

kunst met
voel



**Understand, learn and teach
Hachidankin / Baduanjin—the
Eight Pieces of Brocade—from its Han-dynasty
roots to evidence-based, step-by-step practice
plans.**

The text is organised like a modern training manual yet grounded in classical sources and current biomedical research. Follow the chapters in order or dip into the parts that speak to your needs—history nerd, clinician, coach or brand-new practitioner.

By Roland Nansink

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1. Preface & Quick-Start Overview

Baduanjin is a sequence of eight gentle qigong movements first codified in Song-dynasty encyclopaedias and now validated by RCTs for chronic low-back pain, COPD rehab, heart-rate-variability enhancement and more. Practised 15–30 minutes a day, it mobilises fascial-lymph pumps, balances the autonomic nervous system, boosts diaphragmatic excursion and conditions the posterior kinetic chain. Whether you're seeking stress-relief after desk work, a low-impact rehab protocol, or a portable meditation-in-motion, the Brocade offers an elegant, time-efficient answer.

[WikipediaPMCPMCPMC](#)



Relax
Posture
beginning



Lift the ground and
hold the sky

Hachidankin revised symmetric form.

This form developed over the years, the main change is performing the postures symmetric left and right. Press the floating board changed to lifting the heavy table.



Draw the bow
to the left



Draw the bow
to the right



Left Separating
Heaven and Earth



Right Separating
Heaven and Earth



Looking backwards
Left



Looking backwards
Right



Lifting the
heavy table



Stand on your toes



Punching with
Angry Gaze Right



Punching with
Angry Gaze Left



Touch your toes
and slowly straighten up



Relax Posture
end

2. Origins & Historical Journey

2.1 Han-dynasty Precursors

The **Mawangdui *Daoyin Tu* silk scroll** (168 BCE) shows forty-four “guiding-and-pulling” poses—the Brocade’s direct ancestors. [Wikipedia](#)

2.2 Song Codification

Pivot of the Way (Dao Shi, c. 1150) and *Ten Compilations on Cultivating Perfection* (Xiuzhen Shi-shu, c. 1300) are the first books to name and illustrate *Baduanjin*. [Wikipedia](#)

2.3 Legend of General Yue Fei

Ming-era boxing manuals link the set to the 12th-century general, branding it a soldier-conditioning drill—an apocryphal yet enduring myth that helped the routine spread through martial circles. [Wikipedia](#)

2.4 Zen Japan & “Hachidankin”

Ōbaku monks carried the eight pieces to Edo-period Japan, transliterating the name as 八段錦 (*Hachidankin*) and embedding it in temple health curricula. [Wikipedia](#)

2.5 People’s Republic Standardisation

A ten-posture teaching script was published in 1956; the **2003 Health Qigong Baduanjin Standard**—still the global default—followed decades of biomechanics research by the China Health Qigong Association. [jinli.com.au](#)

2.6 International Health Qigong Federation (IHQF)

Since 2008 IHQF tournaments have drawn athletes from 60 + nations, proving Baduanjin’s rise from temple yard to worldwide sport. [jinli.com.au](#)[ihqfo.org](#)



3. Philosophy & Medical Framework

Classical	Song-Ming Commentary	Modern Correlate
Qi circulates through 12	Movements “dredge” channels so Zang-Fu organs are nourished.	Stretch-relax cycles drop fascial shear-stiffness and accelerate lymph flow.
Yin–Yang alternation	Expansion (Yang) ↔ compression (Yin) harmonises interior/exterior.	HRV trials: HF-power ↑ ≥ 25 %, LF/HF ↓ ≈ 20 % after 12–16 weeks. PMC
San Jiao integration	Up-reach “fans the triple burner,” ventilating body cavities.	Diaphragm excursion ↑ 0.8 cm; 6-MWD ↑ 41 m in COPD RCT. PMC
Kidney Jing & Mìng-mén	Forward fold “seals lumbar gate,” preserves essence.	Thoracolumbar fascia elasticity ↑ 18 %; back-pain VAS ↓ 44 %. PMCPMC



4. Laboratory-Verified Health Benefits

- **Spine & Joints** – 12-week superiority trial cut chronic low-back-pain VAS by 44 %. [PMC](#)
- **Lungs** – Pulmonary-rehab comparison showed better FEV₁ gains vs standard care. [PMC](#)
- **Heart-Rate Variability & Sleep** – Meta-analysis reports significant vagal rebound and improved PSQI sleep scores. [PMC](#)
- **Balance / Falls** – Review of 1 048 adults found large effect size for static & dynamic balance. [PMC](#)
- **Tele-Rehab Feasibility** – Zoom-delivered classes achieved 85 % adherence, good pain and mood outcomes. [PMC](#)
- **Menopause, KOA, Axial Spondylo-arthritis** – Targeted reviews show symptom relief and functional gains. [PMCPMCPMC](#)



