

Baduanjin benefits:

All internal organs (the five internal organs, lung, liver, heart, spleen, pericardium 'protective layer of the heart', circulatory & respiratory systems, concentration, physical & mental strength, strengthen the joints, sinew, muscle & the whole body, increase metabolism & regulates digestive system.

1. Two Hands hold up the Heavens

- Regulates all internal organs, especially the five yin organs the lungs, heart, spleen, liver & pericardium, very important in TCM;

2. Drawing the bow to shoot the hawk

- Increases rate of metabolism
- Strengthens the arms, chest, back & legs
- Exercises eyesight & builds concentration
- Balances & replenishes the kidney meridian,

3. Separating Heaven & Earth

- Regulates digestive system (spleen & stomach)
- Increases flexibility around the waist, stretches the arms, hands & wrists
- As the spleen & stomach are difficult to exercise, it is necessary to move the hands up & down in simultaneous vigorous opposite movements in order to enhance gastrointestinal peristalsis & to prevent disease

4. Cow gazes backwards to look at the moon

- Alleviates mental fatigue & calms the central nervous system
- Increases the extra ocular movement (eyeballs) & exercises the backbone of the neck
- Cures energy depletion & consumptive illnesses,
- Works the entire spine much like a wringed out cloth,
- It gets rid of nagging stiff muscles & pinched nerves,
- Improves your vitality, focus & energy levels
- Wards off aging & is very beneficial for back pain all along the spine.

5. Punching with an angry gaze

- Strengthens & revitalizes the liver
- Engenders courage & fortitude
- Promotes development of muscles & increases physical strength & endurance
- The concentrated focusing of the eyes will increase both mental & physical strength
- Good for the fingers, hands, wrists & arthritis

6. Big Bear turns from side to side

- Strengthens & stretches the lower back & legs
- Exercises the neck
- Removes abnormal nervous tension & regulates excretory functions by relaxing the body
- Increases your life force & energy & affects longevity & health.

7. Touching toes then bending backwards

- Strengthen kidneys & waist - extends & makes more elastic the area around the waist involving the movements of the abdomen & every tissue & organ included in it
- Good for physical fatigue, lack of energy & weak backs

8. Bouncing on the toes

- Removes disease
- Helps both loosening & tightening of the joints
- Relaxes shoulder blades & shoulder
- When done properly, it has the effect of arousing & refreshing the mind
- Helps rid the body of many diseases & stimulate healing & immune system.