

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