

# Ba Duan Jin Eight Section Qigong Exercises Chinese Health Qigong

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 form generally refers to how the eight individual movements of  
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 above the head (continue to watch your hands throughout the  
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 blog is a short introduction to the Qigong exercises Eight Pieces  
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 origin, structure and the purpose of this Qigong set. The  
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The Eight Brocade is an ancient qigong set and over the centuries many different variations and interpretations have been developed. When practiced carefully and slowly, they can help to improve and maintain health and well-being. The movements are demonstrated by Colin on a video clip. This set of notes is intended to

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*Ba Duan Jin Eight-Section Qigong Exercises - Blackwell's*

Start with arms by sides, feet slightly apart, breathe in as your arms start rising from the sides of the body, watch your hands coming together above the head (continue to watch your hands throughout the exercise). Do a stretch from the torso as if reaching for a ball, then relax, exhale and lower the arms in front so arms are parallel to each other and continue to hold the ball, once hands are in front of the chest push palm forward, still exhaling, fingers pulled back so there is tension ...

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This blog is a short introduction to the Qigong exercises Eight Pieces of Brocade or in Chinese Ba Duan Jin. We will talk about the origin, structure and the purpose of this Qigong set. The exercises were created in the period of South Song Dynasty (1127-1279 a.d.) by Marshal Yue Fei. He was quite an extraordinary man.

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