

All twelve forms, without going down to the floor

The official routine opens with a short preparation and ends with a closing form — both are on the website, step by step. This sheet is the twelve forms from a stable chair: sit toward the front of the seat, both feet flat.

01 Still the Mind and Clench the Fists

冥心握固 · Míng Xīn Wò Gù — official EN title: “Calming Heart and Positioning Hands”

Raise arms to crown level, press down, clench fists at knees · **1 round / 30 sec**

03 Gently Sway the Heavenly Pillar

微撼天柱 · Wēi Hàn Tiān Zhù — official EN title: “Shaking the Heavenly Column”

Turn the torso, then turn the head and look up · **3 rounds**

05 Turning the Windlass

摇转辘轳 · Yáo Zhuǎn Lù Lú — official EN title: “Rotating Winches”

Waist leads: send the fist, then circle both shoulders · **6 each side, 6+6, 6+6**

07 Bow and Hold the Feet

俯身攀足 · Fǔ Shēn Pān Zú — official EN title: “Bending to Touch the Feet”

Fold and grasp the soles, then lift and tuck the chin · **4 + 6 folds / 1 each leg**

09 Stroke the Upper Abdomen

前抚腕腹 · Qián Fǔ Wǎn Fù — official EN title: “Caressing the Belly and Abdomen”

Circle the palms down the belly and up the ribs · **6+6 circles**

11 Sway the Body and Shake the Sea

摇身晃海 · Yáo Shēn Huǎng Hǎi — official EN title: “Rotating the Upper Body”

Circle the torso slowly both ways without lifting your knees · **6+6 circles**

02 Tap the Teeth and Drum the Ears

叩齿鸣鼓 · Kòu Chǐ Míng Gǔ — official EN title: “Tapping Teeth and Sounding Drums”

Seal ears, tap teeth 36, then flick index fingers off the middle fingers behind the head · **36 taps / 24 beats**

04 Palms Embrace Kunlun

掌抱昆仑 · Zhǎng Bào Kūn Lún — official EN title: “Hugging Kunlun”

Cradle the head, turn, lean away, then lift and lower it · **3 rounds**

06 Lift the Heavens and Press the Crown

托天按顶 · Tuō Tiān Àn Dǐng — official EN title: “Propping up the Sky and Pressing the Skull”

Feet point as hands lift; toes hook as hands press down · **9 rounds**

08 Rub the Gate of Essence

背摩精门 · Bèi Mó Jīng Mén — official EN title: “Massaging Jingmen on the Back”

Rub the palms hot, then stroke the lower back · **9 rubs / 24 strokes**

10 Warm the Navel

温煦脐轮 · Wēn Xù Qí Lún — official EN title: “Burning Navel Ring”

Left palm on the navel, right palm over it; circle slowly · **2-5 min + 3 circles**

12 Swish and Swallow the Saliva

鼓漱吞津 · Gǔ Shù Tūn Jīn — official EN title: “Rinsing Mouth and Swallowing Saliva”

Circle the tongue, pulse the cheeks thirty-six times, swallow · **6+6 / 36 / 3 swallows**

SHORT ON TIME, OR A ROUGH DAY

Do forms **1, 2, 3, 10 and 12** only — the opening pair, the neck, the belly, and the closing saliva practice.

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.
- **Use a sturdy, armless, wheel-free chair against a wall.** Never hold your breath; where the classical instructions call for it, breathe normally.
- Do not press into the abdomen or the spine — the self-massage is light strokes, not pressure. Keep neck turns small if turning makes you dizzy, and skip any form that does not suit you today.

This is general movement education, not medical advice. It does not diagnose, treat or cure any condition.

Movement data: Promoted routine of the General Administration of Sport of China (2010). Step text follows Zhang Hailing, Shi Er Duan Jin (Beijing Sport University Press, 2012). Version v0.5.



Every form in full, with the official English titles and the classical verse
livelongtime.pages.dev/twelve-section-brocade/

Easy to learn, hard to keep doing. Most people stop in the second week — not because the forms are difficult, but because nothing tells them what to do today.

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