

Eight Pieces of Silk Brocade

Deep breathing

Warm up swinging arms

**1 Two hands upholding
the sky**

2 Pulling the bow*

**3 Crane spreading its
wing**

4 Looking backward

5 Left and right swing*

6 Up and down stretch

7 Diagonal knock*

8 Toe and heel bounce

Closing Meditation

* Wide horse-riding stance with knees bent, all others normal shoulder width apart.