



Yang Taiji Baduanjin

The Eight Brocades

with Master Sam Masich
on ZOOM

Level One, Session Four & Five

Brocade Four: The Arms Brocade Five: The Legs

Yang-style Taiji Baduanjin

Introduction

Taiji Baduanjin was originally created by the Yang family as a training method for mobilizing 'qi' and training 'jin.' It can be distinguished by its 'forging and smelting' of the sections and joints of the body and the strengthening of the internal organs and their way of functioning. It strengthens visceral system functioning and also contains within it a great deal of attack and defence training methods.

Baduanjin means 'eight-section brocade' and, while eight-brocade practices have a long tradition in *neigong/qigong*, the Yang-style Taijiquan Baduanjin is not correlated with standard sequences and has a decidedly 'martial' bent. The practice therefore assists in strengthening and developing 'guardian qi' providing extra benefit to health seekers.

Section Four: The Arms 胳膊

The fourth section focuses on the arms and is broken into three parts. The first part of the arm section focuses on loosening (*fangsong* 放松) the arms as they move through positions relevant to gestures in *taijiquan*. The second part includes coordination practices meant to integrate arm and core body movement. The final part of the arms section further exercises *peng* and *an* in three ranges and deepens the squatting stance.

1. *Preparation posture: Sitting wrists*
 - a. **Both arms swing Backward** (9x) (Alternate crossing hands. 3x wrist; 3x elbow; 3x shoulder)
 - b. **Both arms swing Forward** (9x). (Alternate crossing hands. 3x shoulder; 3x elbow; 3x palm)
 - c. **Swing left arm backward** (9x) (Right foot forward. 3x wrist; 3x elbow; 3x shoulder)
 - d. **Swing right arm backward** (9x) (Left foot forward. 3x wrist; 3x elbow; 3x shoulder)
 - e. **Swing left arm forward** (9x) (Right foot forward. 3x shoulder; 3x elbow; 3x palm)
 - f. **Swing right arm forward** (9x) (Left foot forward. 3x shoulder; 3x elbow; 3x palm)

Extend both arms forward. Pull and squeeze fists. (3x)

2.
 - a. 'Windmill' swings (3x both directions)
 - b. **Opposite direction arm swings** (3x both directions)
 - c. 'Cai' swings forward and backward (3x both directions)

Extend both arms forward. Pull and squeeze fists. (3x)

3. *Preparation posture: Raise hands high*
 - a. **Stand up, raising arms up— 'peng'** (bias left and right; 3x wrist; 3x elbow; 3x shoulder)
 - b. **Squat down, push down— 'an'** (bias left and right; 3x shoulder; 3x elbow; 3x palm)
 - c. **Swing symmetrically** (9x)

Extend both arms forward. Pull and squeeze fists. (3x)

End Section Four: Small 'Power Loop'

Section Five: The Legs 腿

The fifth 'brocade' trains the legs in three principal ways. First, the backs of the legs are stretched deeply in order to improve flexibility and increase kicking range. The next part of the leg training regimen involves standing upright on one leg while circling the other in ways that support *peng* and *an* and, as well, promote stability for kicking and leg sweeping. The last part of the leg section involves the practice of eight leg methods used in kicking, propping, and sweeping.

1. *Preparation posture*: Feet apart; hands on hips
 - a. **Head forward and back diagonally** (3x)
 - b. **Waist incline backwards** Left (9x). Right (9x)
(3x Inner Drop Incline; 3x Outer Expand Incline; 3x Central Axle Incline)
 - c. **Rotate neck left-side** (3x) ('double take'). **Rotate neck right-side** (3x) ('double take')
2. **Deep leg stretch** left (9x). **Deep leg stretch** right (9x) (Palm on back of hand. Coiling arms. Lock arm)
3. *Preparation posture*: Standing on straight legs
 - a. **Left leg outer circle. Right leg outer circle.** (*peng*)
 - b. **Left leg inner circle. Right leg inner circle.** (*an*)
 - c. **Release shaking legs**
4. a. **Eight kicks** (left). **Eight kicks** (right)
 1. Forward kick
 2. Small backward sweep
 3. Propping foot
 4. Forward drilling kick
 5. Side lifting
 6. Front uprising kick
 7. Large back sweep
 8. One legged stance

End Section Five: Small 'Power Loop'