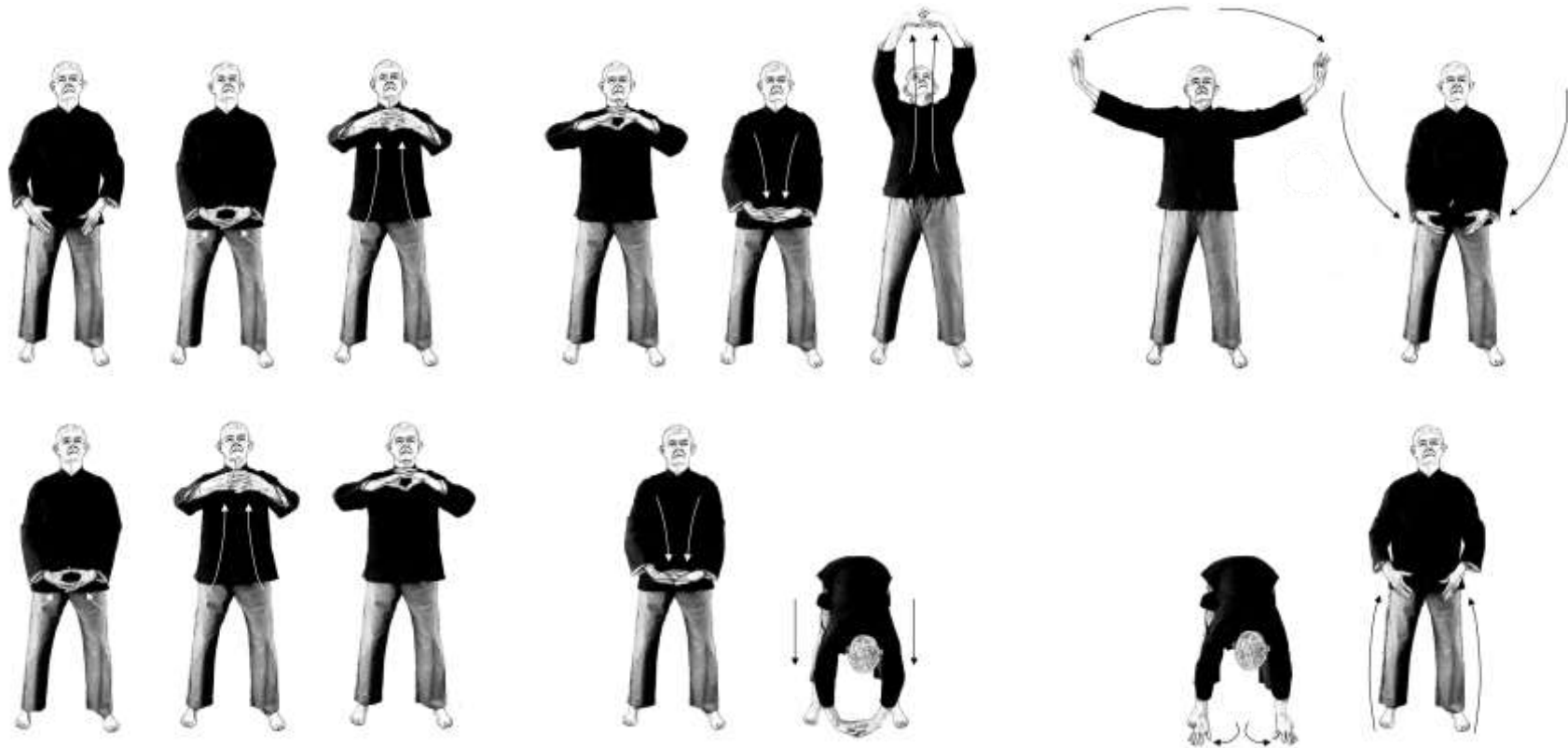


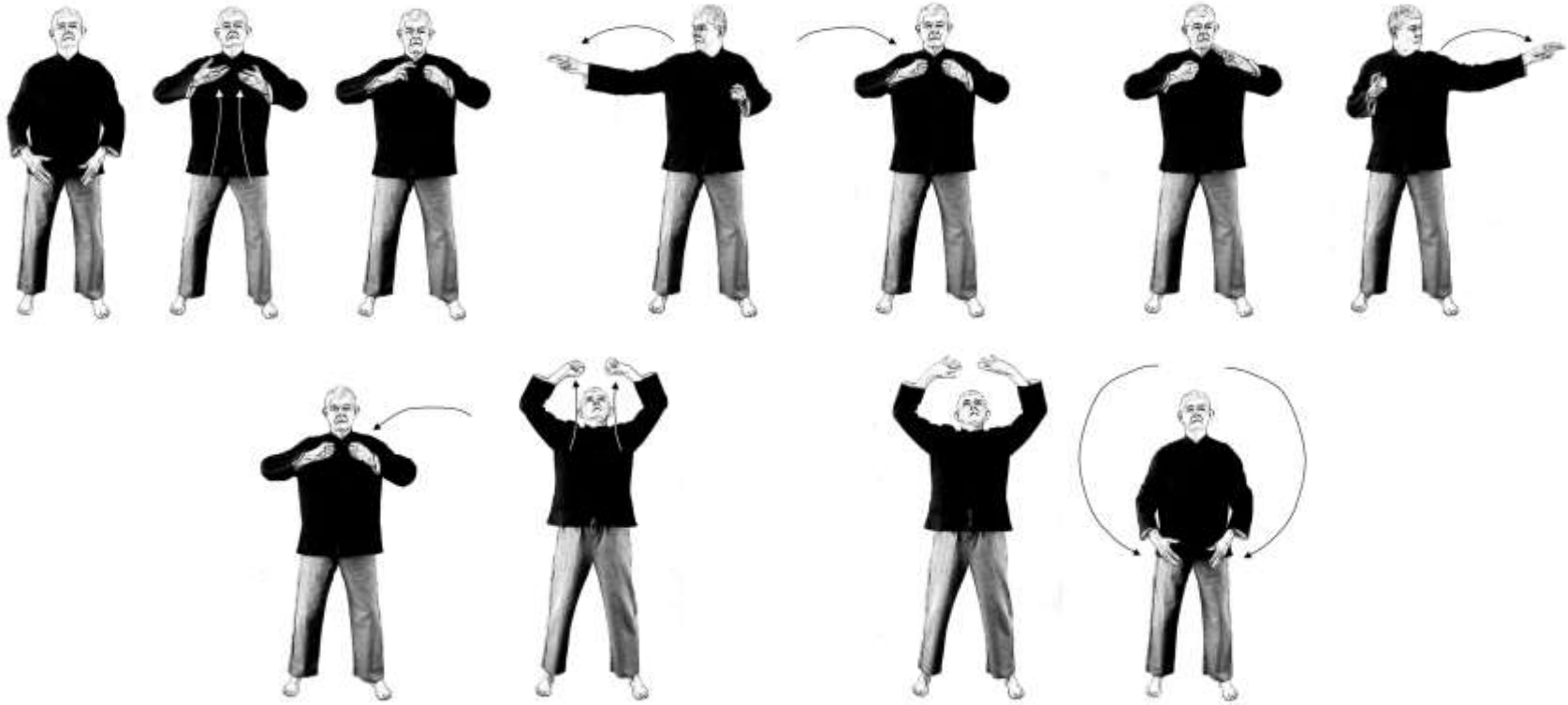
Eight Pieces of Brocade (Ba Duan Jin) Movement Overview



