

# 8 Pieces of Brocade

- 1. Double Hands Hold Up the Heavens**
- 2. Draw Bow and Shoot the Hawk**
- 3. Lift Singly**
- 4. 5 Weaknesses and 7 Injuries**
- 5. Sway Head and Swing Tail**
- 6. 2 Hands Hold Feet**
- 7. Punch with Fiery Eyes**
- 8. 7 Disorders and Hundreds of Illnesses Disappear**

## Reference:

**Simple Qigong, Exercises for Health by Dr. Yang, Jwing-Ming**