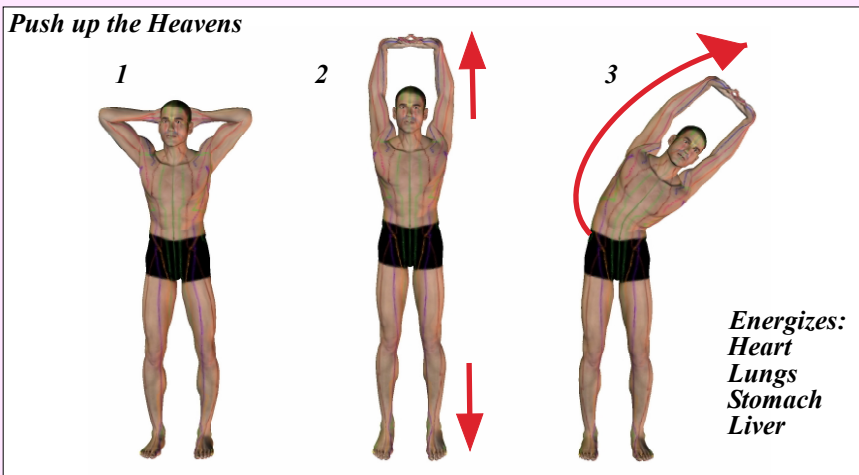


The Eight Pieces of Brocade or 8 Sections of Silk, is said to have been composed sometime during the Southern Sung Dynasty of the 12th century by the famous Chinese general, Yueh Fei. Yueh Fei was also known to have created Hsing I, an internal style of martial arts. The purpose of these exercises was to engage the mind and body in order to balance and strengthen the body's vital functions, as well as purge stagnant energy and toxins from the body. If practiced as simple physical exercises, one can loosen their muscles, improve posture, increase blood circulation, and relax the body as well as the mind.

These exercises and methods have been practiced and studied for hundreds of years to help maintain good health, prevent and sometimes cure diseases, to calm the mind, and uplift the spirit of the person performing them. Ancient literature shows and explains body postures and exercise routines similar to the Eight Pieces of Brocade, but dating back roughly 2,100 years. It is important in establishing that these exercises and concepts are not a new fitness fad with little documented facts of actual benefits achieved. Some doctors throughout China, often prescribe exercises like these to prevent of heal injuries, cure illness or disease and improve overall health. This set is possibly the most popular and often practiced chi kung (energy exercises) routines practiced throughout the world, maybe my millions of people. It is just one of perhaps hundreds of different exercise sets in the vast chi kung category.

NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

Exercise 1



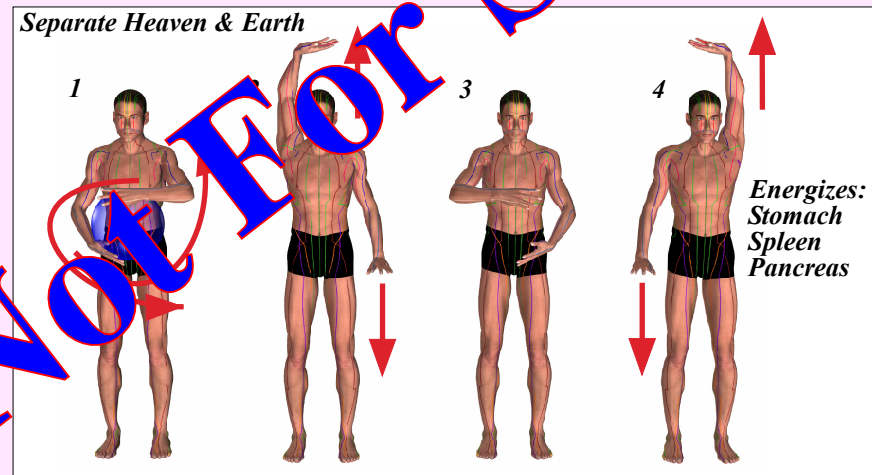
NOTES: 1- Interlace fingers and rest behind the head. 2- Inhale as stretching arms & shoulders upward as balancing on the balls of the feet. Exhale with feet flat as leaning torso to the left side while still stretching shoulder upward. 4- Repeat step 2, then repeat leaning to right side.

