

8 BROCADES
CHI KUNG EXERCISES

HOW TO PRACTISE CHI KUNG

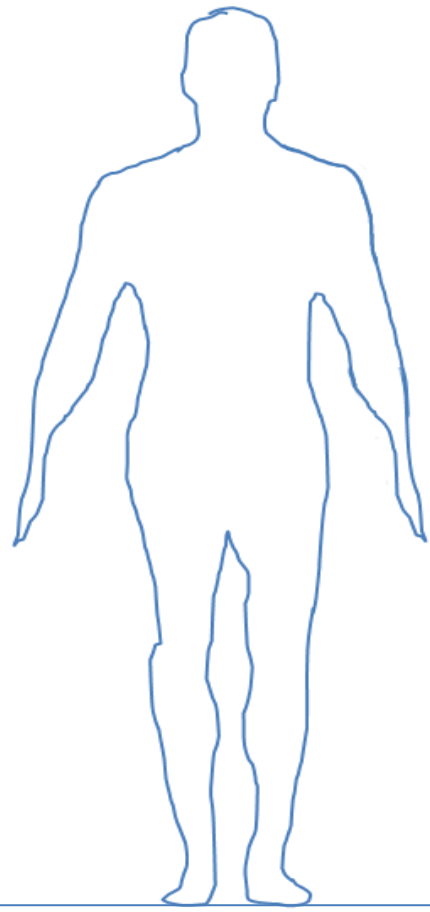
This Chi Kung should be practised daily to generate strong Chi energy (the spark of life) and good health. The stance and posture are important as they promote relaxation and calmness of mind:

- *Feet placed shoulder width apart*
- *Knees softened but not bent*
- *Hips rolled slightly under your spine to straighten lower back*
- *Chin slightly tucked to chest to straighten upper back*
- *Feel the top of the head tall and being pulled to the sky*
- *Shoulders relaxed and elbow softened and floating so they lift slightly to the side.*

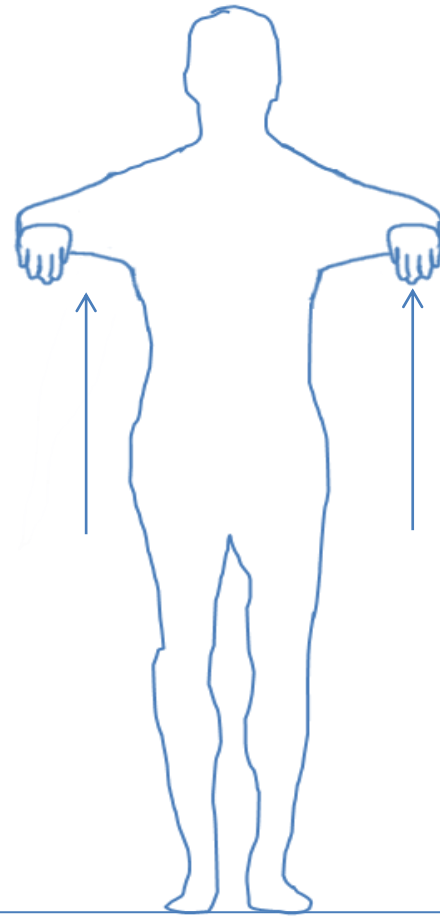
- *Breath should be deep, expanding your diaphragm front back and sides.*
- *Breath should be slow and natural.*
- *Breath should follow the exercise (as marked on diagrams).*

Start with 4 repetitions of each and gradually increase to 10 repetitions over a period of time (to suit).

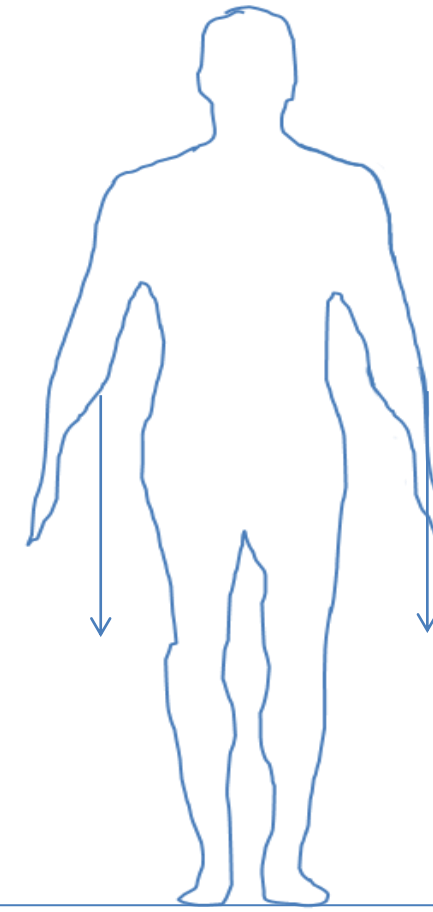
Concentrate on keeping the spine and head upright and central, do not be tempted to rock back and forth or side to side. Stability and balance and strength are key.



