

## **Ba Duan Jin**

### **Eight Pieces of Brocade**

1. Two Pillars Holding Up the Heavens
2. Draw the Bow to Shoot the Eagle
3. Separate Heaven and Earth
4. Sway the Head and Shake the Tail
5. Wise Owl Looks Backwards
6. Clench the Fists and Gaze Fiercely
7. Bouncing on the Toes
8. Two Hands Hold the Feet to Strengthen the Kidneys

