

Ba Duan Jin

8 Pieces of Brocade



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Do each stretch on both the right and left sides, 3 times minimum. Start from a Wu-Chi (neutral position, feet shoulder width, rooted stance with hands open and arms hanging naturally). Hold the end of each stretch for a second. Breathe into the center (Hara), and breathe out on exertion. This exercise is best done when you first wake up in the morning.

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Ba Duan Jin (8 Pieces of Brocade)

The following techniques are executed from shiko-dachi.

- 1) Awaken the Chi – Raise both hands above your head.
- 2) Drawing the Bow – Pretend you actually shoot the arrow, visualize the arrow hitting the target.
- 3) Heaven and Earth (Deliver the Pizza) – Press one hand up, one hand down.
- 4) Cow looks over their back at the moon – Raise both hands up with palms in, and twist at the waist.
- 5) Side stretch – Raise one arm over your head lined up with your ear and bend to the other side. Have the other arm stretch down parallel to your leg.
- 6) Press the Ball – Hands come out to the sides, over head and press down as you squat, like you are pushing a beach ball down into the water.
- 7) Punches – Punch with thumbs inside fists. Put intention on the punch and sink in your stance.
- 8) Bounces – Bounce on the balls of your feet with wrists massaging lower back and kidneys.