

China Hand Kung-Fu Academy

Bar Duan Gin

As taught by Peter Kwok, from his book.

BAR DUAN GIN

Bar Duan Gin, meaning the eight sectioned brocade, is an Ancient Chinese secret exercise for healthiness, rejuvenation, and longevity. It consists of two parts, namely: Sitting Bar Duan Gin and Standing Bar Duan Gin, with the former one emphasized on massage and the latter one on stretching. Each part has eight easy-to-do exercises that require no equipment, and can be performed at any time with very limited space. Although there is a suggested number of repetitions for each exercise, every part of Bar Duan Gin can be performed any number of times according to the practitioner's physical condition. They can also be done in any order instead of the order listed below.

SITTING BAR DUAN GIN

EXERCISE 1

This is an exercise of massage to eight different parts of the body.

- 1) **HAND MASSAGE:** Rub both palms together until they are very warm. One hand then holds the outside wrist of the other hand lightly and rubs the back of the hand once by pulling the hand toward the fingers. Exchange the hands and continue alternately for about 20 minutes.
- 2) **ARM MASSAGE:** One hand holds the inside wrist of the other hand tightly and pulls along the inside arm up to the shoulder. Then turn to the outside part of the arm and continue to pull down to the outside wrist. Repeat about 10 times and exchange the hands to do similarly.
- 3) **HEAD MASSAGE:** Both palms massage the face, starting from the forehead down to the chin. Then pass under the ears to behind the head and go up until back to the forehead. Repeat 10 times. Also, use all ten fingers to massage the scalp all over with circular or back and forth motion about 20 times.
- 4) **EYES MASSAGE:** Bend both thumbs and massage both eye lids with the outside part of the thumbs about 20 times. Then use the thumbs to massage both temples with circular motion about 10 times and repeat in the opposite direction. Also use the thumb and index finger to pinch the skin between the eyebrows to pull while simultaneously using the other palm to massage behind the head downward to the neck. Repeat about 10 times and exchange hands to do it again.

- 5) NOSE MASSAGE: Bend the thumb, using the outside part of the thumb to rub against the other the other palm until it is very warm. Then massage one side of the nose with up-and-down movement for about 20 times. Repeat similarly for the other side.
- 6) CHEST MASSAGE: Press the right palm on the right side of the chest and push down diagonally downward to the left thigh. Repeat alternately about 20 times altogether.
- 7) LEG MASSAGE: Hold one thigh tight with both hands and push along the leg all the way down to the ankle and then back up to the thigh. Repeat 10 times. Do the same to the other leg.
- 8) KNEE MASSAGE: Palms press tightly on both knees and massage with circular motion. Hands move in opposite directions for about 10 times and then repeat in reversed direction.

EXERCISE 2

This is an exercise mainly for the ears as well as for the brain. Close both ears with the center of the palms. Fingers are pointing backward so as to touch the head tight so that the hands are actually holding the head. Then lift up both middle fingers and strike down on the head gently about 20 times. Afterward, while both palms are still in the same position as before (closing the ears), suddenly pull both palms off the ears, keeping all fingers in touch with the back of the head. Repeat about 10 times. Also use both index fingers or middle fingers to stick into the ears; turn them around three times then pull them out suddenly. Repeat about 5 times.

EXERCISE 3

This is an exercise for the eyes. Keep both eyes wide open and turn both eye balls to one direction for 10 circles and then reverse the direction for another 10 circles.

EXERCISE 4

This is an exercise for the teeth. Knock the upper inside teeth against the lower inside teeth for about 40 times.

EXERCISE 5

This is an exercise mainly for the digestive system. With the mouth and teeth closed, use the tongue and jowel to move like washing the mouth. Repeat about 30 times, and then swallow the saliva slowly in three portions.

EXERCISE 6

This is an exercise for the kidneys. Rub both palms against each other until they are very warm. Then with a vertical movement, massage the back side of the waist with the two palms for about 30 times.

EXERCISE 7

This is an abdominal massage exercise. With the left palm placed naturally by the left waist, use the right palm to massage the abdomen with a clockwise, circular motion for about 30 times. Exchange the hands and repeat the exercise in the opposite direction.

EXERCISE 8

This is a massage exercise for the soles of the feet. Rub the palms together until very warm. Massage the sole for the left foot with the right palm for about 80 times. Repeat with the left palm and the right foot.

STANDING BAR DUAN GIN

EXERCISE 1

Assume natural standing position with the feet close together. Without turning the body, turn the head slowly to the left until looking behind. Turn the head slowly to original position facing forward. Then do the same to the right. Repeat alternately on both sides about 8 times.

EXERCISE 2

Assume natural standing position with feet close together. Locking fingers together, join palms together in front of the belly. Palms are facing up. Lift palms together straight over head, fingers still locking together. Eyes follow the movement of the hands so as to be looking upward. Return to original position. Repeat 8 times.

EXERCISE 3

Assume natural standing position with feet close together. Palms horizontally, face up, in front of the belly with the fingers pointing to each other. Turn left palm and push straight up overhead, facing up, fingers pointing inward. At the same time, right palm turns and pushes down, facing down, fingers pointing inward. Return to original position. Change to the opposite side and repeat alternately 8 times.

EXERCISE 4

Assume natural standing position, feet close together. Palms facing up, form a fist with each hand and place on either side of waist. With feet pointing straight ahead, step out to each side, about twice the width of shoulders to form a horse stance. Both knees are bent, body weight distributed evenly on both feet. At the same time, open palms and cross forearms in front of the chest, left arm inside the right. Palms are facing inward. Then, with the middle finger, ring finger and little finger bent; index finger pointing straight up, thumb pointing up and slightly outward, the left hand extends straight to the left at shoulder height. At the same time, form a fist with the right hand, and with palm facing inward, pull right arm back until fist is in front of shoulder. Right elbow is also at shoulder height. Stand up and repeat to the other side. Repeat alternately 8 times.

EXERCISE 5

Feet apart as in a horse stance. Place palms above the knees with the thumbs on outside of thigh, with four fingers inside. Bend the upper part of the body to one side as much as possible. Return to original position and bend to other side. Repeat alternately 8 times.

EXERCISE 6

With toes pointing straight ahead, put feet apart the width of shoulders, parallel to each other. Body weight should be supported evenly on both feet. Place palms horizontally in front of belly with fingers pointing to each other. Palms face up. With both knees straight, bend body forward, pushing both palms down to touch the feet. Fingers are pointing to each other. Get up to starting position. Repeat 8 times.

EXERCISE 7

Feet apart as in a horse stance. Both hands form a fist by the waist with the palms facing up. Left fist punches forward to the left corner at the head level, fist palm facing down. Left fist returns to the waist and punches the right fist. Repeat alternately 8 times.

EXERCISE 8

Assume natural standing position, feet close together. Arms drop down to the side. Lift up both heels as much as possible while at the same times the head is pushing up. Drop down heels as before. Repeat 8 times.

DR/9/20/90
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