Preparation - Bring the Qi down the body 1x to 3x



Propping Up Heaven and Pressing the Earth - 1x to 3x



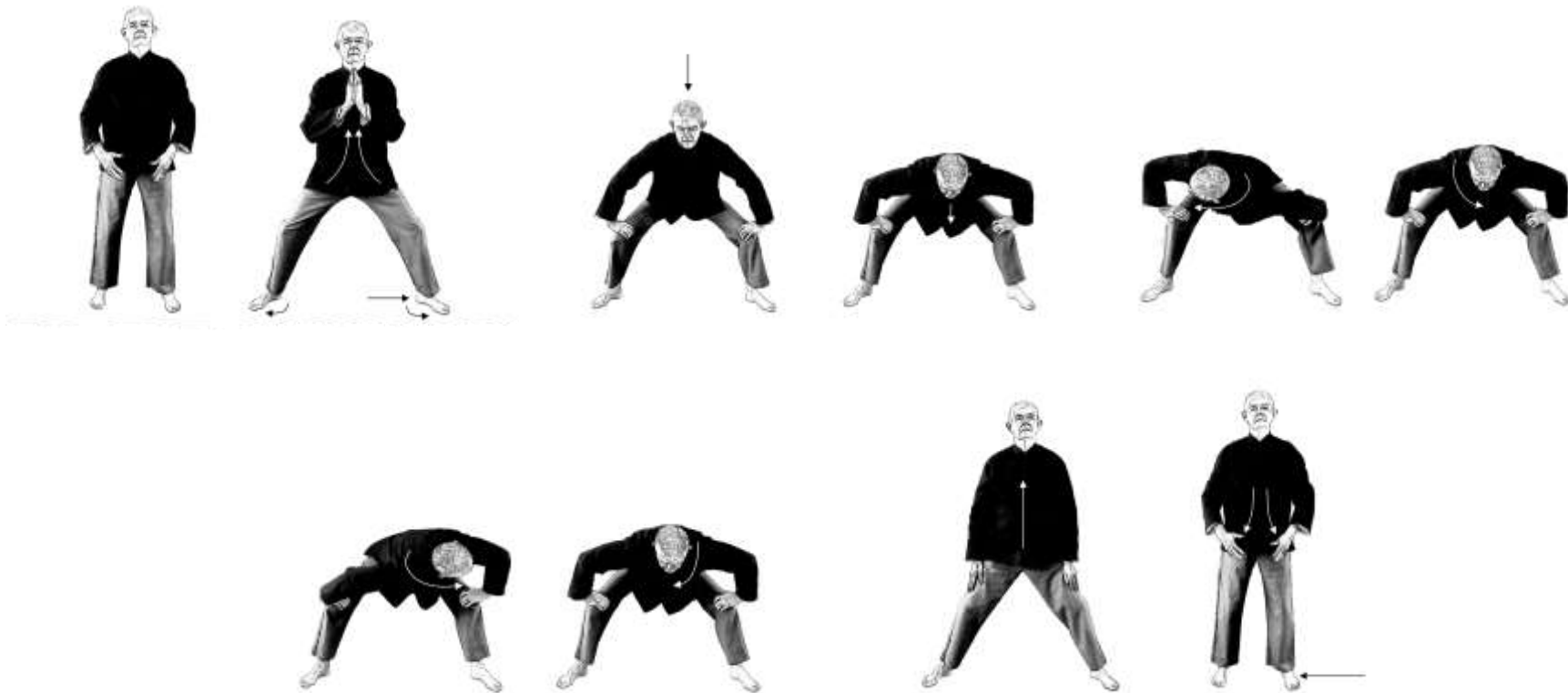
Draw the Bow - 1x to 3x



Touch Heaven & Earth - 1x to 3x



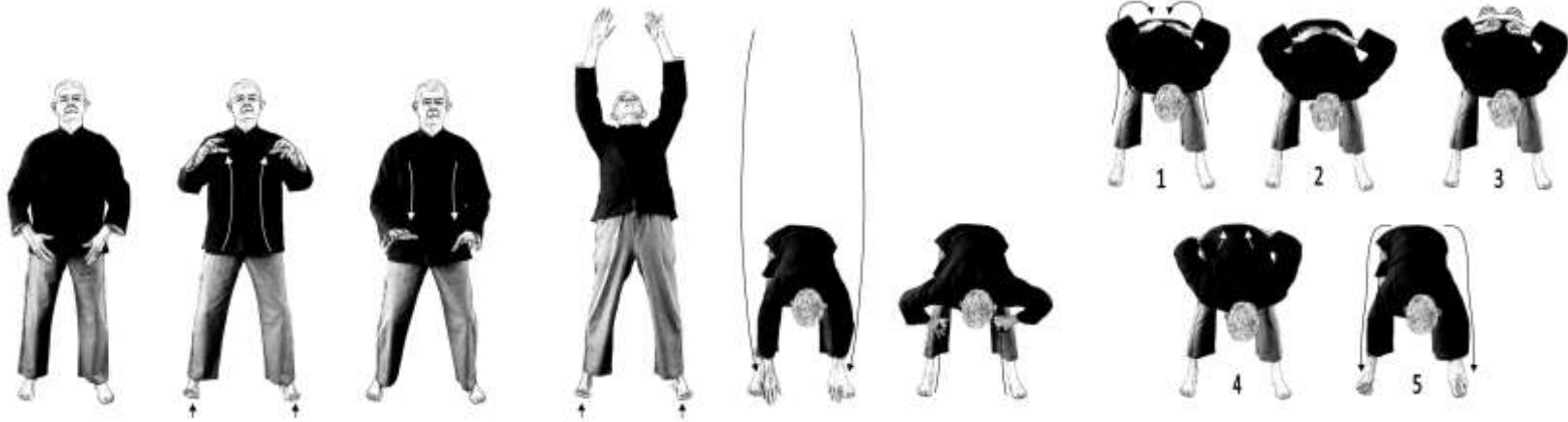
Turn Head & Look Behind - 1x to 3x



Shake Head & Wag Tail - 1x to 3x



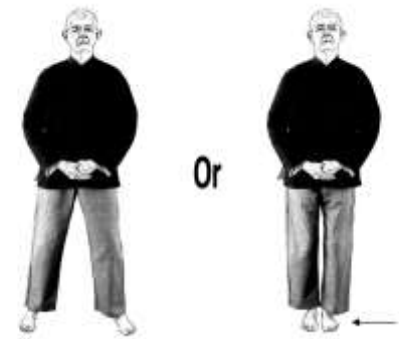
Striking with Fierce Eyes - 6x



Bend Forward & Touch Toes - 1x to 3x



Shake the Pillars - All 3 Levels



Closing - Settle the Qi / Guard the Qi



Male shown, Female opposite