



8 Pieces of Brocade

1. Five weaknesses and seven injuries, wait and see later (they'll be gone); train long, exercise long, tendons and bones strong.

Teaches the body to turn the waist without interfering with the breathing.

- Start in Wuji, feet shoulder width, hands in front of navel, palms down, thumb and fore fingers making a triangle.
- Inhale Natural, turning to side
- Hold, Reverse action, return to front
- Settle, exhale Reverse.
- Repeat for other side

2. Sway the head and swing the tail to get rid of the heart fire; (when) heart fire (is) strong, (use) the metal lung to subdue.

Teaches the body to lean and dodge side to side without interfering with the breathing.

- Start wide Wuji position, hands out to sides, palms up. Hands just below the level of the shoulders
- Inhale Natural, leaning to side. Keep head facing front, do not tilt head.
- Hold, Reverse action, return to straight
- Settle, exhale Reverse
- Good exercise for hypertension.

3. To adjust and regulate the spleen and stomach, (you) must lift singly; spleen and stomach (gain) peace and harmony, sickness cured automatically.

Teaches the ability to raise and drill with the arm without losing the bear's shoulder. Also links the torso's heart with the heart of the hands and feet, so that if one part moves, all parts move.

- Start Wuji position, feet shoulder width. One hand palm out at heart height, the other palm forward at the hip.
- Inhale Reversed, with no hold. Spiral hand from heart to heaven, keeping the bear's shoulder. Palm turns in to face head.
- While inhaling and lifting, toes grab the floor. Visualize pulling in through the palms of the hands and feet as if with a vacuum cleaner, with the Dan Tian being the motor.
- Exhale and return, relaxing toes

4. Double hands hold up the heavens to regulate the Sanjiao (Triple Burner); Sanjiao passes (Chi) freely and smoothly, illnesses disappear.

Teaches the body to lift without losing the pelvic tilt. Also teaches the body how to grip the floor with the toes. Stimulates the Inner Microcosmic Orbit.

- Start heels together, toes apart. Lace fingers together before stomach.
- Come up on toes, inhale natural
- Exhale natural. Hands rise to above forehead
- Breathe in Reverse, palms turn up. Stretch upwards, coming higher on toes. Taigung. Mind on top of head (brings chi there)
- Lean back, maintain Taigung, Inhale Natural
- Relax, exhale Natural and return to front, hands go back to belly. Body drops down, but heels do not touch floor.
- Repeat 3 x
- On 3rd repetition, after Lean back and Natural Inhale, Reverse action and Hold breath. Drop down, holding breath. Hands unlace, and drop to sides palms up. Hands at shoulder height.
- Drop hands to sides, and come down on heel as exhale.
- The above is 1 iteration.



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5. **Left right open (bend) the bow like shooting a hawk, two arms strong and firm to strengthen kidneys and waist.**

Teaches the body to hold the breath while keeping the focus outward. Builds the habit that when the body inhales reverse, as if preparing a strike, the focus automatically goes out to the target.

- Stand in light San Ti. Navel to front. Draw a very small bow.
- Pull the bow. Inhale Reversed, navel swings to corner, front hand pushes forward
- Hold breath as long as is comfortable. Concentrate on a distant target. Tiger's Head.
- Exhale reversed, and let body return to front.

6. **Seven disorders and hundreds of illnesses disappear and are left behind your back; hundreds of illnesses are caused because the body is weak.**

Separates the Diaphragm from the muscles of the lower back. Builds awareness of the back of the Diaphragm, so that when you feel tension in this area interfering with the breath, you can correct it. Helps with endurance.

- Start in Wuji, feet shoulder width. Hands hang to sides
- Inhale natural, coming up on toes
- Hold, Reverse Action. Lower body down till feet flat again, still holding
- Settle
- Exhale Reverse

7. **Screw the fist with fiery eyes to increase Chi Li; body and mind healthy, the spirit of vitality comfortable.**

Teaches the coordination of the 10 places which must have some tension to keep structure in a strike.

- Start in high horse position, hands up in fists, palm facing away from body.
- Inhale Reverse, Rotate arms to that palm face in, and tense the following 10 locations:

Fingers tight in fist
Wrists stabilize fist
Press tongue upwards
Teeth together
Tuck chin

Abdomen
Taigung
Toes grab the floor
Anus/ Huiyin
Push up top of head (Baihui)

- Do not hold breath, exhale and release tension. Arms rotate back to initial position.

8. **Two hands hold the feet to strengthen the kidneys and waist; (when the) kidneys and waist are strong the entire body (is) strong.**

Stimulates the Kidneys, loosens up the lower back to assist with footwork and kicking.

- Start in Wuji, feet shoulder width, arms at sides
- Inhale Natural, arms lifting up to sides over the head
- Reverse action, hold breath
- Lean forward from waist, touch fingers to ground, keep face relaxed
- Hold for as long as you can stand it, then stand up
- Settle, and exhale Reverse.

- ❖ Pieces 1,3,5,& 7 are directly related to the mechanics of breathing while striking: 1- turn waist while breathing. 3- link all limbs to breath. 5-link breath to mental focus (Yi) this exercise is also the breathing pattern for a simple element. 7- Ten spots of tension to prevent a strike's collapse.
- ❖ Pieces 2,4,6,&8 are more peripherally related to the martial arts. 2- dodge while breathing. 4- The Inner Microcosmic Orbit is used in all techniques, and is a key factor in health maintenance. 6- relates to endurance by eliminating a problem area for breath coordination. 8- Stimulates Kidneys, and frees up the lower back for footwork and kicking.
- ❖ Because the 8 Brocades leave some residual tension in the body, it is always recommended to do some sort of standing meditation afterwards. Standing will help dial the whole body's tension down to the '1' level. It is impossible to unite body parts that are set to different levels of tension.
- ❖ The above sequence of exercises is to prevent you from interfering with your own breathing. There is another method for doing all 8 Brocades to prevent the opponent from interfering with your breathing. If you have mastered the above techniques, ask about the next set.