

Ba Duan Jin Instructions

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Starting Position

Step 1

Keep your head up and look forward, Face straight ahead;
Close your legs, Both arms side the legs and palms inward;
The toes should be pointed straight ahead.
Both feet should be flat on the floor.
The weight should be equal on both feet.
Don't lean to one side or the other.
Relax your body. Stay balanced and centered.
Clear you mind and set aside the work and worries of the day.
Your face should seem happy, joyful, reflecting an "Inner Smile."



Starting Position



Step 2

Move the left foot to the left side, feet a shoulder-width apart, shoulders relaxed, arms hanging loosely at your sides.

Starting Position



Step 3

Then slowly raise your arms up to the body side, palms downward, straight legs, keeping your shoulders relaxed;

Starting Position



Step 4

Raise your both arms from your body sides to your front of abdomen; bent knees slightly at same time.

Key point

- The fingers of each hand should separate loosely and opposite each other,
- The palms of your hands should face inward toward each other over the middle of your abdomen;
- Your arms should hang down in a relaxed manner;
- Relax the shoulders and let them hang down.

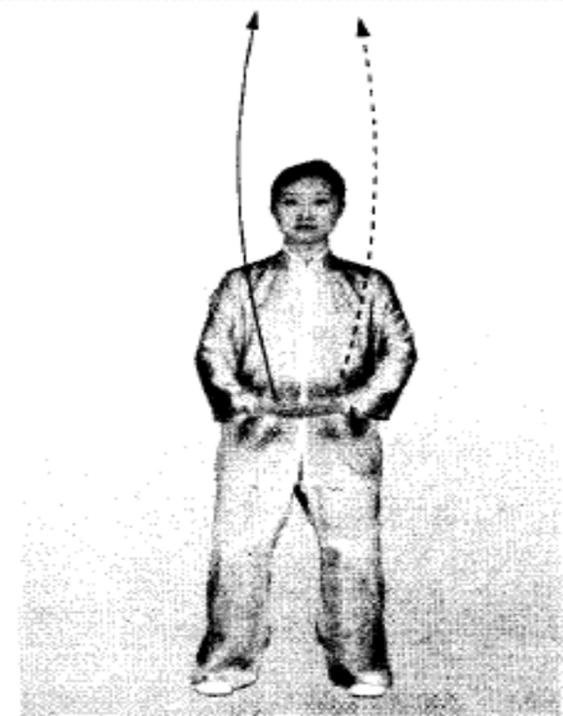
Breathe technique at starting position

- Keeps the tip of your tongue lightly touching the roof of your mouth, keep your lips parted slightly.
- Breathe in slowly through your nose so that your abdomen moves out;
- Tighten your abdomen muscles, letting them fall inward as you exhale through your mouth;
- Breathe softly in through your nose and blow out softly through your mouth;
- Breathe in and out in a relaxed, easy, and regular manner.

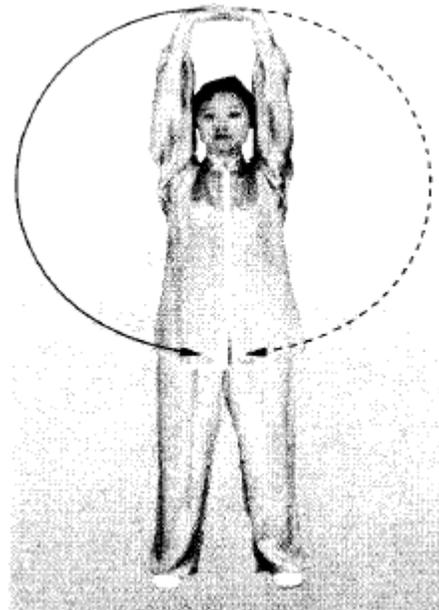
Ba Duan Jin Exercise Set 1

1. Pressing Up to the Heavens with the palms

Inhale, at the same time lift both hands up to the height of your stomach, palms up and cross fingers each other;



Ba Duan Jin Exercise Set 1



Exhale, at the same time rise the palms up in front of the body until the chest height as you straight the legs; turn your palms inward, downward, when your hands rise above your head, turn your palms outward and begin to pressing straight upward; draw both hands, palms up, up the center line of the body as you rise up out of the squat and straighten the upper body.

Turn the palms outward and down as you circle both arms out and down.

Continue to slowly inhale as your arms move down to the starting position and bend the knee slightly.

Then repeat the cycle, moving your hands up and down over your head until you have done this six times.

Ba Duan Jin Exercise Set 1

Key point:

- ❖ The eyes should follow the hands over the head and then face straight ahead.
- ❖ Your flat palms and fingers should be fully turned to face the sky (you will feel the stretch in your wrists).
- ❖ As you begin to press upward with your hands, let your feet press firmly down into the ground. As you stretch up and down simultaneously, so that you complete the full extension of your arms and legs at the same time.
- ❖ When moving up imagine your internal energy (Chi) moving up from your waist, up your spine, and into your head.

Ba Duan Jin Exercise Set 2

2. Drawing the bow like shooting a hawk

Starting in the Starting Position, unlock your knees.

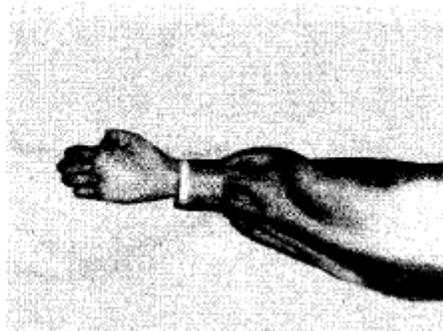
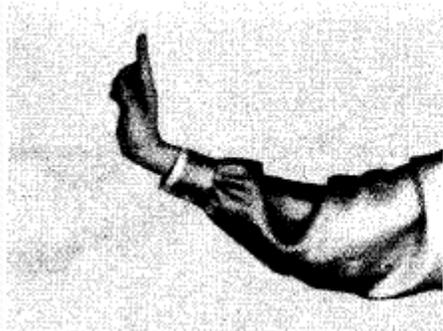
Move your weight to the right foot, then lift and step to the left with your left foot. The feet should be wider than shoulder width apart.

