



Eight Pieces of Brocade Chi Kung: Enjoy better health in fifteen minutes with these easy to learn breathing and stretching exercises

Calum Douglas-Reid

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This fully illustrated booklet contains everything you need to practice and enjoy this extremely simple yet highly beneficial chi kung form, including instructions on breathing and avoiding common errors.

The Eight Pieces of Brocade is one of the oldest chi kung routines and was originally created over 1000 years ago by a Chinese general to keep his troops healthy. Over time, while the core movements have remained consistent, many variations have developed. The form taught in this book is a combination of several teachers combined with the authors more than 27 years' experience practicing and teaching tai chi chuan.

Benefits

Chi kung has been shown to benefit every major system of the body; cardiovascular, circulatory, digestive, brain and nervous, respiratory, immune, muscular, skeletal, and more. It requires no special equipment or clothing and can be practiced by people of all ages and abilities. The Brocade can even be practiced in a chair.

The author can be reached through his website: www.laughingdragontaichichuan.com

Also by Calum Douglas-Reid: *Experiential Anatomy Through Tai Chi Chuan*

Author

Sifu Calum Douglas-Reid began studying tai chi chuan in 1987 at the school of internationally renowned Grandmaster William C.C. Chen and became an assistant instructor at the school in 1999. He received his full teaching certification and the title Sifu in 2002, Calum competes in national and international tournaments and in 2004 received a medal at the prestigious Chung Hwa Cup in Taiwan.

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