Breath in

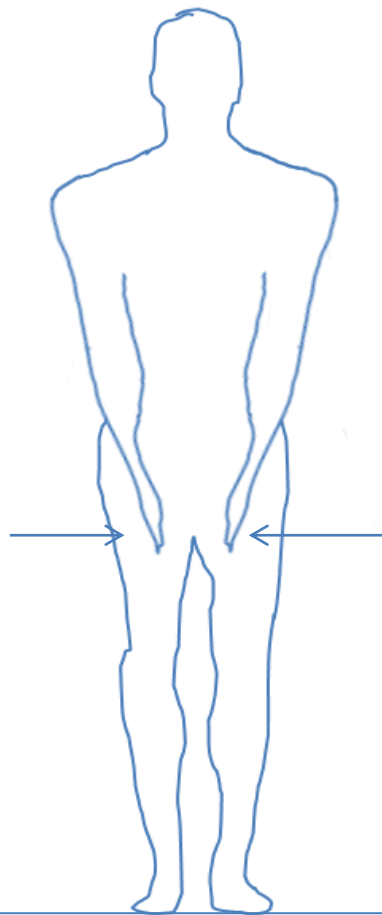
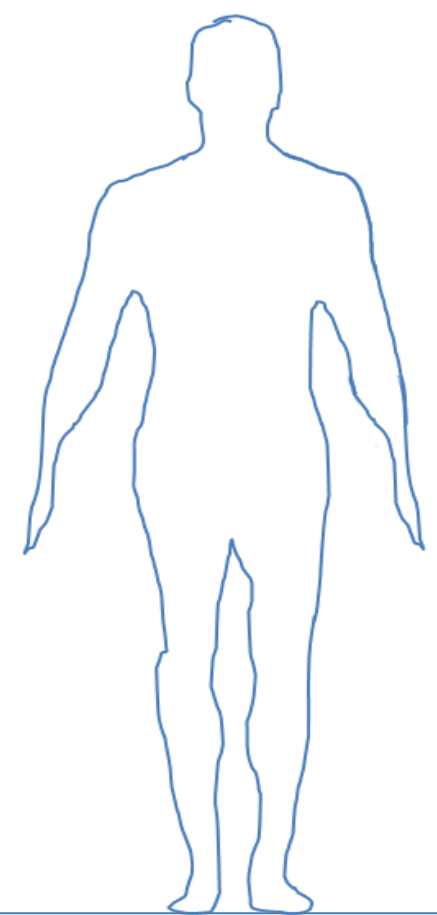


