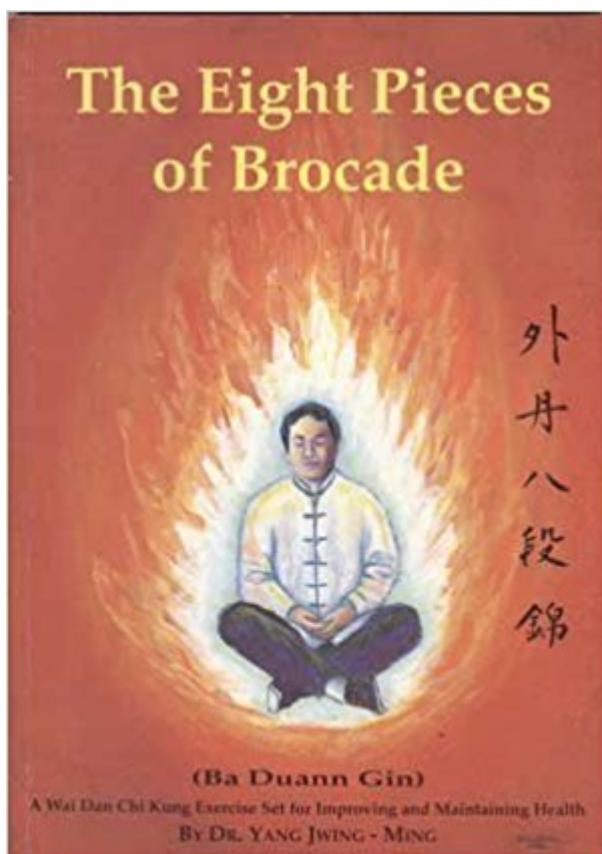


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# The Eight Pieces Of Brocade: A Wai Dan Chi Kung Exercise Set For Maintaining And Improving Health (YMAA Book Series, 10)



## **Synopsis**

The Eight Pieces Of Brocade is a set of eight simple exercises that can maintain your health and increase your energy reserves if you are healthy, and speed your recovery if you are ill. Every day millions of Chinese do these gentle stretching and turning movements to loosen up their bodies, improve the circulation of the blood and Chi (internal energy), and strengthen their internal organs. If you have no inclination to jog, or aren't able to participate in strenuous exercises, "The Eight Pieces of Brocade" may be for you. You need no equipment & very little space. You don't need a partner or a leader, & you can practice indoors or out. The Eight Pieces Of Brocade's is actually two sets of exercises, one done while sitting, and the other while standing. The sitting set is a great way to wake yourself up in the morning. The standing set is ideal for people of all ages, especially those leading sedentary lives

## **Book Information**

Series: Ymaa Book Series, 10 (Book 10)

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Best Sellers Rank: #649,366 in Books (See Top 100 in Books) #248 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #1007 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #10579 in Books > Health, Fitness & Dieting > Alternative Medicine

## **Customer Reviews**

Text: English, Chinese

I bought this book because I started taking Chi Gong classes & wanted to have a better understanding of the theory behind what I was doing with the different exercises. It did serve that purpose well but may not be of interest so much if you are just taking a class & really don't care so much about the details behind what you are doing.

this was a good book. don't think that this alone will teach you how to do the moves though. really you can't get that from any book, but this is a little bit worse than some. it probably really works well along with the companion video. the book itself explains what you are doing with your qi and what some of the theory of the movements is. it could have a little more detail in that respect, but at least it gives you some. i haven't found another book that will give you this for the 8 pieces of brocade at all besides this one.

I love this book but could only read a chapter or two at a time in order to really absorb it. I've been practicing Tai Chi 2 years and Qigong 1 year so this is great information and I really admire the author. Don't get frustrated reading it, take it slow and let it absorb as you go.

This is the best book on Eight Pieces of Brocade, giving the history, effects, and performance of the exercises. The book would be useful for both beginners and experienced users.

I ordered this book to add to my research collection. It came in ahead of expected time and in great shape. Jimmie

It should be noted that this book is only 70 pages long. Pretty overpriced given the length.

Dr. Yang Jwing-Ming gives an in-depth approach to this Wai Dan ( external elixir ) form which was created a few hundred years ago for martial arts applications. Definitely has some useful info. Give it a try.

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