



WHITE CRANE ACADEMY

Ba Duan Jin

8 Pieces of Brocade

1. Two Hands Hold Up the Heavens
2. Pull the Bow to Shoot the Eagle
3. Separate Heaven and Earth
4. Wise Owl Gazes Backwards
5. Sway the Head and Shake the Tail
6. Two Hands Hold the Feet to Strengthen the Kidneys and Back
7. Clench the Fists and Gaze Fiercely
8. Bouncing on the Toes to Keep 100 Illnesses Away