Breath out

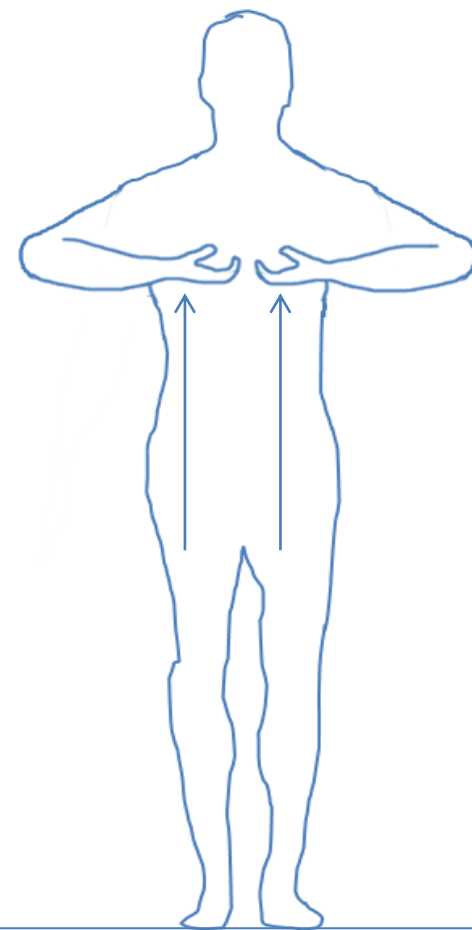


Chi Kung - Move 1 - Raise Hands

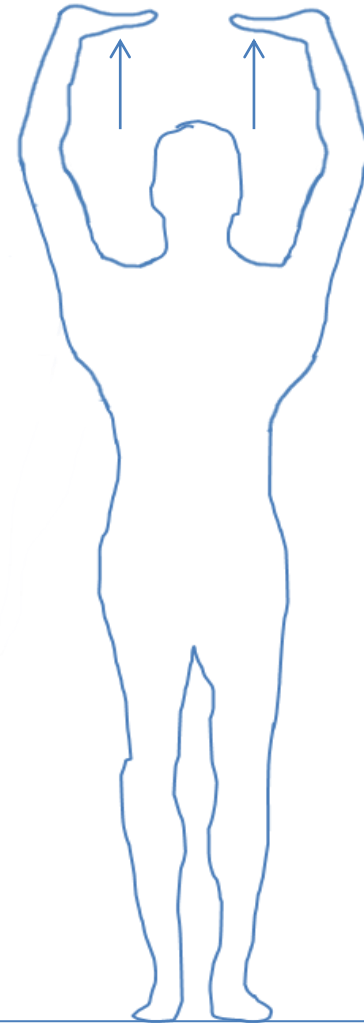
Breath in



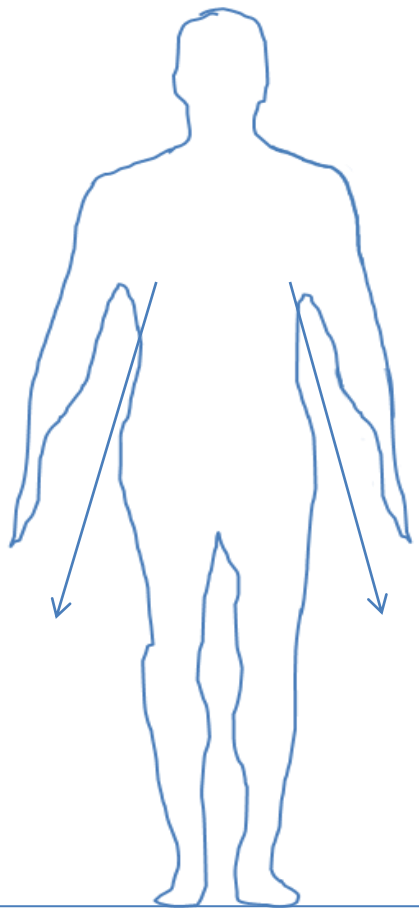
Breath out



Breath in

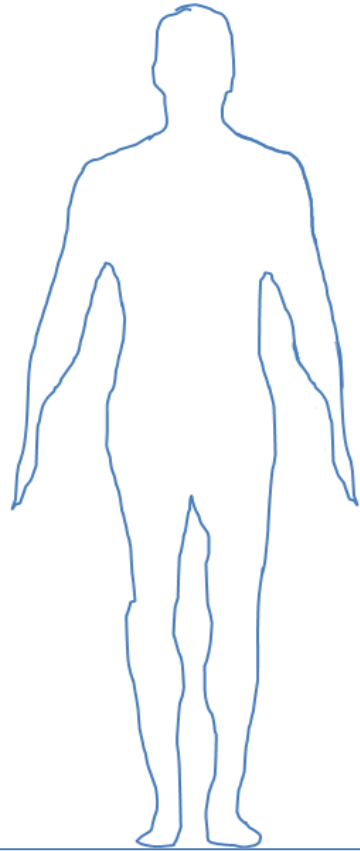


Breath out



