

IRON & SILK

Qigong is the energetic intermediary between physical essences (*jing*) and spirit (*shen*). What is *Wuji*? (thing of none, no extreme) *Taiji* (grand ultimate, all is possible) is born of *Wuji*. *Wuji* gives way to *Taiji*. The voidness of *wuji* is *yin*, and the something that originates from it is *yang*. The stillness in the void is what gives way to intention and the intention gives way to action.

Baduanjin (8 Excellent Pieces of Brocade)

Preparation

Stand straight with heels close together and toes apart. Hold the head erect and neck upright (remember the stack of coins). Loosen the chest and shoulders, and let both arms hang loosely from the shoulders. Close the mouth, join the teeth, and place the tip of the tongue on the roof of the mouth. Breathe deeply through the nose and through the Dantian several times (remember to sigh to relax). Clear your mind and calm your spirit. Relax in a natural way.



1 Support the Heavens to Condition *San Jiao**

Watch hands top to bottom.

Lift hands until shoulder level and then heels come up.

Hold at the top of the apex to the count of 1..2..3.



2 Draw the Bow to Shoot the Eagle

Shift weight, then draw toes around.



3 Raise the Hand to Condition the Spleen and Stomach

Looking for the light string in the dark.

Make small circles with the hands with the bigger circles.

* *San Jiao* is a term found in traditional Chinese medicine. It is translated as "triple burner" or "triple energizer." *San Jiao* is located in the main body and consists of three parts, upper burner, middle burner, and lower burner. It works in conjunction with other internal organs as a metabolism mechanism.



4 Look Backward to Eliminate Five Fatigues** and Seven Illnesses***

Bring hands up in front and circle back and behind.

5 Dragon Swings the Head and Tail to Eliminate *Xin Huo*****

Inhale on bending movement.

Shift weight, then draw toes around.



6 Hold the Feet, Embrace the Earth to Strengthen the Kidney and Lower Back

Bring hands up the front and circle back

Hands to either side of feet

Roll up one vertebrae at a time



7 Punch with Fierce Glower to Build Strength

(ten times, five on each side)

Hands in front cross and pull back.

Big circles in front.



8 Crane Shakes the Wings/Back Seven Times to Prevent Illness

Open from the top, then small circle, then flap wings.

Hands above the head, no lower than waist.



Closing

Breathe deeply through the nose and through the Dantian several times. Clear your mind and calm your spirit. Relax in a natural way (swallow once to seal the breath).

** Five Fatigues, *wǔ láo* in pinyin, refers to overtiredness of the five organs, heart, liver, spleen, lung, and kidney.

*** Seven Illnesses, *qī shāng* in pinyin, are illnesses characterized by poor blood circulation.

**** *Xin Huo*, literally translated as "heart fire," is a condition characterized by too much energy of spirit. This causes impatience, insomnia, stress, flushed face, dry mouth, etc.