



# 8 Brocades of Fine Silk

Mary Cruise, Tai Chi & Qigong Instructor

## 1. Scooping The Sea

Stand in wuji position. Hands in front of body palms up at lower dantien. Inhale bring hands up to middle dantien, turn palms down exhale lowering to lower dantien. Repeat. You may also bring heels off of floor on inhale and lower on exhale.

## 2. Pressing The Sky

Stand in wuji position. Right palm connects to back of right leg or right buttocks. Left hand in front of body palm up at lower dantien. Raise left hand and arm up center of body, rotating palm down and then up at middle dantien and continue pushing overhead extending arms up and out to left side lowering to starting position. Left palm connects with back of left leg or left buttocks and repeat movement with right arm. Alternate left and right. You may also bring heels off of floor when palms turn down and push upward. Lower heels when arm descends back to side. Either inhale and exhale for one breath with each arm, or inhale and exhale twice with each arm.

## 3. Viewing The Stars

Stand in middle stance hands placed on hips where thighs meet pelvis. Inhale. Keeping legs straight bend torso forward while exhaling. Inhale while swinging torso to the left and lean back looking up. Hold breath. Exhale while swinging torso back to the left returning to bent forward position. Inhale stand up straight. Exhale while bending torso forward. Inhale while swinging torso to the right and lean back looking up. Hold breath. Exhale while swinging torso back to the right returning to bent forward position. Repeat movements alternating left and right.

## 4. Archer

Stand in middle stance. Right hand as fist with palm facing body at the sternum. Left hand below right fist with thumb and index finger in "L" shape. Inhale as you imagine you are drawing a bow while extending Left arm to left side, palm facing out, index finger and thumb extend into and "L" shape. Exhale imaging arrow flying as you release tension. Flatten left palm facing down. With eyes follow the tip of the left middle finger back to sternum. Left hand as fist with palm facing body at the sternum. Right hand below left fist with thumb and index finger in "L" shape. Inhale as you imagine you are drawing a bow while extending Right arm to right side, palm facing out, index finger and thumb extend into and "L" shape. Exhale imaging arrow flying as you release tension. Flatten right palm facing down. With eyes follow the tip of the right middle finger back to sternum. Repeat movements alternating left and right

## 5. Chopping Wood

Stand in Wuji position. Clasp hands together in front of lower dantien with index fingers and thumbs extended while touching forming an axe. Inhale, lean back while extending axe overhead. Exhale bending forward reaching in front and then down. Bend knees, press down through heels uncurl returning to standing position, exhale. Repeat.

### **Wuji** (*Wuji meaning Grand Emptiness*)

Feet about shoulder width distance apart, weight evenly balanced, knees slightly bent, hips tucked, back and neck elongated, chin parallel to the floor, shoulders, elbows, wrists relaxed, chest released, tongue at the roof of the mouth behind the teeth. Imagine a string attached from above to the top of your head allowing you to be a little taller. As you extend up imagine you are sitting at the same time, this releases the waist. Settle and relax, letting go of the days activities, notice your dantien located about two inches below the belly button and directly in the center of the body. Your breath should be an abdominal breath. *Stay in Wuji as long as you need, experiencing stillness in order to appreciate movement.*

## **6. Eye Of The Tiger**

Stand in Wuji position. Place hands on back at kidneys with back of palms connecting to body. Lift heels off of floor, turn head and look to left hold position opening eyes a bit wider than normal. Breathe. Release gaze, turn head back to center, lower heels to floor. Lift heels off of floor, turn head and look to right, hold position opening eyes a bit wider than normal. Breathe. Release gaze, turn head back to center, lower heels to floor. Repeat.

## **7. Lifting The Stone**

Stand in middle stance. Inhale while raising arms out from sides. Exhale bending forward imagine you are picking up and lifting a heavy stone. Inhale standing up while lifting the stone up your body, at heart level turn palms up pushing stone to above head imagining throwing the stone away exhaling and allowing arms to return to sides. Repeat.

## **8. Grasping The Pheasants Egg**

Stand in middle stance with fists at side palms up preparing for punching. Inhale. Exhale while extending left open hand, leading with finger tips out from body at your center. Imaging you are reacing into a nest picking up an egg, inhale turning palm up holding egg and return to left side. Repeat with right hand exhale with hand extends from body, inhale on return movement.