Chi Kung - Move 2 – Holding up the Sky

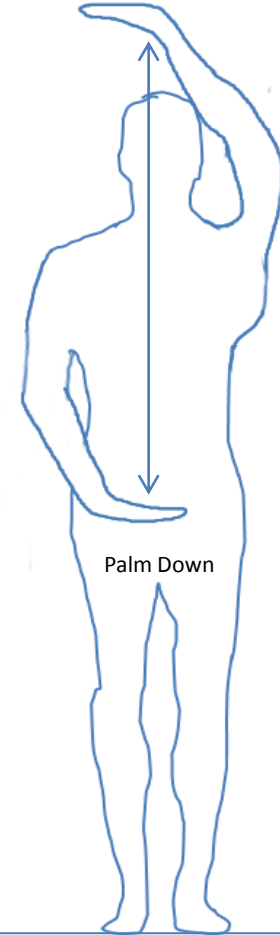
Breath in



Breath out

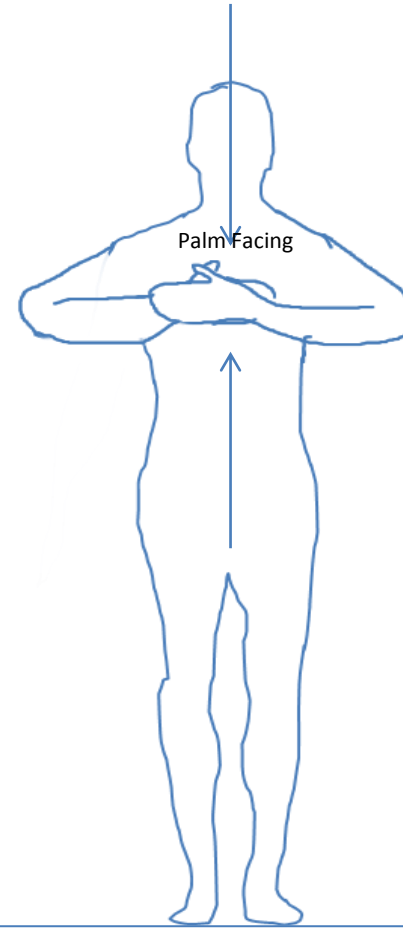


Palm Up



Palm Down

Breath in



Palm Facing

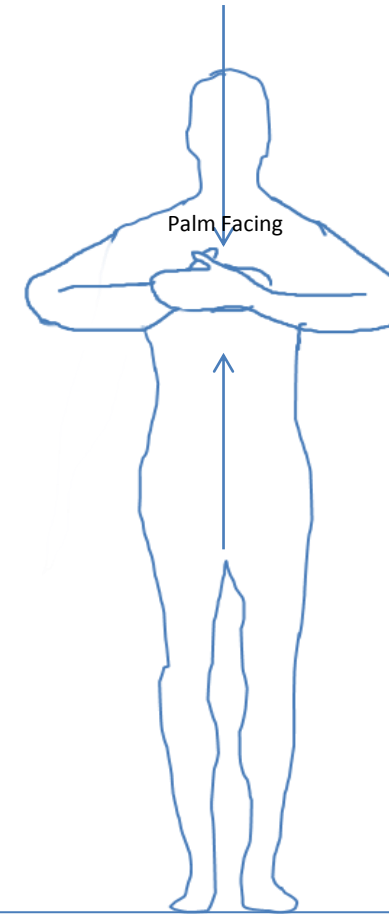
Breath out



Palm Up

