

The eight movements, from a chair

A stable chair without wheels, sit toward the front of the seat, both feet flat. Work through the eight in this order, **one to three repetitions each**, at a pace where your breathing stays even. A full round takes about twelve minutes.

01

Two Hands Hold up the Heavens

两手托天理三焦 · Liǎng Shǒu Tuō Tiān Lǐ Sān Jiāo

Interlace the fingers, press both palms up, then lower to the lap · 1-3 times

02

Drawing the Bow to Shoot the Hawk

左右开弓似射雕 · Zuǒ Yòu Kāi Gōng Sì Shè Diāo

Open the chest and extend one arm to the side; look along it · 1-3 times

03

Separate Heaven and Earth

调理脾胃须单举 · Tiáolǐ Pí Wèi Xū Dān Jǔ

Float one hand overhead while pressing the other down on the thigh · 1-3 times

04

Wise Owl Gazes Backward

五劳七伤往后瞧 · Wǔ Láo Qī Shāng Wǎng Hòu Qiáo

Arms straight out to the sides, palms up, then look over one shoulder · 1-3 times

05

Sway the Head and Shake the Tail

摇头摆尾去心火 · Yáo Tóu Bǎi Wěi Qù Xīn Huǒ

Shift weight side to side, tailbone leading - never circle the neck · 1-3 times

06

Two Hands Hold the Feet

两手攀足固肾腰 · Liǎng Shǒu Pān Zú Gù Shèn Yāo

Fold forward from the hips, sliding the hands down the shins · 1-3 times

07

Clench the Fists and Glare Fiercely

攒拳怒目增气力 · Cuǎn Quán Nù Mù Zēng Qì Lì

Punch one loose fist straight forward at shoulder height, gaze level · 1-3 times

08

Bouncing on the Toes

背后七颠百病消 · Bèi Hòu Qī Diān Bǎi Bìng Xiāo

Press through the balls of the feet to lift and lower both heels · 1-3 times

SHORT ON TIME, OR A ROUGH DAY
Do movements **1, 4, 6 and 8** only — the chest and shoulders, the neck, the lower back and the feet.

BEFORE YOU START

• Ask your doctor first if you have heart disease, uncontrolled blood pressure, dizziness, a recent fall or surgery, osteoporosis, a replaced joint, or are pregnant.

• Pain is a stop sign — burning, pressure or sharp pain means stop, and so does dizziness. Ordinary muscle tiredness is not pain.

• Use a sturdy, armless, wheel-free chair against a wall. Never hold your breath; if you notice you are, reduce the range.

• Keep both sitting bones on the chair, never circle the neck backwards, and skip any movement that pinches.

FOUR-WEEK TRACKER

Day	1	2	3	4	5	6	7
Days 1–7							
Days 8–14							
Days 15–21							
Days 22–28							

Tick each day you practise. A missed day is not a lost week — resume where you left off, at the same time of day if you can.

This is general movement education, not medical advice. It does not diagnose, treat or cure any condition.
Movement data: Standing form follows the Chinese Fitness Qigong Association standard routine. The chair versions are this pack's own adaptation, written for a seated reader.. Version v0.5.



Each movement in full, with the seated version and safety notes

livelongtime.pages.dev/seated-baduanjin/

Knowing the eight is the easy part. Most people stop in the second week — not because the movements are hard, but because nothing tells them what to do today.

Scan with your phone camera · Free, no sign-up, no app