

Ba-Duan-Jin

Ready position



Take a step to the side with left foot, bend your knees slightly, put your palm to palm as holding a ball in front of your lower abdomen, breathe naturally.

Holding the hands high with palms up to circulate the Chi



Inhale, connect middle fingers, raise your hands to Dantian. Exhale, bring your hands down with palms downward. Inhale, raise your hands to face level and turn your palms out and then up. Continue to raise your hands (overhead) until your arms are straightened. Exhale, arms bent and hands come back in front of the nose. Take three natural breathes as repeating the above for 3 times. Exhale, as you sweep your arms to the side then return to the ready position.

Draw the bow to the left and right



Inhale, as your knees slightly bent and cross your arms in front of you with the right arm in front of the left. Exhale, draw the bow to the left with your left hand creating an "L" shape and right hand with like a tiger paw. Take three natural breathes as repeating the above for 3 times. Then step back. Inhale, as your knees slightly bent and cross your arms in front of you with the left arm in front of the right. Exhale, draw the bow to the right with your right hand creating an "L" shape and left hand with like a tiger paw. Take three natural breathes as repeating the above for 3 times. Then step back.

Separating heaven and earth: raise one arm to regulate digestion



Breathe naturally, palms to palms as holding a ball with right hand at upper level and left hand at lower level. Inhale, lift your left hand, rotate it and then extend the left arm. At the same time, extend your right hand to your side. Exhale, return to the starting position with left hand at upper level and right hand at lower level. Inhale, lift your right hand, rotate it and then extend the right arm. At the same time, extend your left hand to your side.

Moving the hands forward and down to generate tonic



Inhale, raise your arms, stretch your upper body and look up. Exhale, palms downward, stretch your arms forward. Inhale, turn your palms to palms and then fists, and then back to your lower armpits with palms. Exhale, rub from your back to the heels and steps then to the back of your knees. Inhale, move your palms on your knees with fingers pointing down. Then exhale as you look up.

Looking backwards to cure fatigue and distress



Inhale, put two palms at your waist level. Exhale, look at the left palm, curl your left fingers into a fist. Inhale, open your left hand, then look back at the right palm. Exhale, curl your right fingers into a fist. Exhale, return your head to the center while relax your arms down at your sides. Inhale, put two palms at your waist level. Exhale, look at the right palm, curl your right fingers into a fist. Inhale, open your right hand, then look back at the left palm. Exhale, curl your left fingers into a fist. Exhale, return your head to the center while relax your arms down at your sides.

Twisting the head to relieve stress



Breathe naturally, bend your knees slightly. Inhale, lean your body to the right. Exhale, rotate your body to the left, swing your head to the left. Inhale, lean your body to the left. Exhale, rotate your body to the right, swing your head to the right.

Single hand moving legs up and down to benefit sleep quality



Breathe naturally, bend your knees slightly. Inhale, move your body weight onto the left foot. Exhale, massage the inside of left leg downward, then inhale while backward. Repeat the above 3 times and breathe naturally. Inhale, rotate your waist to the right, then massage the outside of right leg downward, then inhale while backward. Repeat the above 3 times and breathe naturally. Inhale, move your body weight onto the right foot. Exhale, massage the inside of right leg downward, then inhale while backward. Repeat the above 3 times and breathe naturally. Inhale, rotate your waist to the left, then massage the outside of left leg downward, then inhale while backward. Repeat the above 3 times and breathe naturally.

Raising and dropping heels to dissipate diseases



Inhale, wave your palms down, rise up on your toes. Exhale, relax and drop back down on your heels. Repeat the above 9 times.

Closing form



Feet together, hands in front of your lower abdomen, breathe naturally.

Notes: except for "Single hand moving foot up and down to benefit sleep quality" and "Raising and dropping heels to dissipate diseases", the other movements are done 3 times, and then resume to the ready position.

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