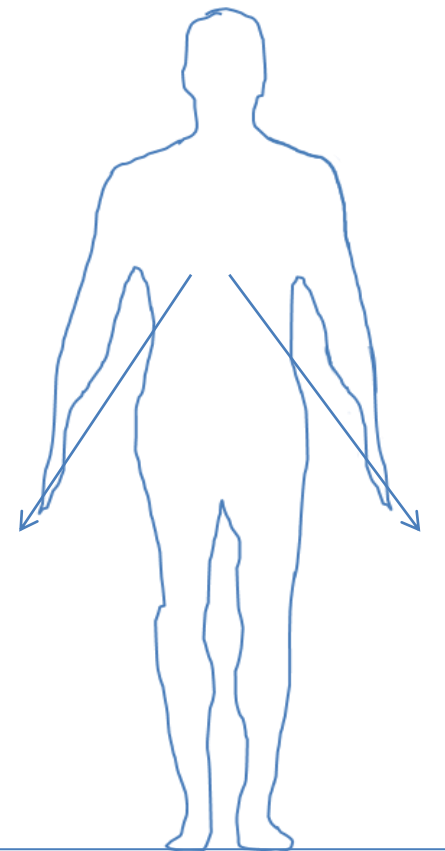
Palm Down

Breath in



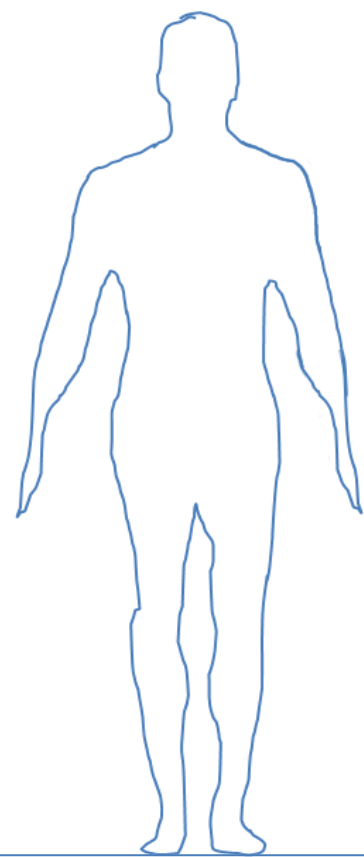
Palm Facing

Breath out



Chi Kung - Move 3 – Hold ball and separate hands vertically

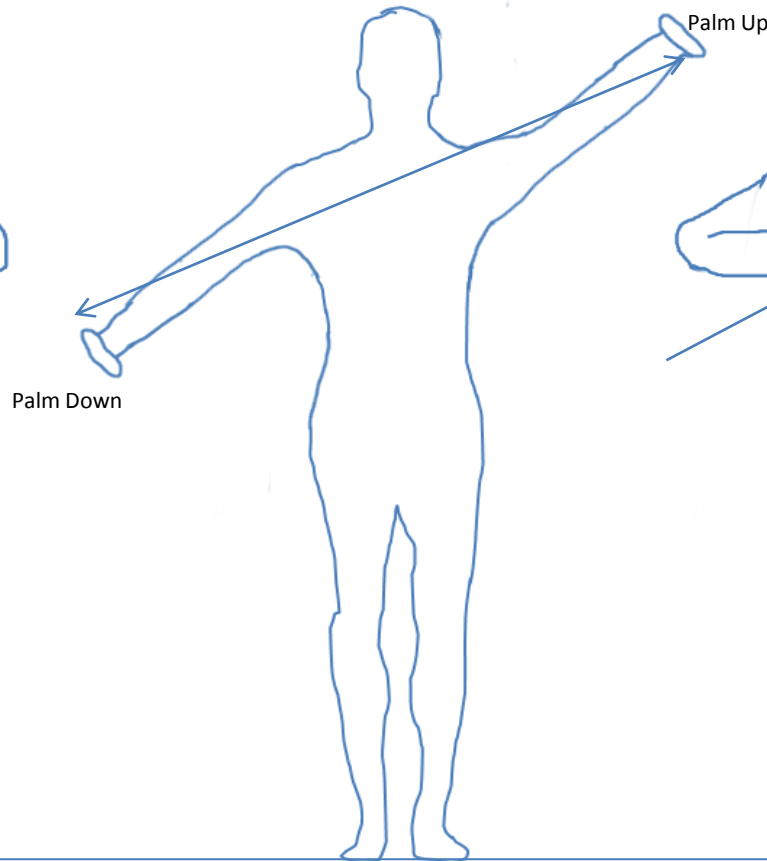
Breath in



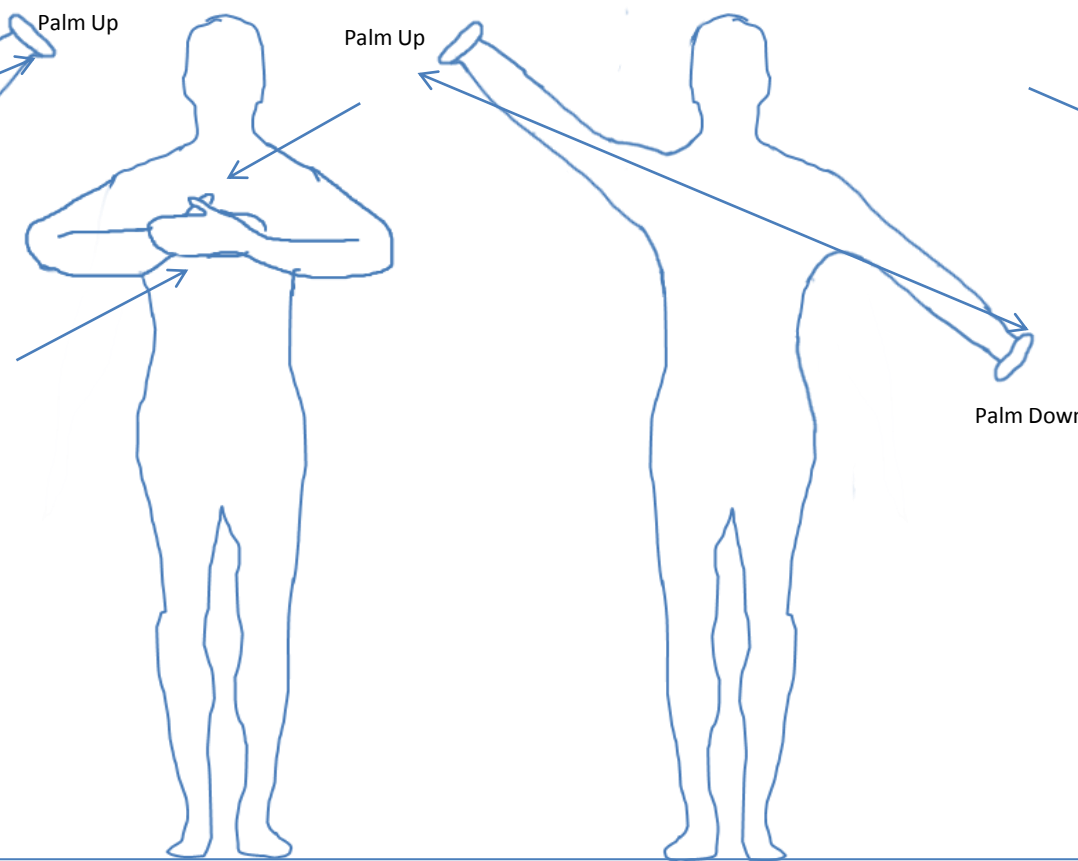
