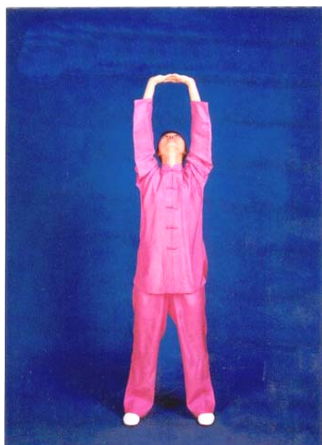




# 健身气功·八段锦

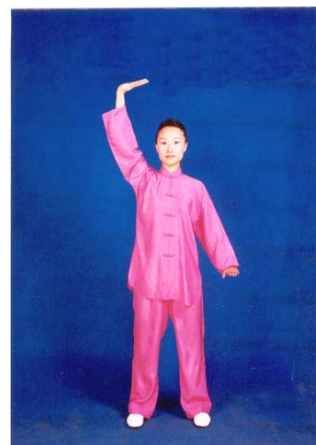
# Health Qigong • Ba Duan Jin (8 Brocade)



第一式 两手托天理三焦  
 Routine 1 Support the Sky  
 with Both Hands to  
 Regulate the Triple Warmer



第二式 左右弯弓似射雕  
 Routine 2 Draw the Bow on the  
 Left and Right as if Shooting an Eagle  
 (to regulate the Lung Meridian)



第三式 调理脾胃须单举  
 Routine 3 Raise One Hand to  
 Regulate the Functions of the  
 Spleen and Stomach



第四式 五劳七伤往后瞧  
 Routine 4 Look Backwards to  
 alleviate Exhaustion of the  
 Five Organs and Seven Emotions



第五式 摇头摆尾去心火  
 Routine 5 Swing the Head and  
 Sway the Rear to Reduce Heart Fire



第六式 两手攀足固肾腰  
 Routine 6 Touch the Feet with  
 Both Hands to Reinforce the  
 Kidneys and Waist



第七式 攥拳怒目增气力  
 Routine 7 Clench Fists and  
 punch with Glaring Eyes to  
 Build Up Strength



第八式 背后七颠百病消  
 Routine 8 Jolt the Back Seven times  
 (by raising and dropping the heels)  
 to Eliminate Diseases