Exercise 3



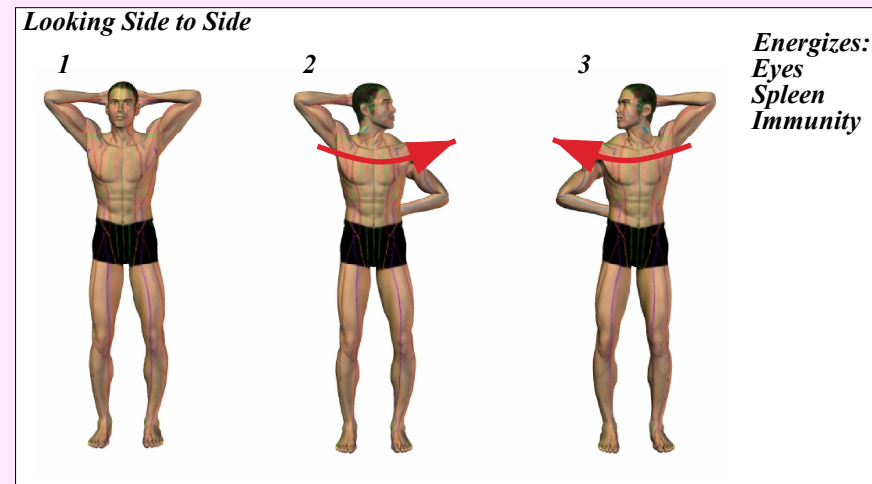
NOTES: 1- Palms press together as legs apart in a high horse-riding stance. 2- Twist torso to the left as bringing right hand to left elbow. Inhale as drawing back right arm as if pulling back the string on a bow. 3- Right hand in a fist, left hand has the index & middle fingers extended, while thumb, ring & little finger touch together. Exhale as sinking the hips downward.

Exercise 2



NOTES: 1- Place hands as if holding a beach ball. 2- Inhale as bottom hand continues to rise upward as opposite hand pushes downward from near the left hip. 3- Exhale as returning the hands to the ball holding position with the hands now opposite. 4- Repeat step 2 with arms opposite as to alternate sides.

Exercise 4



NOTES: 1- Interlock fingers behind the head and inhale. 2- Reposition back of left hand onto lower back as turning head to the left & exhaling. 3- Turn head to the right as switching the arms to the opposite position.

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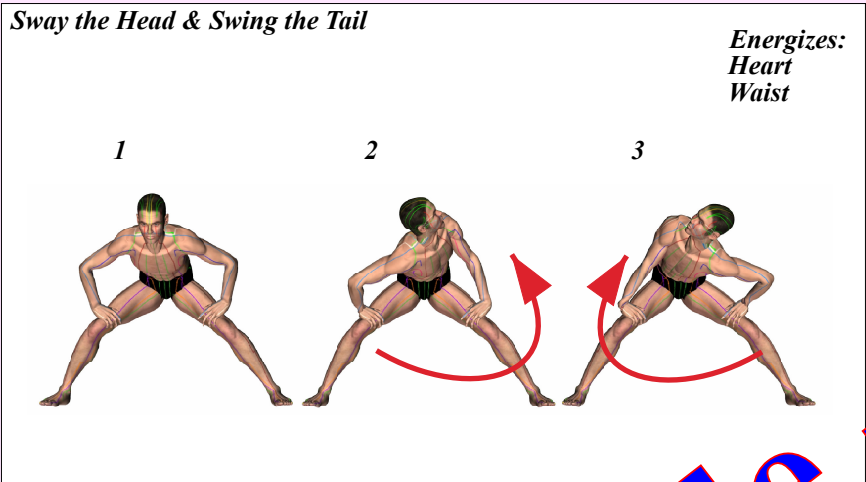
To achieve optimal health benefits, these exercises should be practiced every day. Use a pace and amount of repetitions that are appropriate for your overall physical and mental condition. Focusing of the mind and one's intention are key in accessing the advanced benefits available from this set. Utilizing the concept of "where thought goes, energy follows", can enhance the movement of "chi" or life force within the body. Slower and deliberate movements will greatly help improve your focus by paying attention to the body as moving exactly how and where you want to.

Some traditional practitioners share the view that 100 days of consecutive practice will provide noticeable benefits well beyond the basic benefits of increased strength, flexibility and balance. Cultivating internal wellness requires some consistent effort. Anything of value worth achieving, will take some time and effort. One cannot grow a golden peach in a day and expect to reap the fruit without some time and nurturing.

Relax as breathing deeply and naturally while doing the 8 Brocades. Sink your weight into the earth as becoming fully aware of your body and the surroundings. Relax the facial muscles and blur the vision. Perform 10 or more repetitions before advancing to the next exercise in this series.