Breath out



Breath in



Breath out



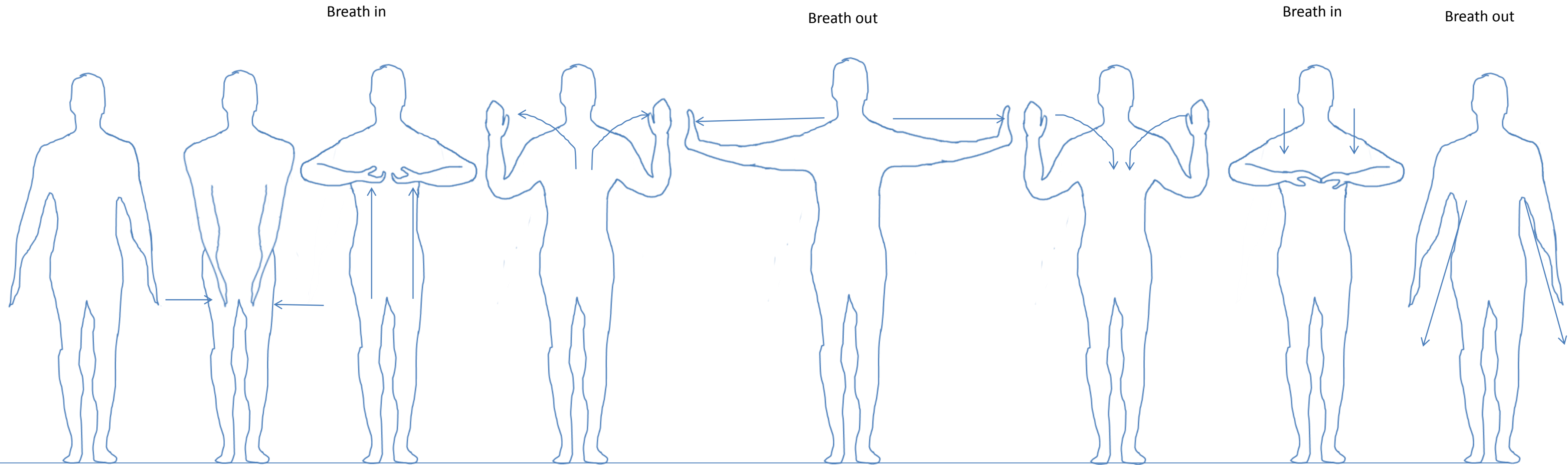
Breath in



Breath out



Chi Kung - Move 4 – Hold ball and separate hands Diagonally



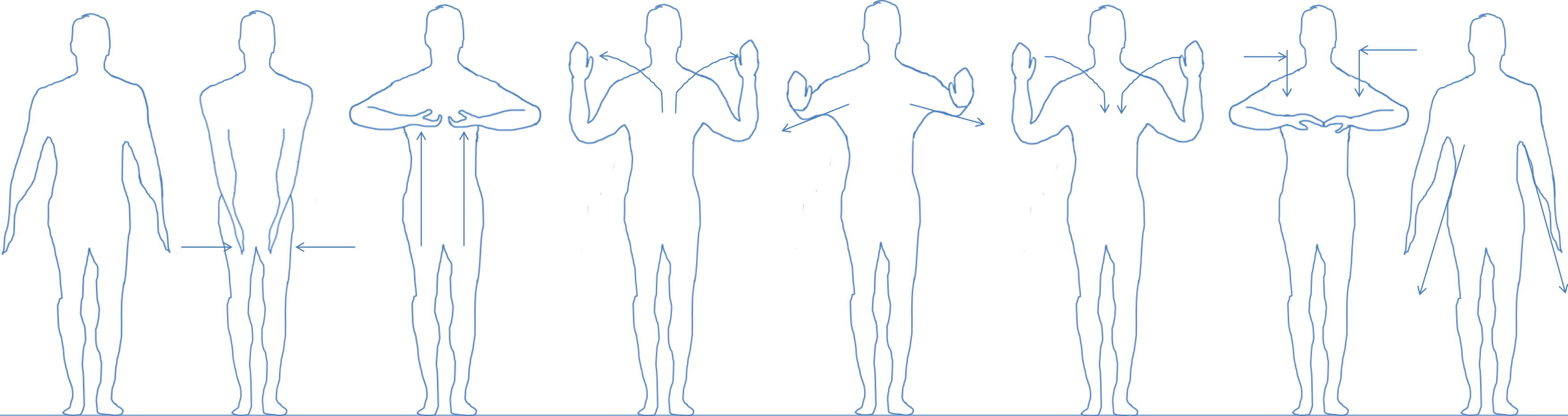
Chi Kung - Move 5 - Raise Hands and Push to Side

