

The 8 Forms Of Song Dynasty Ba Duan Jin

Forms	English Name	Chinese Name
Form 1	Hold The Heaven With Two Hands	1. 雙手托天理三焦
Form 2	Draw The Bow Left And Right	2. 左右開弓似射鵰
Form 3	Lift One Hand While Pressing The Other	3. 調理脾胃須單舉
Form 4	Turn Head To Gaze Backward	4. 五勞七傷向後瞧
Form 5	Swing Head To Twist The Back Side To Side	5. 搖頭擺尾去心火
Form 6	Bend Down To Touch Feet	6. 兩手攀足固腎腰
Form 7	Punch Fist With Glaring Eyes	7. 攢拳怒目增氣力
Form 8	Lift And Jolt Heels	8. 背後七顛百病消

As a traditional Chinese health and fitness Ba Duan Jin Qi Gong exercise, dates back to the Song Dynasty (960–1279). With easy movements and impressive effects on the health.

The movements should be gentle, relaxed and gracefully extending. Relaxation requires a restraint-free state of the muscles, joints and central nervous system. Guided by the mind, the breathing should be gentle, with the heart calm and the body relaxed.

A relaxed mind can better eliminate psychological and physiological stresses. Mind in Qi Gong refers to one's mental state and normal consciousness, and bodily movements guided by the mind and thoughts.

The Simplified 12 Forms Of Hua Tuo Five Animal Medical Qi Gong

Forms	English Name	Chinese Name
Form 1	Preparing Form	起勢
Form 2	Tiger lift	虎舉
Form 3	Tiger pounce	虎撲
Form 4	Deer Turn Back head	鹿抵
Form 5	Deer run	鹿奔
Form 6	Bear Move	熊運
Form 7	Bear Shake	熊晃
Form 8	Ape Left Up	猿提
Form 9	Ape Picking	猿摘
Form 10	Crane stretch	鶴伸
Form 11	Crane fly	鶴飛
Form 12	Closing Form	收勢

Hua Tuo (140 - 208 AD) was a Chinese physician who lived during the late Eastern Han dynasty. The historical texts Records of the Three Kingdoms record, Hua Tuo as the first person in China to use anaesthesia during surgery. Hua Tuo was famous for his abilities in acupuncture, moxibustion, herbal medicine and medical Daoyin exercises. He developed the Wuqinxi (Exercise of the Five Animals) from studying movements of the tiger, deer, bear, ape and crane.

Hua Tuo told Wu Pu (his student): The human body needs exertion, but it shouldn't be pushed to the limit. Movement of the limbs facilitates the absorption of nutrients in food and enable the blood in the arteries to flow freely, preventing sickness from occurring.

The 12 Forms Of Shao Lin Yi Jin Jing

Forms	English Name	Chinese Name
Form 00	Preparing Form	00. 聚掌起勢
Form 01	Wei Tuo Presenting The Pestle	01. 韋參獻杵 1
Form 02	Wei Tuo Presenting The Pestle	02. 韋參獻杵 2
Form 03	Wei Tuo Presenting The Pestle	03. 韋參獻杵 3
Form 04	Plucking Stars On Each Side	04. 摘星換斗
Form 05	Pulling Nine Cows By Their Tails	05. 倒拽九牛尾
Form 06	Showing Talons And Spreading Wings	06. 擊爪亮翅
Form 07	Nine Ghosts Pulling The Saber	07. 九鬼拔馬刀
Form 08	Sinking The Three Bodily Zones	08. 三盤落地
Form 09	Green Dragon Displaying Its Claws	09. 青龍探爪
Form 10	Hungry Tiger Pounces On Its Prey	10. 臥虎撲食
Form 11	Bowing Down In Salutation	11. 打躬式
Form 12	Swinging The Tail	12. 掉尾式

The features of this classical traditional Chinese health practice include extended, soft and even movements that flex the spine invigorate the limbs and internal organs. As an exercise it should be performed in a way that integrates the mind, body and spirit.

Yi Jin Jing movements must be done with a relaxed body and mind in order to gain the most health benefits. The result leads to improved blood circulation and nutrition supersession in the soft tissues. Thus enhancing mobility and strength in all directions. These benefits include improved fitness, prevention of disease, longevity and improved intellect.