



8 Pieces of Brocade

1	DOUBLE HAND HOLD UP THE HEAVENS	6 REPS	WORKS UPPER BACK, NECK, SHOULDERS, AND ARMS
2	DRAWING THE BOW AND LETTING THE ARROW FLY	3 REPS (BOTH RIGHT AND LEFT)	WORKS SHOULDERS ARMS, AND THIGHS
3	SEPARATE HEAVEN AND EARTH	3 REPS (BOTH RIGHT AND LEFT)	WORKS MIDDLE AND UPPER BACK, SHOULDERS, AND STRETCHES THE SPINE
4	WISE OWL GAZES FROM SIDE TO SIDE	3 REPS (EACH WITH 3 DIFFERENT HAND POSITIONS)	WORKS NECK AND UPPER BACK
5	DRAGON SWINGS ITS TAIL	3 REPS (BOTH RIGHT AND LEFT)	WORKS HIPS, LOWER BACK, THIGHS, KNEES, AND LEGS
6	BENDING BACKWARDS THEN TOUCHING TOES	3 REPS	WORKS LOWER BACK, HAMSTRINGS, ABDOMINALS, AND HIPS
7	PUNCH WITH ANGRY EYES	3 REPS	WORKS THIGHS, LOWER BACK, KNEES, AND SHOULDERS
8	BOUNCING ON THE TOES	6 REPS 3 TIME (WITH 3 DIFFERENT HAND POSITIONS)	WORKS CALVES, THIGHS AND LOWER BACK