

Ba Duan Jin 少林八段錦

Shaolin Qi Gong, an exercise of body and inner strength, breathing through your nose and using abdominal muscle. It will enhance the blood circulation of the body and help to provide food, oxygen and lymphatic secretions to part of the body where capillary blood vessels cannot reach, and therefore improve your health.



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1. Two hands supporting the Heaven to regulate the three burners

To stretch your limbs and body and enhance blood circulation; increase input of oxygen, energize the body; maximize expansion the lung; proper body alignment, particularly, correct the vertebrae and shoulder blade alignments; thus energize the muscle systems of the body.



2. Drawing a bowstring with alternate hands (targeting a condor)

Strengthen chest and back muscles; improve breathing and blood circulation; optimize metabolism; provides anti-aging impact on muscle systems.



3. Lifting each hand to benefit the spleen and stomach

Improve activities of the spleen and stomach; enhance digestion and movement of intestines; prevent disease in organs such as stomach and intestines; as well as relieve tension.



4. Gazing back to heal internal injuries

Enhance blood circulation in the head area; reduce stress through stimulation of the brain and central nervous system; enlarge the eyeball sphere of activities; exercise muscles of the eyes.



5. Shaking the head and wagging the tail to calm the heart

Release tension, body tone to achieve relaxation; steady nerves and elevate mood; optimize brain activities; strengthen leg muscles and abdomen of the body; to strengthen and beautify legs.



6. Raising and dropping the heels to dispel illnesses

This movement lightly vibrates the body organs and parts, hence stimulates the central nervous system and the brain; improve alertness and regulate mood; to strengthens body thus eliminate tiredness.



7. Bending down and grasping the feet to fortify the kidneys and lower back

These movements strengthen organs around abdomen, specially the kidneys and enrich adrenaline secretion; reduce back pain; improve bowel movements.



8. Clenching fists and a fierce gaze to increase physical strength

Chest up with a glare, toes grab on the floor steadily; these movements invigorate all body muscles; stimulate cerebral cortex activities; enhance muscle development and boost up body energy.