

BA DUAN JIN

(IMMORTAL FAMILY EIGHT PIECES OF BROCADE)

The name is probably a Chinese pun. (As Wave Hands in Clouds)

More likely translation of characters is **IMPROVING DAMAGED MUSCLES/SINEWS**

Comprises eight sets of exercises that can be done seated or standing:

1. Gnash Teeth/Swallow Saliva

Keeping the muscles relaxed, gently bring the teeth together 36 times. Should feel movement at the temples. Purpose to stimulate nervous system.

Placing the tongue on the roof of the mouth, fill the mouth with saliva and swallow it repeat as many times as possible. Purpose saliva has antiseptic qualities and swallowing the saliva relieves ulcers and other stomach complaints.

2. Wash the Face/Beat the Drum

Rub hands together until warm. Then use the palms as if washing the face following the natural lines of the face. 36 times. Purpose to stimulate the circulation of blood and condition skin.

Place the palms over the ears with the middle and index finger of each hand resting in the hollow at the base of the skull either side of the spine. Cross the fingers and flick the index finger against the hollow 36 times. Purpose to stimulate the brain, nervous system and ears.

3. Shrug the Shoulders/Support the Sky

Roll the shoulders forward 18 times and then backwards 18 times. Purpose to relax and open the muscles and joints.

Interlock fingers, palms up, raise the hands as they come passed the waist start to turn the hands so the palms are up when the arms are straight above your head. Fingers release and arms descend in an arc to the starting position. Breathe in as the hands raise to chest height, breathe out as they hands carry on to the top then start to fall in an arc, at shoulder level start to breathe in again. When doing the exercise feel the stretch in the spine. 36 times. Purpose to stretch the spine and loosen joints.

4. Draw the Bow to the Left and Right

Either seated or horse riding stance. Hands come up to sternum then turn slightly to the left and imagine you are drawing a bow, focus on the left index finger as you straighten the arm while pulling the right hand back at the same time. There should be some tension and stretching felt at the chest. Release when at full extension and arms fall in an arc. Repeat exercise to right. Breathe out as you extend arms and in as you relax. Repeat exercise 18 times each side. Purpose to purge fever in major organs.

5. Massage the Dan Tian Point

Seated exercise. Rub hands until warm. Men support testicles in cupped hand applying pressure to perineum with middle finger. Women place the middle finger along vagina. Use other hand to rub around the Dan Tian in a clockwise direction. Change hands and repeat in an anticlockwise direction. 36 times in each direction. Purpose to remedy impotence and assist digestion. Can be done purely to assist digestion when one hand is placed on top of other and both hands used to rub the stomach.

6. Rub Kidney Points

Either seated or horse riding stance. Rub hands until warm. With straight back place hands either side of spine at lower back. Hands apply pressure as they are drawn up the spine then circle down to starting position. Repeat 36 times. Purpose to improve kidney function.

7. Rub under the Spine Point

In horse riding stance. Rub index and middle finger on opposite palm until warm. Place fingers on coccyx and rub 36 times. Purpose to stimulate nervous system, veins and arteries.

8. Gushing Spring/Wash the Legs

Remove shoes and socks. Support one shin on the other knee. Rub hands until warm. Then rub the sole of the foot allowing the ankle to rotate. Repeat 18 times in each direction. Then repeat to other foot. Purpose to manipulate joints and stimulate circulation.

Stand on one leg allowing other to hang relaxed. Rotate leg from hip making circles 7 times in each direction then repeat for other leg. Purpose flexibility, improve balance etc.