
**Level One, Session One**

**Brocade One: *Peng* and *An***
**Brocade Two: 21 Form *Neigong***

**Yang-style Taiji Baduanjin**

## Introduction

*Taiji Baduanjin* was originally created by the Yang family as a training method for mobilizing '*qi*' and training '*jin*.' It can be distinguished by it's 'forging and smelting' of the sections and joints of the body and the strengthening of the internal organs and their way of functioning. It strengthens visceral system functioning and also contains within it a great deal of attack and defence training methods.

*Baduanjin* means 'eight-section brocade' and, while eight-brocade practices have a long tradition in *neigong/ qigong*, the Yang-style Taijiquan Baduanjin is not correlated with standard sequences and has a decidedly 'martial' bent. The practice therefore assists in strengthening and developing 'guardian *qi'* providing extra benefit to health seekers.

## Brocade One: Peng and An 掤按

The alternating of the *peng* and *an* ('ward' and 'press') energies is the basis of much in *taijiquan.* Most gestures in the traditional Yang-style Taijiquan long form can be understood on the basis of the peng-an relationship, therefore, this first section is a a general 'whole-body' preparation for the sections to follow.

The gestures are based on the 'sink shoulder, drop elbow, sit wrist' *(chen jian, zhui zhou, zuo wan*) formula that is also the basis of *Taiji Yin-Yang Chansigong* training. The forms also support the '*heng*' and '*ha*' vocalizations found in *taijiquan* and other Chinese martial arts. The six variations of *peng-an* are as follows.

1. Vertical *peng-an*
   *Example: Taijiquan* Commencement
2. Forward *peng-an*
   *Example: Grasp Sparrow's Tail*
3. Front diagonal *peng-an*
   *Example: Step Back, Repulse like Monkey*
4. Upward *peng-an*
   *Example: White Crane Spreads its Wings*
5. Lower *peng-an*
   *Example: Conclusion of Taiji, Return to Origin*
6. Lower forward *peng-an*
   *Example:* Cloud Hands (lower hand)

## Brocade Two: 21 Form Neigong—'Strengthen Body, Mobilize *Qi*'

The second brocade is comprised of a sequence of twenty-one exercises that take the extending and contracting features of the first section somewhat further. Throughout Asia this section is frequently practiced on its own as a *neigong* exercise called 'Taijiquan Preliminary Strengthening Body and Mobilizing Qi Method' (*taijiquan chubu jianshen yunqifa*). Considered valuable for loosening the sinews (*jin*) and opening up the meridians (*jingluo*), the gestures of this section also aid the development of martial kinetic energies. In some versions of the Yang-style Taijiquan Baduanjin this section is sometimes broken into two parts which form sections one and two of the series. The following illustrations come from  Chen Yanlin's 1943 book 'Taiji Boxing, Sabre, Sword, Pole, Sparring Compiled.'


**1. Begin**

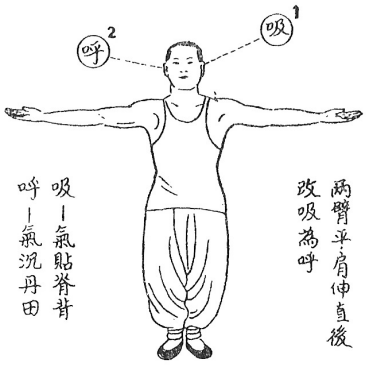

**2. Raise hands to sides**


**3. Cross over hands**


**4. Cross hands front**


**5. Lower palms (up)**


**6. Hands rise up to front**



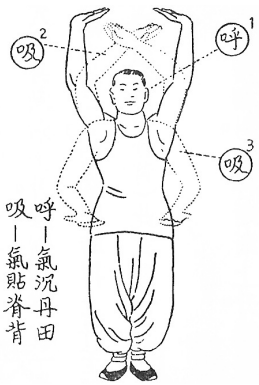

**7. Extend hands to sides**


**8. Form fists**


**9. Turn over fists**


**10. Extend hands to sides**


**11. Form Fists**




**12. Push palms upward**


13. Cup hands. Turn left, centre, right, centre


14. Bend forward, Press palms


15. Cross hands


16. Left palm push upward


17. Right palm push upward


18. Fingers drop down


19. Roll hands


20. Lower hands to sides


21. End palms up & down