

## The Eight Directional Exercises (also known as The Eight Pieces of Brocade)

Taken from Stephen Chang, *The Internal Exercises*

Determine magnetic north in your area with a compass, and use it as a reference point for these exercises. Face each direction as you do the exercises in the order given below. Do each exercise as many times as you wish. This set of exercises is extremely beneficial for shoulder and arm problems.

### **Northwest**

Stand with feet shoulder-width apart. Point your toes inward. Bend down to pick up an imaginary barbell of light to medium weight. Lift the barbell to waist level and then overhead. Imagine that you are really lifting the barbell, and feel its weight. Then bring the barbell back down to your waist and then back down to the floor. This exercise helps increase strength and benefits the lungs and large intestine.

### **North**

Spread the feet apart, and pretend you are shooting an arrow from a bow. With your lower body facing north, turn your upper body holding the bow to the right and shoot an arrow to the East. Then turn your upper body to the left and shoot an arrow to the West. Pretend that you are really pulling a taut bowstring and shooting an arrow. Keep your arms parallel to the ground. This exercise benefits the lungs, kidneys, large intestine, bladder, skin, and bones.

### **Northeast**

With your legs straight, bend down and place your fingertips, knuckles, or palms on the floor. Imagine that you are a mountain. Hold this position as long as you wish. This exercise benefits the spleen-pancreas, muscle, and digestion.

### **East**

Stand with your feet shoulder-width apart and your toes pointing inward. Close your eyes. With your hands hanging at your sides, feel the sun shine in your face. Turn your upper body to the right and to the left, feeling the sun move across your eyes. Your mind should focus on these movements – do not let it wander. This exercise benefits the nerves, liver, eyes, gallbladder, and weight reduction.

## **Southeast**

Stand with your feet shoulder-width apart and toes pointed inward. Raise yourself on your toes, and then lower yourself. Do this as a set of seven. You may do as many sets as you wish. Focus on what you are doing, and do not let your mind wander. This exercise benefits the nerves, liver, gallbladder, and heart.

## **South**

Rotate your hips as though you were using a hula hoop. You may change the direction of rotation. Do not let your mind wander. This exercise benefits the sexual organs.

## **Southwest**

Variant 1:

Stand in a fighting posture with your knees and arms slightly bent and your fists clenched. Make your eyes bulge with rage. Your mind must be in sync with your body. Hold this pose as long as you wish. This exercise benefits the digestive system, lungs, and nerves.

Variant 2: Punching with Angry Eyes

Stand in the same position as Variant 1. With your eyes open wide and with your wrists perpendicular to the ground (not parallel), punch in front of you, first with your right fist and then with your left, for as long as you wish.

## **West**

Stand with feet shoulder-width apart and toes pointed inward. With your arms down at your sides, swing your right arm up overhead and reach for the heavens. Then bring your right arm down. When it is down, do the same with your left arm. Alternate arms for as long as you wish. Try to keep your abdomen still, and focus your mind on these actions. This exercise benefits lower back pain, shoulder pain, kidney problems, and spinal problems.