



UPPER OTTAWA VALLEY TAI CHI CLUB



Eight Pieces Of Silk Brocade

No.	Movements	Benefits External	Benefits Internal	Role of Energy Flow	Stance	Cleansing Breath
1.	Double Hands Upholding the Sky	Strengthen Abdominal Muscles	Improves digestion, and circulation	Mobilizes energy from top to bottom and through the body	Shoulder	End of each left/right cycle
2.	Pulling the Bow	Strengthen Chest Shoulders and Legs	Increase lung capacity, increases blood circulation, and decreases fatigue	Strengthen the kidney area governs the vital energy	Horse	End of each left/right cycle
3.	Stork Spreads Wings	Strengthen Arms and Shoulders	Improves and maintains digestive system	Stabilizes the digestive organs, the place of earth energy assimilation	Shoulder	End of each left/right cycle
4.	Turning Head To Look Backwards	Increase Spinal Column Flexibility	Decreases fatigue, invigorates, good for post-op, and reduces stress	Expel all Cha (negative energy) from the 5 organs that contribute to physical and moral disturbances and expel into earth	Shoulder	No Cleansing Breath
5.	The Snake	Strengthen Legs and Massage the Spine	Decreases anger and frustration, good for back aches, and stiff legs	Stabilize the distribution of blood and energy from heart and lungs through the body	Lunge/Snake	End of each left/right cycle
6.	Two Hands Touching Feet	Strengthen Back and Legs	Relaxes muscles, increases flexibility and decreases constipation	Brings the vital energy to central nervous system supplied by kidney, fortified by previous moves (especially #2), the vital energy feeds the medulla and brain	Shoulder	End of each cycle
7.	Pushing the Sky	Increase Strength	Increase vitality, energy, regulates blood pressure, Re-roots back to earth after being in the domain of th medulla	Brings energy from the interior to exterior of body. Energy from the medulla and diffused into the muscles and tendons	Horse	End of each left/right cycle
8.	Rising Up on Fee	Strengthen Feet and Legs	Increase blood circulation, improves balance, and ability to withstand external pressures	Harmoniously distributes all energy, stimulated by moves through the body via meridians	Shoulder	No Cleansing Breath

Begin and end with standing Zen Meditation - quiet mind and swinging of arms gently (which relaxes the shoulders and elongates the spine)

Note: each exercise should be repeated 3 times. In exercises that involve the left and right components, left/right cycle.

Therefore 3 units equals 3 repetitions and Each inhale and exhale should be about 8 seconds

