

# CG Martial Arts Academy

## Eight Verses of Brocade Qigong Set

Brocade is a very expensive piece of fabric. The goal of this set is to care for your body like you would a very expensive cloth.

**Repetitions:** This depends on the starting level of health but generally 10-20 full repetitions (both sides) are recommended for health while 30-50 repetitions will build martial strength and energy. Breathe as long and as slow as possible.

- 1. Support the Sky:** Strengthening of the stomach and intestines. Oxygenation of the blood. (Ren meridian – main vessel up middle of body)
  - Feet shoulder wide (natural stance).
  - Interlock fingers at waist palms up.
  - Breathe in as you raise the interlocked fingers up to middle chest.
  - Push the hands down – palms down – breathing out – until elbows are locked, bending the knees slightly.
  - With elbows locked raise the interlocked fingers straight out and up stretching them out (half circle). Knees should be locked straight.
  - At the top - palms up - release the fingers and bring the hands down each side, arms straight, in a half circle each side, slowly bending the knees slightly.
- 2. Shoot the Bow:** Stimulates blood circulation. Develops chest. (Lung and Large Intestine)
  - Wide stance.
  - Hands in fists in front of waist.
  - Breathe in bringing fists up to middle chest.
  - Lift right elbow to level with shoulder.
  - With left hand make a peace sign and bring straight out breathing out and sinking down into a lower stance.
  - Breathe in while bringing fists together at middle chest rising to high stance.
  - Lift left elbow to level with shoulder.
  - With right hand make a peace sign and bring straight out breathing out and sinking down into a lower stance.
  - Breathe in while bringing fists together at middle chest rising to high stance.
  - Doing the exercise on both sides counts as one repetition.
- 3. Splitting Palms:** Remove stress by strengthening spleen and stomach. (Spleen and Stomach meridian)
  - Feet shoulder wide (Natural Stance).
  - Bring the hands out into a large holding the ball chest high, palms facing your chest, thumbs up, fingers slightly spread. Knees bent 10%.
  - Turn your left palm to facing upward and turn your right palm facing down.
  - Breathe in through nose while lifting your left hand straight up and right hand straight down until elbows are locked straight. Knees are locked straight (high stance).
  - When you are ready to exhale (through mouth) bring your left hand down to the side – palm leading and elbows locked (circle motion). Slowly sink with the knee during this process. When the left palm is at the lowest level the knees should be 30% bent.
  - Breathe in through your nose as you raise both hands back to the large holding the ball position.

- Breathe in through nose while lifting your right hand straight up and left hand straight down until elbows are locked straight. Knees are locked straight (high stance).
- When you are ready to exhale (through mouth) bring your right hand down to the side – palm leading and elbows locked (circle motion). Slowly sink with the knee during this process. When the right palm is at the lowest level the knees should be 30% bent.
- Doing the exercise on both sides counts as one repetition.

**4. Chi Energy Pack and Massage: Kidney and Adrenal Massage. (Kidney Meridian)**

- Natural stance.
- Breathe in while raising arms to a high holding the ball (Neck high, palms facing out).
- Turn head to facing right while breathing out and lowering hands to your left side, waist high. As you bring your hands down - sink down with knees until 20% bent.
- Visualize gathering energy with your hand as you lower them and packing it toward your waist.
- Breathe in raising hands back into high holding the ball and rising to high stance.
- Turn head to facing left while breathing out and lowering hands to your right side, waist high. As you bring your hands down - sink down with knees until 20% bent.
- Doing the exercise on both sides counts as one repetition.

**5. Rolling Tiger Sits on Rock: This is a dispersal exercise that works on rooting and strengthening the lower body. (Heart Meridian)**

- Wide stance.
- Begin dispersal exercise, hands on thighs, alternating your weight from one leg to the other in a rocking motion.
- Breathe out and sit down to your right leg while looking at left leg, sliding hands down and off knees. When you do that you are shifting your weight to your right leg until you have 95% of your weight on your right leg with only 5% weight on your left. Your knees should be 50% bent into a low stance.
- Breathe in returning hands to thighs and doing 3 – 5 dispersal exercises.
- Breathe out and sit down to your left leg while looking at right leg, sliding hands down and off knees. When you do that you are shifting your weight to your left leg until you have 95% of your weight on your left leg with only 5% weight on your right. Your knees should be 50% bent into a low stance.
- Doing the exercise on both sides counts as one repetition.

**6. Blowing Bellows: Strengthening kidneys and hips. Preventing constipation. (Kidney/bladder channel)**

- Natural stance, hands at sides.
- Breathe in while lifting arms overhead, palms forward.
- Breathe out and lower the arms and bend the waist until touching the floor (or as far as you can – don't force it).
- Breathe in and breathe out, trying to lower the stretch with each breath out. Do not force yourself to go lower than your body is ready for.
- Grab behind ankles and forcefully exhale.
- Slowly begin bringing your hands up straightening your back until hands are overhead. (Doing this quickly can cause dizziness).
- Variations include bending knees while bent over breathing in and then straightening them breathing out.

7. **Hit the Tree Split the Sky:** Increases vitality and vigor. Cultivates spiritual strength. (Liver Meridian)
- Wide stance.
  - Hands in fists at groin.
  - Breathe in while bringing them up to middle chest.
  - Punch out with right hand while breathing out and bring left fist to cocked position.
  - Bring the right fist back to middle chest breathing in.
  - Form prayer hands and lower stance while pushing prayer hands straight up.
  - Turn palms out while breathing in and straightening up.
  - Breathe out while bringing hands down each side in circle.
  - Breathe in while bringing fists up to middle chest.
  - Repeat with left side. (Left punch).
  - Doing the exercise on both sides counts as one repetition.
8. **Expand/Contract/Charge the Core:** Stimulates blood circulation, tone nervous system, prevent constipation. (Du Meridian, main vessel up back)
- Natural Stance, hands at sides.
  - Breathe in raising hands overhead, palms facing outward, rising on the ball of your foot.
  - Drop down on your heels fast - breathing out.
  - Variation: Bring hands up overhead then lower stance – bending the knee – while pushing hands straight out in front of you.