Breath in

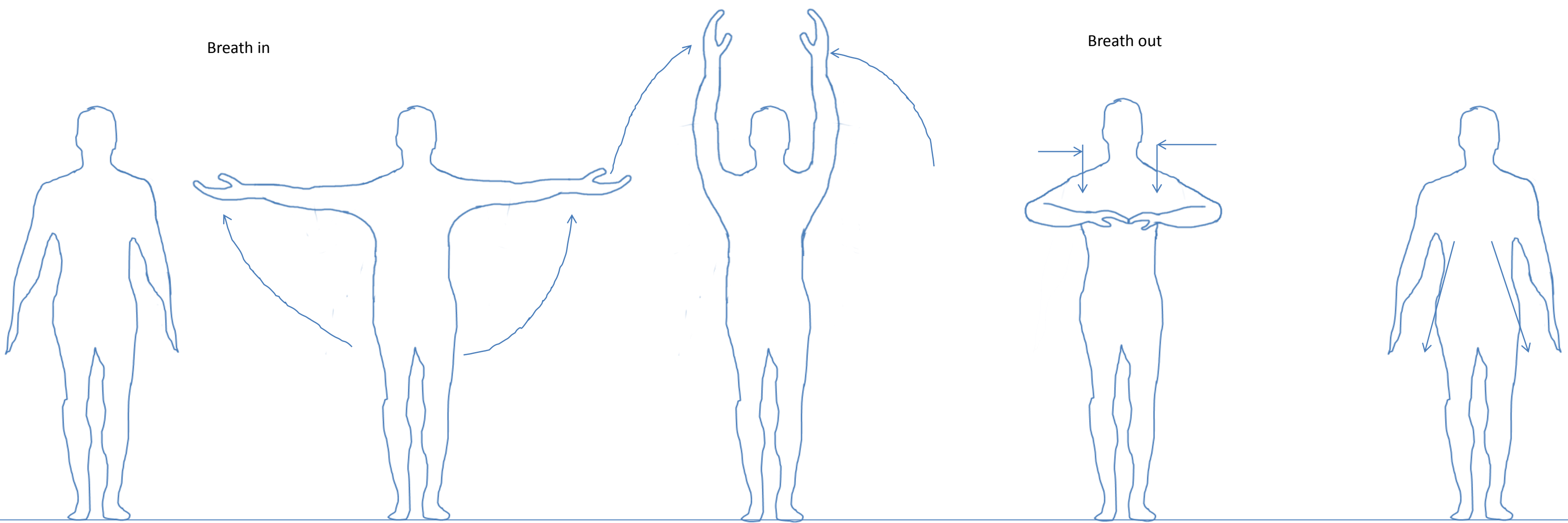
Breath out

Breath in

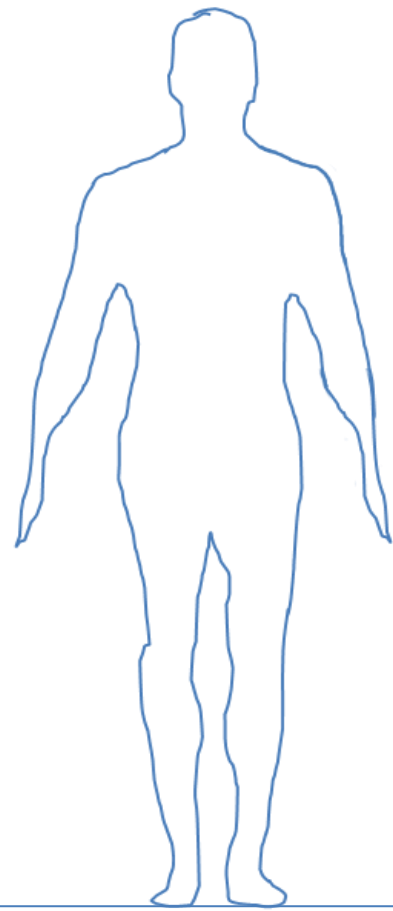
Breath out



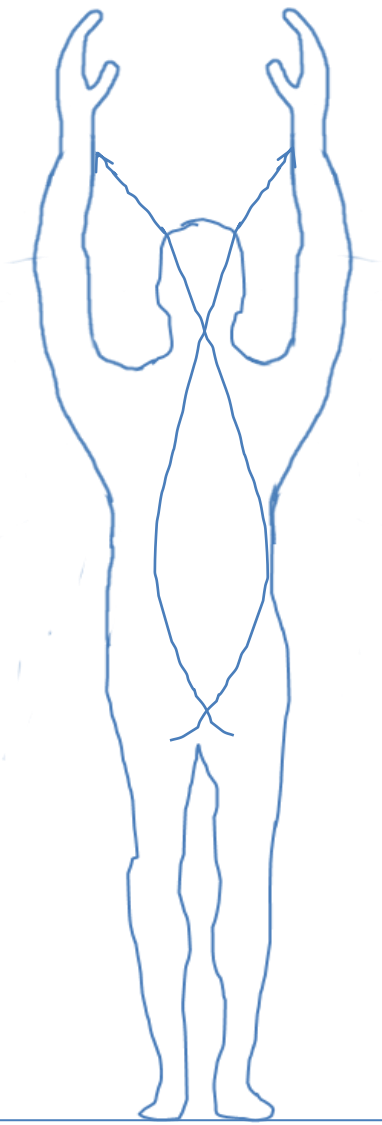
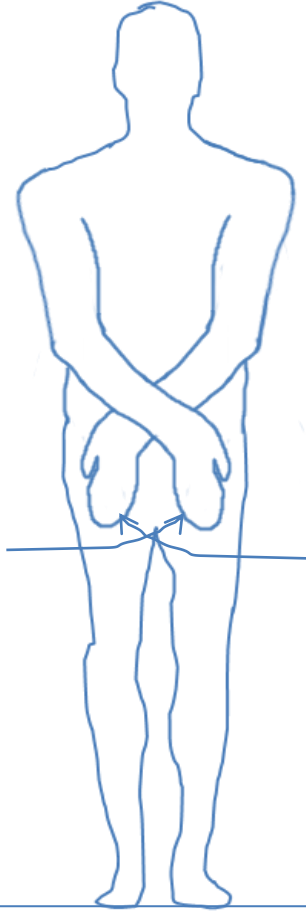
Chi Kung - Move 5 - Raise Hands and Push to Front



