

# **EIGHT PIECES BROCADE**

## **1) Holding Heaven**

Improve digestion system. Good for weight control.

## **2) Shooting A Bow**

Works on lung system. In traditional Chinese medicine theory, lung is related to skin. So it is good for keeping skin fresh and soft as well.

## **3) Raising One Arm**

This exercise helps the spleen and stomach.

## **4) Turning And Looking Backward**

Make people calm down and eliminate emotional problems.

## **5) Rotate The Body**

Helps people recover from the overuse of their body.

## **6) Bending The Torso**

It is good for kidney system. In traditional Chinese Medicine, kidney system includes reproduction and urinary systems.

## **7) Tightening Muscles**

It will help you to build up strength.

## **8) Settling Down Whole Body**

This is the finishing movement. Sink "qi" or "chi" - internal energy.