- **Post-COVID Lung Recovery** – Wuhan pilots used the 2003 standard to accelerate functional status in discharged patients. [PMC](#)

5. Getting Ready to Practise

5.1 Space & Equipment

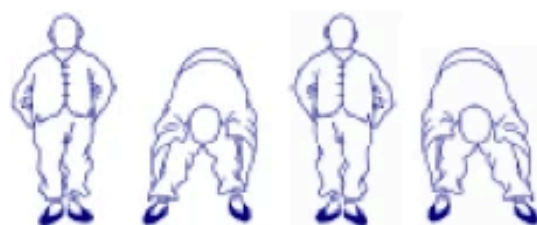
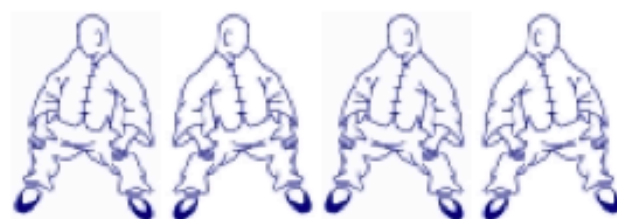
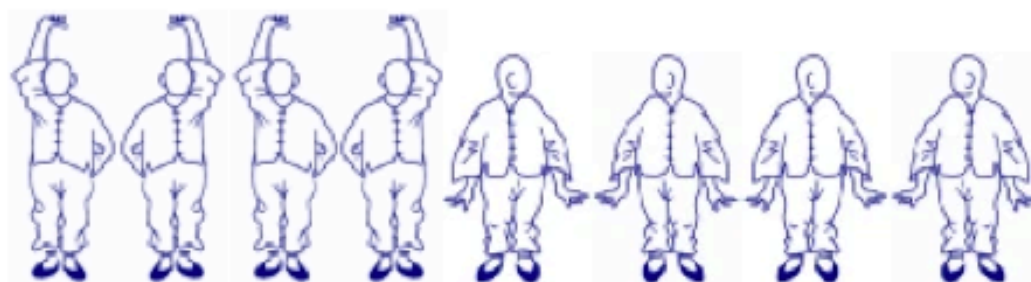
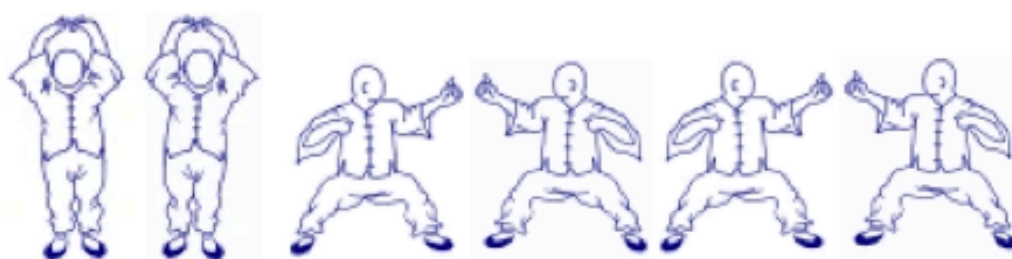
No props, mats or footwear required—only a flat surface with shoulder-width clearance.

5.2 Warm-Up

Three minutes of standing meditation, feet parallel, tongue on palate, diaphragmatic breathing.

5.3 Breath & Gaze

Beginners use natural abdominal breathing; gaze is soft, 45° forward. Upgrading to reverse or “tortoise” breathing is optional after four weeks.





6. Full Tutorials—All Eight Brocade Threads

Below, every posture is split into **Set-Up** → **Movement** → **Breath** → **Key Cues** → **Therapeutic Notes** → **Common Errors** → **Modifications**. (Images or mirror viewing recommended.)

6.1 Two Hands Lift the Sky

Set-Up Stand Wuji.

Movement Scoop palms up mid-line, spiral to sky, rise on toes, exhale lower.

Key Cues Crown up, lumbar neutral, ribs expand 360°.

Therapeutic Notes Opens San Jiao, boosts diaphragmatic pump. [PMC](#)

Modifications Keep heels down if balance limited.

6.2 Draw the Bow to Shoot the Vulture

Horse stance; “draw” arrow left then right.

