

Silver Dragon T'ai Chi and Qigong School

www.silverdragon.itgo.com

Eight Brocades Qigong

1. Supporting the Heavens with Two Hands
2. Ride the Horse and Bend the Bow as if to Shoot the Eagle
3. Alternate Pushing to Heaven and Earth
4. Look Back and Leave Behind the 5 Diseases and 7 Harms
5. Turtle Gazes at the Moon and Wags its Tail
6. Pulling on Both Legs
7. Punching out with Angry Eyes
8. Bending Down and Back to Eliminate the 100 Ailments