过头时，掌心向上，尽量上撑，五指尽量向正右方；同时右掌心向下按，指尖朝前。  
到位后，使两臂充分伸展，又不可紧张。
3. 略停顿，生成撑天、柱地的感受，用腹式呼吸慢呼吸2、3次。
4. 动作渐渐、还原。  
※ 重复4-8次

1. Open your feet parallel and shoulder width apart.
2. Slowly lift the left hand from the side of the body, flipping the palm while lifting;  
when lift over your head, hold your palms upwards and try to support them high as much as possible, with trying your best to let the fingers pointing straight to the right; At the same time, press down with the right palm and fingertips facing forward. After reaching the position, fully extend both arms without tension.
3. Pause slightly, generate a feeling of supporting oneself and leaning on the ground, and take slow breaths with abdominal breathing 2-3 times.
4. Gradually reverse restoration.  
※ Repeat 4-8 times

#### 4. 五劳七伤往后瞧

Look back to mitigate five labors  
and seven injuries

五脏辛劳  
七情伤神



1. 两脚平行开立，与肩同宽。

2. 头顶上领，头颈带动脊柱缓缓向左拧转，眼看后方。

两臂自然下垂，或叉腰，或自然在两侧略上抬。

用腹式呼吸，平稳呼吸，与动作相配合。

3. 动作渐渐还原。

※ 重复动作2、3，方向、肢体动作左右相反，如此左右各开弓4—8次。

1. Open your feet parallel and shoulder width apart.

2. the head Leads upwards .The head and neck drive the spine to slowly twist to the left, eyes looking behind.

Both arms drop naturally , or cross the waist, or naturally lift slightly on both sides.

Perform abdominal breathing steadily, coordinate with movements.

3. Gradually reverse restoration.

※ Repeat actions 2, with opposite directions and body movements on the left and right sides, so make 4-8 arches on each side.

## 5. 摆头摆尾去心火

Shake your head and body to put off fire on your heart

心火，不静、烦躁、愤怒、  
抑郁、恐惧



1. 两脚平行开立，1½肩宽。  
腿半蹲，脚跟碾地，随体而调脚尖位置。脚趾如虎爪抓地。

双手扶大腿上，虎口朝内。

2. 头领脊柱，向左倾、左转，到重心能保持稳定的前提下，头、左肩到尽量处。

然后，向右倾、右转，到尽量处。

※ 头，领；背，松、直  
上身是边转、边移重心。  
臀、腿放松，  
身体如被吊物搬动。  
重复2动作，6—8次。

1. Keep your feet parallel to each other, 1.5 times shoulder width.

2. Half squat your legs, press and turn your heels on the ground, and adjust the position of your toes according to your body movements. Toes scratch the ground like tiger claws.

Put both hands on your thighs, with your thumbs facing inward.

2. Head leads the spine, tilt and turn left. Make sure the center of gravity is stable, and reach the head and left shoulder as far as possible.

Then, lean to the right and turn right as much as possible.

※ Head, and back, relaxed but straight  
The upper body rotates and moves its center of gravity while moving.

Relax your legs,  
The body moves like a suspended object.  
Repeat actions 2 and 3, 6-8 times.

## 6. 两手攀足固肾腰

Climb from the feet with both hands to strengthen the kidneys and waist



1. 两脚平行开立，与肩同宽，两掌分按肚脐旁。
2. 两掌沿腰带（脉）处，捋向后腰。
3. 上体缓缓前倾，两膝保持挺直，同时两掌沿尾骨、大腿向下按着摩擦至脚跟。  
腰部渐向上顶。  
再沿脚外侧按摩至脚内侧。
4. 上体展直，同时两手沿两大腿内侧按摩至脐两旁。  
※ 反复俯仰动作4—8次。  
背，松。  
手向下捋与腰上顶，成对拉态势。  
自然呼吸。

1. Open your feet parallel and shoulder width apart and press your palms apart next to your navel.
2. Push your palms along the waistband (pulse) towards your lower back.
3. Slowly lean your upper body forward, keep your knees straight, and at the same time, press your palms down along the coccyx and thighs to rub against your heels.

Gradually lift the waist upwards.  
Massage along the outer side of the foot until medial foot.

4. Straighten the upper body and massage both hands along the inner thighs to the sides of the navel.

※ Repeat the pitch motion 4-8 times.  
Back ,relaxed.

Hold your hands down and push your waist up, forming a pulling momentum.

Natural breathing.

## 7. 攘拳怒目增气力

Clenched fists and looked angry to increase qi and blood



1. 两脚平行开立，1½肩宽。  
腿半蹲，脚跟碾地，随体而调脚尖位置。  
脚趾如虎爪抓地。  
两手握拳分置腰间，拳心朝上。两眼大睁。
2. 左拳向前方缓缓击出，成立拳或俯拳。  
击拳时，微微拧腰向右，左肩随之前顺。
3. 拳前撑到尽量后，变掌、小臂外旋。  
然后，握拳、逐渐抽肘，最终：拳心向上，置于腰间；身体回复中正。
4. 左右交替击拳6—8次，动作2、3，只是左右相反。  
※ 头，领；背，松、直  
臀腿放松，  
自然呼吸。

1. Keep your feet parallel to each other, 1.5 times shoulder width.

Squat your legs, press your heels on the ground, and adjust the position of your toes according to your body. Toes scratch the ground like tiger claws. Clench your fists and place them at your waist, with your fists facing upwards. Eyes wide open.

