



Yang Taiji Baduanjin

The Eight Brocades

with Master Sam Masich
on ZOOM

Level One, Session Two

Brocade Three: The Waist and Spine

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 Three: The Waist and Spine 腰脊椎

The third section exercises the waist, spine and central nervous system—the core of the body. This section, broken into three parts, involves; first, localized stretching along the spine, back of the legs and groin; second, 'seeing' exercises designed to stimulate the retina; third, 'the tree,' a stance exercise that further integrates the waist, spine and central nervous system with the stance. The section ends with a *fajin* exercise that brings together elements of the first, second and third sections.

1. *Preparation posture:* Hands high, palms up linked in *yin* and *yang*
Waist incline sideways Left (9x). Right (9x) (3x Inner Drop; 3x Outer Expand; 3x Central Axle)
2. **Rolling waist stretch** Left (9x). Right (9x) (3x Inner Drop; 3x Outer Expand; 3x Central Axle)
3. *Preparation posture:* Hands low and loose linked; Palms down
 - a. **Rolling vertebrae down**
(Sway side-to-side, descending in thirds of neck, upper back, mid-back, lower back, coccyx)
 - b. **Dangling stretch.** Sway side-to-side. Toes forward, toes in, toes out
 - c. **Squatting stretch.** (Palms together pushing knees out)
 - d. **Rolling up vertebrae** (ascending in thirds: coccyx lower back, mid-back, upper back, neck)
4.
 - a. **Rotate eyes left** (9x) 3x 3 ocular diameters large, medium, small
 - b. **Gaze outward. Look inward**
 - c. **Rotate eyes right** (9x) 3 (9x) 3x 3 ocular diameters small, medium, large
5. **The Tree** (horse stance; hip, waist, neck, eyes)
6. **Lifting prop, downward push** (3x)

End Section Three: Small 'Power Loop'