



# 少林八段錦氣功

## SHÀOLÍN BĀDUÀNJǐN QÌGŌNG

### SHAOLIN EIGHT BROCADES QIGONG

The **highly coveted secrets** of Shaolin Bāduànjǐn were only **passed down verbally** over the last 1500 years from master to disciple



The traditional form of the Eight Brocades Qigong is a **Soft Moving Meditation** exercise, and sets the foundation for many other Shaolin qigong forms. It is this with this form that the practitioner develops the awareness, experience, and understanding of the **breath and qi energy** moving in the body.

**Each movement shown here has a specific purpose** in moving qi throughout the body. All of these are intended to develop a **Net Qi Gain**. This is an idea that one can release more energy in the body than used, and distribute that energy evenly or as needed to **boost one's circulatory systems**. The better your blood circulation, the better each individual cell can function. One can also **learn to relax** the mind and the muscles. Instead of using the qi to assist in movement, one can essentially **flow like water**.

When one learns to apply advanced qi flow techniques to this form, one will derive even greater benefit. It is only with **continued and regular practice over many years** can one truly appreciate the beneficial power of this form.