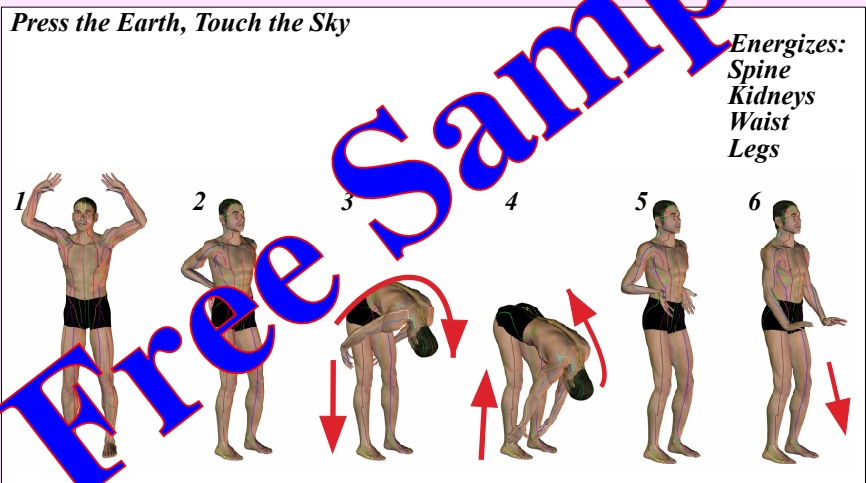
NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

Exercise 5



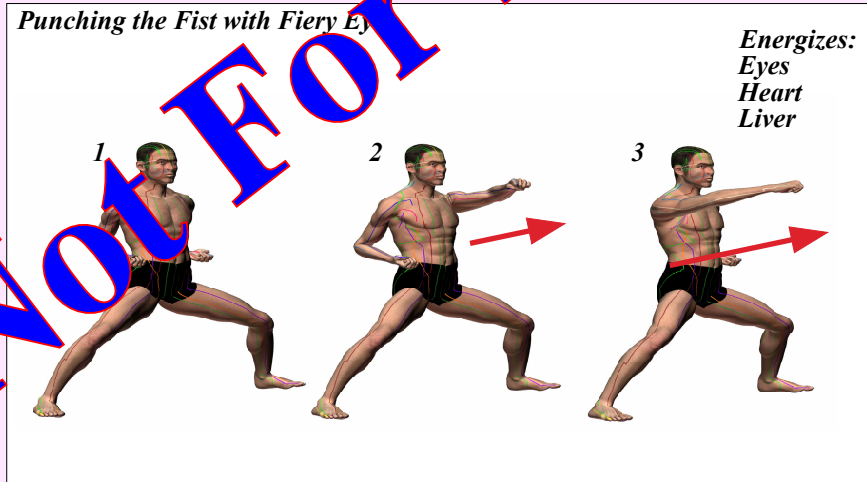
NOTES: 1- Wide horse stance with hands on thighs and torso leaning slightly forward as inhaling. 2- Exhale as twisting the head and torso to the left while keeping hands on thighs. 3- Alternate twisting from left to right.

Exercise 7



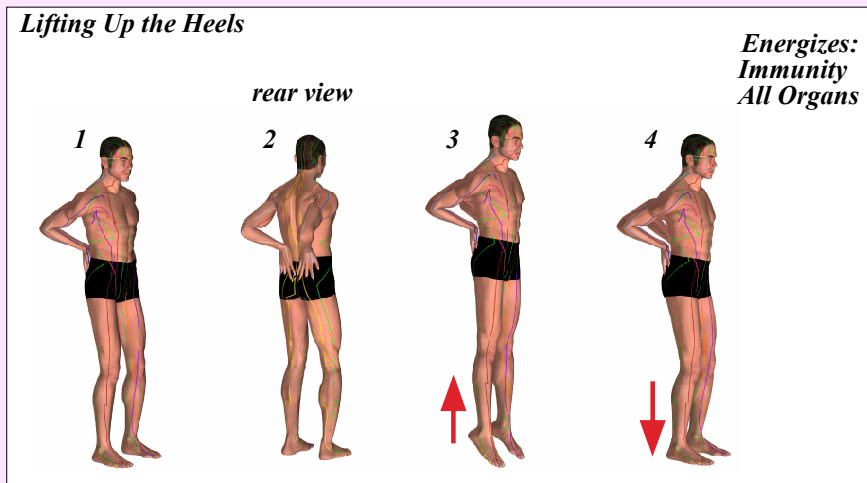
NOTES: 1- Arms make a heart shape motion as inhaling. 2- Hands come to rest on the lower back. 3- Exhale as bending spine forward as hands glide down back of legs to the heels. 4- Inhale as straightening the spine as hands glide up the front of the legs. 5&6- Exhale as straightening arms downward.

Exercise 6



NOTES: 1- Wide horse stance with arms back and fists palm up on hips. 2- Exhale as extending left fist forward as turning fist to have palm facing downward. 3- Inhale as pulling left fist back to hip as right fist repeats step 2. Alternate from left to right arms.

Exercise 8



NOTES: 1- Stand with palms on lower back. 2- Rear view. 3- Inhale as lifting up heels and balancing on the balls of the feet. 4- Gently drop down to feet flat as exhaling. Repeat.

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