

Peter's Eight Brocades

Prepared by Jeanne Sebaugh based on Kenny Greene's adaptation

This is a Quigong (breathing exercise). Breathe in when the movements are such that the chest is expanding (so the lungs can fill) and breathe out when the chest is compressed (as when bending over). The important thing is to breathe comfortably. Each of these brocades is repeated 3 (5, 7, 9) times.

1. Scoop the stream
Feet shoulder distance. Hands in front of waist, palms up, fingers interlaced; lift towards head and when reach face, turn hands over and return to the waist.
2. Press the sky
Feet shoulder distance. Place right hand on right buttocks. As raise up on toes, press up with the left hand, palm up, towards the sky. Turn hand as it reaches the face and press upwards to the sky. Lower arm and flatten feet. Switch hands, placing left hand on left buttocks, etc. Continue alternating hands.
3. Search the clouds
Horse-riding stance, hands on waist. Leading with your waist, bend over at the waist stretching the spine, and circle body to the left until you lean back on an arched back and rest. Follow path back to the center, and rise up. Repeat on right. Your head traces the outline of two kidneys.
4. The archer
Horse-riding stance. At center line, raise left index finger, and place right hand, palm down, over it. Form a fist with the right hand and with eyes following the left finger, aim raised finger to the left, with thumb to the front and rest of the fingers curled. Turn head (not waist) to the left as if aiming bow. Pull back right hand in a fist as if pulling the string on a bow. Flatten left finger and (palm down) return hand to the center line, positioning right index finger under it. Repeat shooting bow to the right.
5. Chop wood
Feet slightly wider than shoulder distance. Interlace fingers except for the index fingers with index fingers against each other (the blade). Raise hands back over the head, arching back slightly, then lean slowly forward, extending arms in front, stretching the spine to chop the wood. Curl the back until arms dangle down. Rising up, uncurl back, one vertebra at a time. Then draw arms back up for next chop.
6. Eye of the tiger
Feet shoulder distance. Face center, with back of each hand on each kidney. Lift up on toes, turn head to the left and bulge eyes. Return to the center, unbulging eyes, and flatten feet. Repeat on the right.
7. Lift the stone
Feet shoulder distance. Cross hands in front of waist, then out to the side, making two arcs until you cross hands over the head. Draw hands back down, bend over (bending knees), and pick up the stone. Place left hand beneath the right hand, pressing up with the left and resisting with the right. Lift the stone along the center line and bring it up to the head, turning hands out and up until overhead. Lower hands back to your sides then cross in front of the body. Repeat with right hand on the bottom.
8. Golden pheasant eggs
Feet shoulder distance. Hold empty hands in front of body, with open fists, palms up. Slowly reach with left hand along the center line to get the egg under the pheasant, closing hand over the egg, turning hand over and bringing back along the center line. Utilize fine muscles in arms, wrists, and fingers by extending with purpose and not harming pheasant or egg. Repeat with other hand.