Point both feet forward and keep them flat on the floor.

Straighten the knees.

Keep your back straight and head up.

Ba Duan Jin Exercise Set 2



At the same time, gently raise your hands to your chest and cross your hands, right hand in front of left hand, hands relaxed and open, with your palms facing inward. Looking forward.

Let your left thumb and index finger straight and other three fingers bend, right fingers bend like you are holding the string of a bow, fingers on the string.

Ba Duan Jin Exercise Set 2



- Bend your knees, extend your left arm out to the left side at level with your chest, and moving your right arm to the right side like pulling on the bow string with your right arm. Look to the left.
- At the same time breathe out.

Ba Duan Jin Exercise Set 2



You have now completed the left side part of the Drawing the Bow Movement #2.

Then, while breathing in, slowly bring your arms back in an arc to the center of your body and straighten your legs.

Cross your arms in front of your chest, left hand in front of the right hand.

Ba Duan Jin Exercise Set 2



Repeat the exercise to the right side.

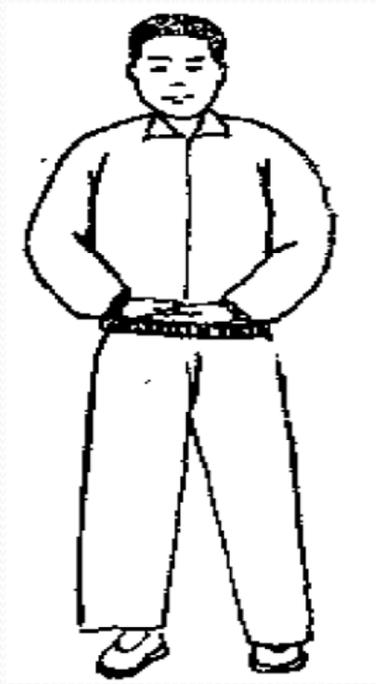
Repeat the movements to both the left and right sides, six times to each side.

Ba Duan Jin Exercise Set 2



Move your weight to the left foot, then, while breathing in, slowly bring your arms back in an arc to the starting position and move back right foot a shoulder-width apart to the left foot.

Ba Duan Jin Exercise Set 3



3. Raise one arm to regulate the spleen and stomach.

Start from the starting position. Then slowly bring your both hand in an arc to the center of your body; the right hand above the left hand, both palms upward and the fingertips point to different direction.

Ba Duan Jin Exercise Set 3



Now exhale deeply and completely as you straighten your knees and extend your two hands, so that your right hand is raised above your right shoulder, palm facing upward, fingers pointing to the left; your left hand extends downward toward your left thigh, palm facing the floor, fingers pointing to the front.

Key point: Move your two arms so that they extend fully at the same time. Breathe out as your arms move apart and press upward and downward. Hold for one second.

Ba Duan Jin Exercise Set 3

Relax and breathe in as you bring both hands back in front of your body, both palms turned gently upward, the left hand above the right hand, and the fingertips point to different direction.

Then turn your palms and repeat the exercise in the opposite directions, left hand moving up and right hand moving down, as you exhale. Complete three full cycles of both movements – six extensions of the arms in all.

Ba Duan Jin Exercise Set 4



4. looking backward to treat consumptive disease and injuries

Start from starting position, look straight ahead and gaze at some distant point.

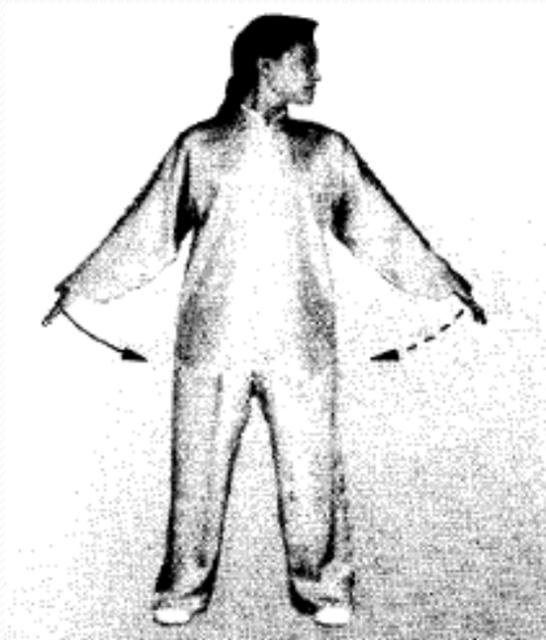
Continue little bent your knee and move both hands beside hips with your palms facing down.

Ba Duan Jin Exercise Set 4



Stand up straight and straight both arms with palms backward and fingers downward. Relax. Lift your head up, chin tucked in a bit. Smile.

Ba Duan Jin Exercise Set 4



Slowly exhale and gently turn your head to the left side, turn your arms and palms outward at same time.

Continue to slowly exhale as you turn your head to the backward.

Look behind you as far as you can; gaze as far backward and downward as possible when looking to the back.

Ba Duan Jin Exercise Set 4



After you have completely exhaled, then begin to slowly inhale, and return your head slowly and gently to the front, and little bent your knee and move both hands beside hips with your palms facing down at same time.

Look straight ahead and gaze at some distant point.

Repeat the movement to the right side, each side 3 times.