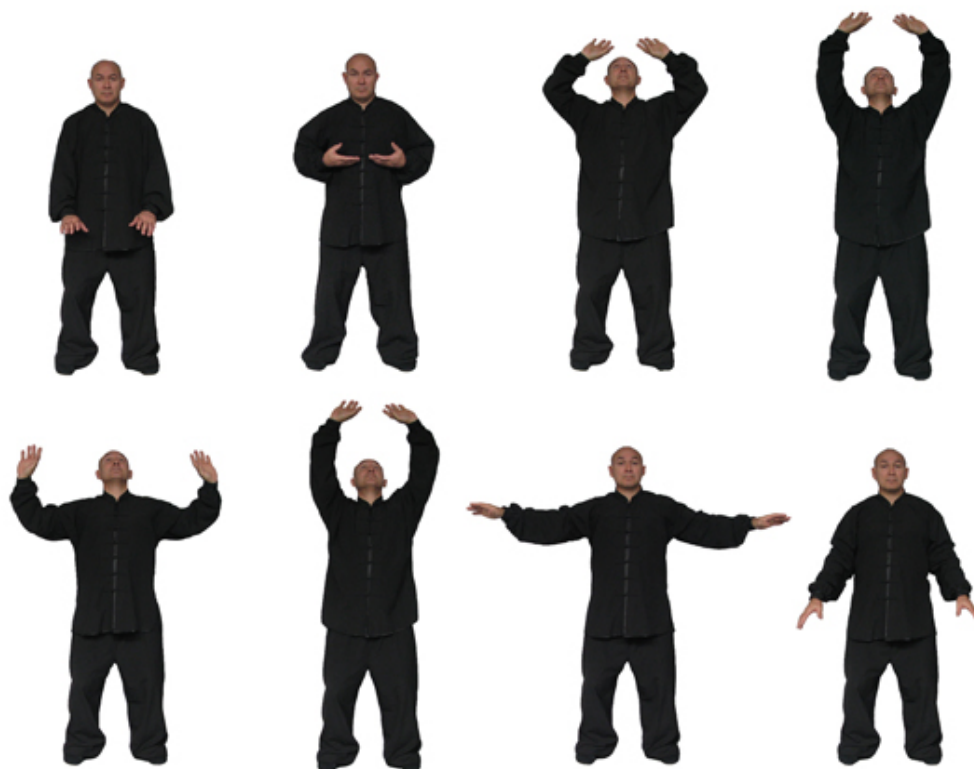


Ba Duan Jin Qigong Exercises

Exercise 1. Both hands holding the sky to smooth San Jiao

(Liang shou tou tian li san jiao)

(Modified from the Ba Duan Jin Qigong system)



1.1. Explanation

- 1.1.1 First perform the Quiescent Standing Form, then The Three Deep Exhaling and Inhaling Exercises, and then The Three Opening and Closing of the Lower Dantian Form
- 1.1.2 This exercise is done in three parts: Part one: Stand calmly and with palms facing the ground, turn the palms upwards gently rise the palms breathing in, let the hands float up in front of the body, as they reach the chest slowly turn the palms to face your body, Continue moving your hands upwards, as the palms reach your face start to turn the palms upwards and then breathing out press your palms up towards the sky.
- 1.1.3 Breathe in lower your hands back down to your head palms still facing the sky and then breathe out pressing the hands upwards again, try not to lock the elbows at the top, have a slight bend in them, and then lower your hands back down to your head breathing in again. Repeat this raising and lowering of the hands 3 times. This activates the upper Jiao area. (Lungs and Heart).

- 1.1.4 Part Two: Then breathe in again let your hands lower to shoulder height, press upwards towards the sky again as you breathe out and then lower again breathing in, repeat this raising and lowering 3 times. This activates the Middle Jiao area (Liver, Stomach and Spleen).
- 1.1.5 Part three: Then breathe in as you slowly lower your arms down to shoulder height with your palms facing down and then breathe out lowering them to your sides. Raise your arms to shoulder height again as you breathe in and then lower as you breathe out. Repeat raising and lowering 3 times. Finish with both hands at the bottom by your hips slight in front, palms facing the ground. This activates the lower Jiao area. (Large Intestine, Small Intestine, Bladder and Kidney)
- 1.1.6 Repeat the whole parts 3 times.

1.2 Functions

1.2.1 TCM functions

- 1.2.1.1 Aids in circulating Qi in the San Jiao, also called Triple Warmer/ triple burner. (See San Jiao meridian diagram in this Manual.)

1.2.2 West Medicine functions

- 1.2.2.1 Supports Respiration (upper Jiao), Digestion (middle Jiao), Elimination (lower Jiao.)

1.2.3 Physical exercise aspect

- 1.2.3.1 Strengthens the back and shoulders