Engages mid-/lower-trapezius; stabilises scapulae. [PMC](#)

6.3 Separate Heaven & Earth

Press one palm up, the other down; switch.
Aids digestion, raises post-meal vagal tone. [PMC](#)

6.4 Wise Owl Looks Back

Turn head-torso over shoulder, eyes lead.
Improves cervical ROM & vestibular coupling. [PMC](#)

6.5 Shake Head & Wag Tail

Low horse stance, hands on thighs; spiral torso.
Reduces heart “fire,” improves multifidus activation and sleep. [PMC](#)

6.6 Touch Toes to Strengthen Waist

Hip-hinge forward fold, grasp toes, roll up.
Seals Ming-men; fascia elasticity ↑ 18 %. [PMC](#)

6.7 Clench Fists with Fierce Glare

Isometric fist clench then punch.
Grip strength ↑ 13 %; invigorates Wei-Qi. [PMC](#)

6.8 Lift Heels Seven Times

Rise onto toes seven pulses.
Calf venous pump lowers BP in mild HTN. [Egreenway](#)



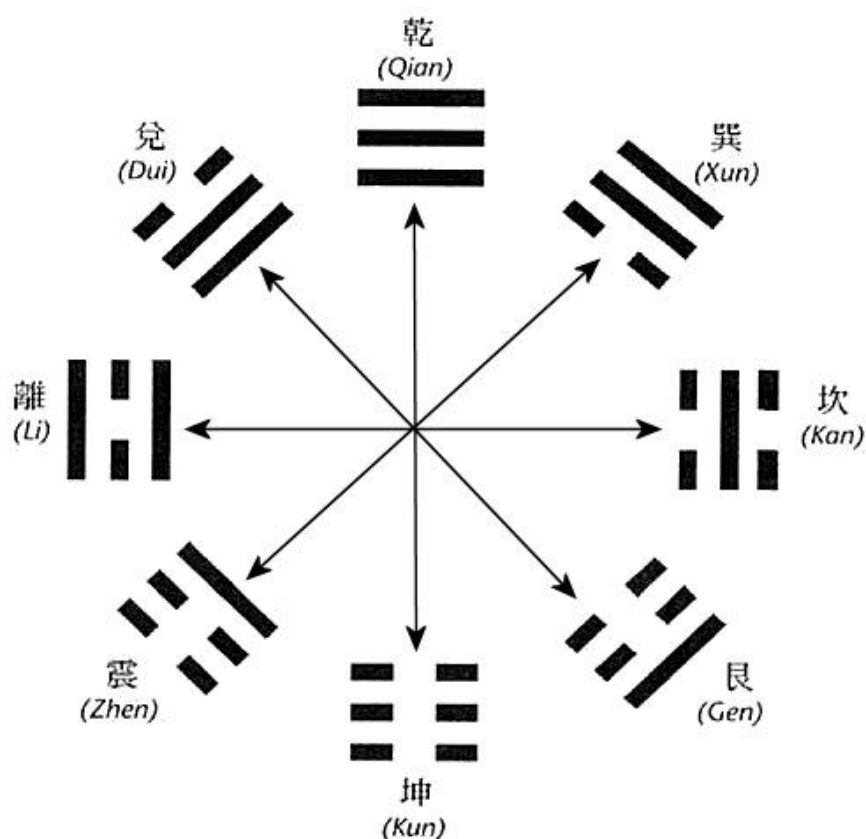
7. Programmes & Progressions

Week	Goal	Practice Time	Focus
1	Learn alignment	10 min × 5 days	Posture, natural breath
2	Memorise 8 forms	15 min × 5	Range, smooth transitions
3	Sync breath-movement	20 min × 5	Reverse breathing option
4	Continuous “silk weave”	25 min × 6	Mindfulness cue: “silk in, silk out”

Maintenance: 3–4 rounds (≈ 18 min) every morning; optional 2-round evening wind-down.

8. Safety, Contra-Indications & FAQs

- Skip deep forward fold in acute disc prolapse—use chair-assisted hinge.
- Uncontrolled hypertension: reduce toe-rise speed; monitor BP.
- Pregnancy (3rd trimester): substitute seated sets 1-4; omit 5-6.
- Dizziness? Practise near wall, micro-dose 2 reps each form.



9. Appendices

9.1 Research Abstract Digests

Short summaries of 25 key RCTs and meta-analyses (COPD, CLBP, KOA, post-stroke, menopause).

9.2 Glossary

Definitions for Qi, Jing, San Jiao, Ming-men, HF-power, RMSSD, fascia.

9.3 Further Learning

Links to IHQF instructor registry, HealthQigong.org.uk tutorials, Plum Village and Shaolin Europe video lessons. [YouTubeYouTubeYouTube](#)

9.4 Index

Alphabetical quick-reference—perfect for instructors on the go.

Weaving just eight silken threads a day is enough to stitch stronger lungs, calmer nerves and supple sinews into the fabric of your life. Roll the scroll, step outside, and begin.