

Seated Baduanjin for Taijiquan

馬希奇內家拳法坐式八段錦



Brocade Five: Single Windlass

Brocade Six: Double Windlass

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 Five: Single Windlass

This brocade progressively loosens the wrist, elbow, and shoulder joints, and activates the 'small-cosmos circulation' (*xiaozhoutian* 小周天) and 'outward rolling' to 'stoke the furnace,' 'smelting' and 'repurposing' the *qi* and *jing*.

Focused around the 'scarlet palace' (*jianggong* 絳宮)

Instruction

Rotate left (then right) arm like turning a water-well pulley, 36x.

- 12x focus on wrist and small 'small circulation;' '*heng & hah.*'
- 12x focus on wrist and elbow and medium 'small circulation;' '*heng & hah.*'
- 12x focus on wrist, elbow, and shoulder and large 'small circulation;' '*heng & hah.*'

Brocade Six: Double Windlass

This brocade loosens the shoulder joints, integrates the action of the two arms. As well, it activates the 'small-cosmos circulation' (*xiaozhoutian* 小周天) and 'inward rolling' to 'stoke the furnace,' 'smelting' and 'repurposing' the *qi* and *jing*.

Focused around the 'jade pillow' (*yuzhen* 玉枕)

Instruction

Rotate both shoulders like two water-well pulleys, 36x.

- 12x focus on wrist and small 'small circulation;' 'heng & hah.'
- 12x focus on wrist and elbow and medium 'small circulation;' 'heng & hah.'
- 12x focus on wrist, elbow, and shoulder and large 'small circulation;' 'heng & hah.'



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