

Seated Baduanjin for Taijiquan

馬希奇內家拳法坐式八段錦



Brocade Seven: Supporting Heaven Brocade Eight: Grasping with Hooks

The seated method of *baduanjin*—also known as '*Zhongli Baduanjinfa*' (鐘離八段錦法)—is one of the oldest still-practiced Chinese '*neigong*' or '*qigong*' routines. It's creation is often attributed to Zhongyi Quan (鍾離權), one of the 'Eight Immortals' (*ba xian* 八仙) in Daoist tradition. Seated *baduanjin* is a practice-preparation tool and energy-cultivation method for *neijiaquan* arts.

Seated *baduanjin* supports the 'decoupling,' 'reorienting,' 'smelting,' and 'repurposing' of 'vital energy' (*qi* 氣). Training the ability of the 'will' (*yi* 意) to mobilize the 'vital energy' (*qi* 氣) as a basis for action a fundamental to the practice of *taijiquan* as an energetic art.

General Preparation

Instruction

Part 1 Sit in a comfortable position. Close the eyes. Align the three *dantians*. Try to experience the deep 'heart' (*xin* 心). Observe emotions and thoughts.

Part 2 Practice Five Words of Self Composure until calm and 'hundred gatherings' point (*baihui* 百會) feels naturally elevated.

Brocade Seven: Supporting Heaven

This brocade stretches the torso, energizing the front, sides and back. It dynamically integrates the arms and legs with the body's core 'repurposing' the *qi* and *jing*.

Focused around the 'gate of life' (*mingmen* 命門)

Instruction

Overview: Rub hands, sound the '*heng-hah*.' Support 'heaven,' press head (3x or 9x).

Part 1 Preparation:

Rub hands vigorously together. Inhale, sound '*heng*' then exhale to abdomen, sound the '*hah*' with palm pressing down into other palm (6x).

Part 2 Interlock the fingers and raise the hands with palms facing upwards to 'support heaven' (*tuotian* 托天). Lower the hands and press the palms against the top of the head.

- First variation (1 or 3x)—look upward, massage front
- Second variation (1 or 3x)—look forward, massage sides
- Third variation (1 or 3x)—look downward, massage neck, *mingmen*-lap

Brocade Eight: Grasping with Hooks

This brocade stretches the legs which can become stagnant after a period of sitting, especially if cross legged. It further opens the *mingmen*, 'circulating' the merged *qi* and *jing* and preparing the body either for standing practice or a more extended period of meditation.

Focused around the 'gathering of yin' (*huiyin* 會陰)

Instruction

Using the hands as hooks, bend forward and grasp the soles of the feet. Inhale from *yongquan* to *baihui*, exhale from *baihui* to *yongquan* (*heng* & *hah*) (12x).

- 4x stretch, then pulse alternating legs
- 4x stretch, then pulse both legs together
- 4x stretch, extend the range and pat the 'bubbling well' (*yǒngquán* 涌泉) point (12x).

Pull the legs in and sit with back straight.

Consolidating Practice

Practice Five Words of Self Composure until feeling a consolidation of energy and prepared for more *neigong* practice.



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