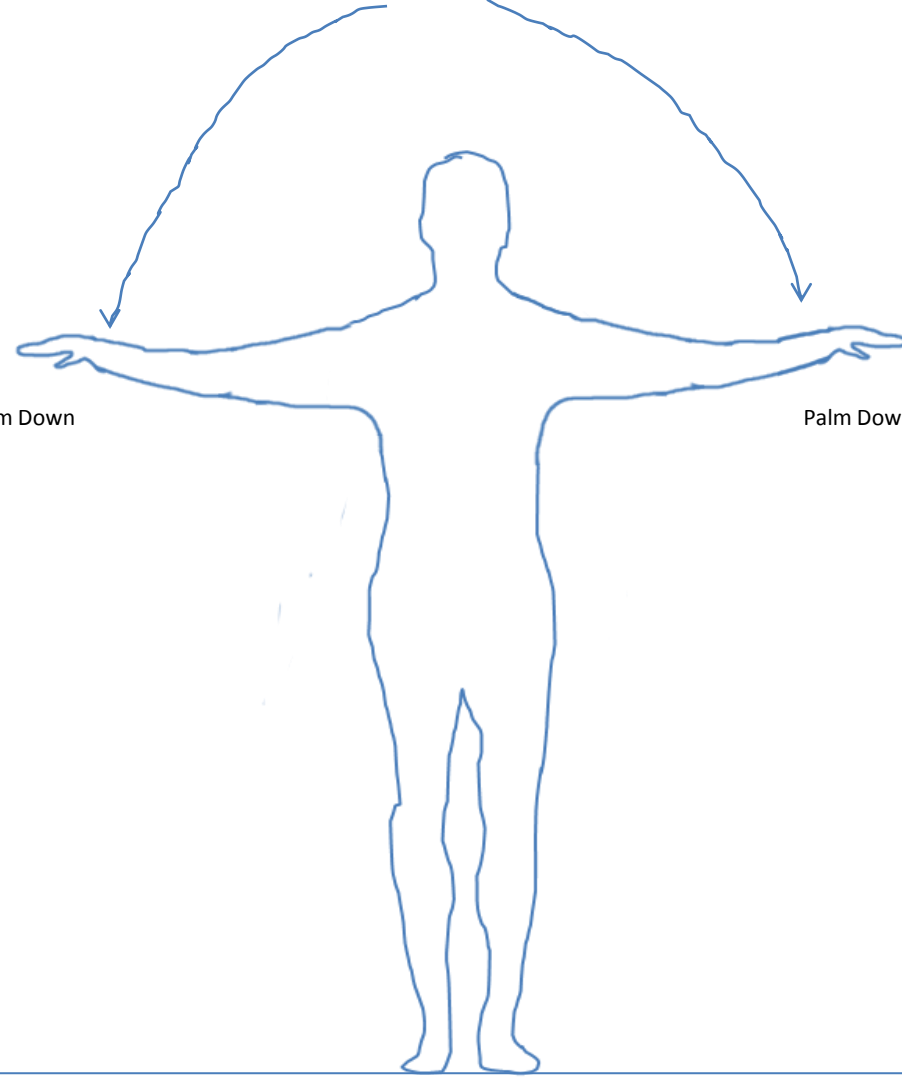
Chi Kung - Move 7 – Circle Hands Outwards, Up and Down the Centre



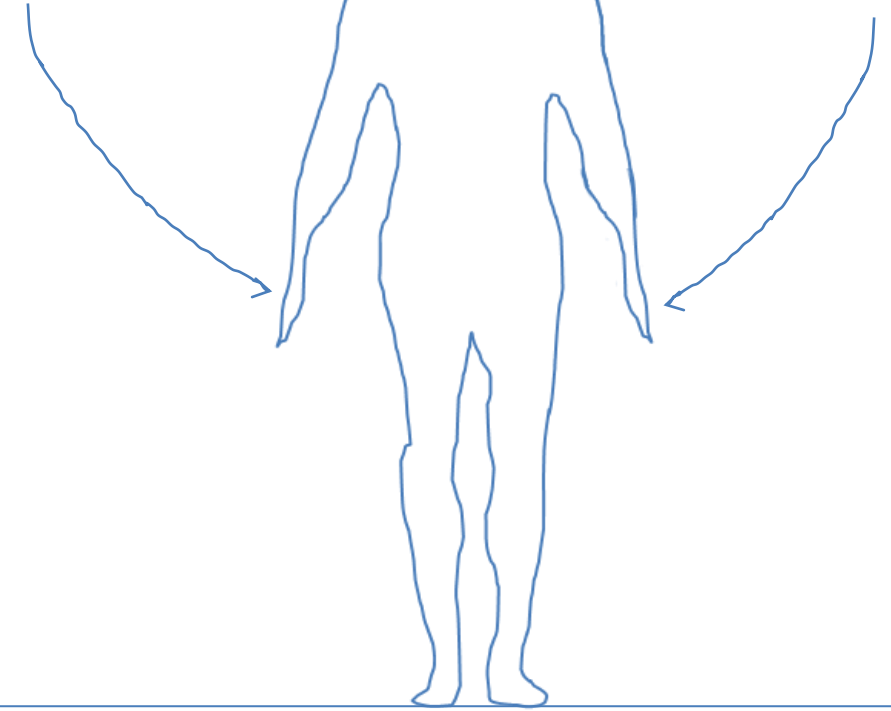
Breath in



Palm Down



Breath out



Chi Kung - Move 8 – Circle Hands Inwards, Up, Out and Down