2. Slowly strike the left fist forward, forming a punch or a downward punch.

When punching, twist your waist slightly to the right and move your left shoulder forward.

3. Push the fist forward as far back as possible, then turn the palm and forearm outward.

Then, clench your fist, gradually pull your elbow, and finally: lift your fist upwards and place it at your waist; The body has returned to normal.

4. Punch 6-8 times alternately from left to right, with movements 2 and 3, but in opposite directions.

※ Head leads upward; Back, relaxed and straighten your legs, relax and breathe naturally.

## 8. 背后七颠百病消

Move 7times to clear all kinds of diseases

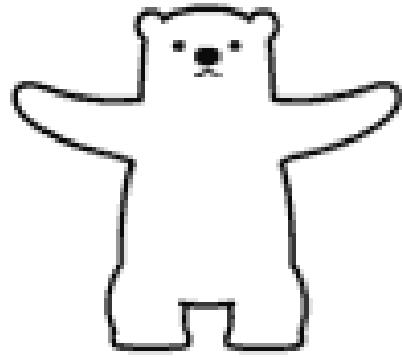


1. 两脚平行开立，略窄于肩。
2. 双肩放松，上耸腿肌肉放松为前提，提脚跟
3. 肩、脚跟同时下落6—8次。  
※ 头，领；背，松  
臀腿放松，  
自然呼吸，  
勿震伤脚跟。

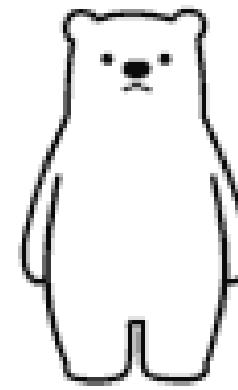
1. Open your feet parallel and a bit closer than shoulder width apart.
2. Relax shoulders, ensuring your muscles of the upper leg muscles is relaxed, lift your heels.
3. Fall your heels and shoulders at the same time 6-8 times.  
※ Head leads upward; Back, relaxed and straighten your legs, relax and breathe naturally. Please don't hurt your heels.

1. 双手托天理三焦

三焦：肠，肝、胃，心肺



2. 左右弯弓似射雕



3. 调理脾胃须单举



4. 五劳七伤往后瞧



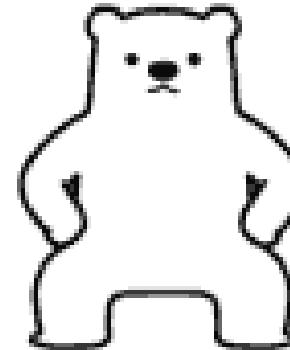
5. 摆头摆尾去心火



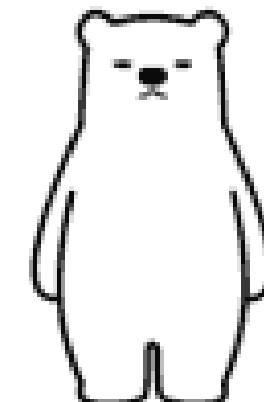
6. 两手攀足固肾腰

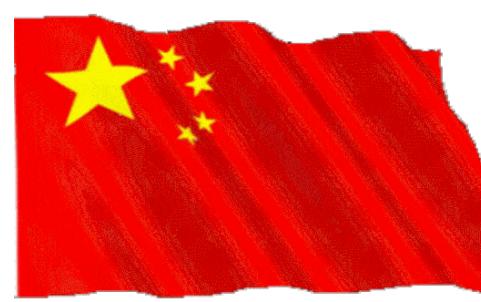


7. 攘拳怒目增气力



8. 背后七颠百病消





# 八段锦

主动用意识，引导身体动作，并与呼吸相配合 —— 和谐统一

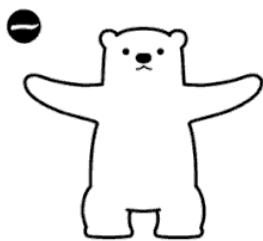
Actively use consciousness to guide body movements and work with the breath - harmony

立身中正，虚领顶劲，松肩沉肘，脚踩浮萍

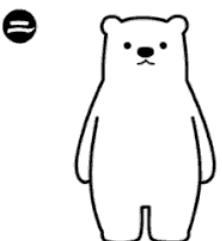
Standing upright, with a leading and strength, relax shoulders and lower elbows, and feet on duckweed

祝愿你和家庭，心灵平和、身体健康！

Wish you and your family have a peaceful mood and be healthy!



兩手托天理三焦



左右開弓似射雕



調理脾胃鬚單舉



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兩手攀足固腎腰



攢拳怒目增氣力



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