



Bagua 8 Inner Palms

also called: 8 Mother Palms
 8 Animal Palms
 8 Ch'i-Kung Palms

1. **The Dragon Hangs its Claws**
Sinks Breath to Dan-Tien, Relaxes Shoulders, Energizes Fingers
2. **The Eagle Spreads its Wings**
Strengthens Lungs, Expands Ch'i Left and Right
3. **The Lion Holds the Ball**
Stimulates Triple-Burner
4. **The Phoenix Circles the Mountaintop**
Stimulates Hui-Yin and Bai-Hui, Opens Microcosmic Orbit
5. **Striking Heaven and Piercing Earth**
Expands Ch'i up and Down, Stimulates Lungs
6. **The White Monkey Offers the Fruit**
Opens the Mid-back Point, Stimulates Kidneys
7. **The Boy Pushes the Millstone**
Stimulates the Heart, Circulates Energy to the Lao-Kung (Mid-palm Point),
8. **The Heavenly Horse Walks in the Void**
Stimulates Liver and Spleen

Some benefits and purposes of the 8 Inner Palms practice.

1. Balances Stillness and Motion
2. Strengthens and Reconstructs the Shoulders
3. Teaches Basic Blocks and Guard Positions
4. Helps the Chi' Circulate Throughout the Body
5. Strengthens Circle Walk
6. Builds Concentration
7. Teaches Basic Breathing Patterns
8. Trains Structural Alignment and Energetic Connection