

Qigong, brocade exercise 1:

“Supporting the heavens with your hands to regulate the triple heater”



Start in the basic position: Stand evenly balanced with your feet hip to shoulder width apart; slightly bend your knees, keep your body upright and maintain a little space between your arm pits as if you were holding two tennis balls there. Breathe out.

Slightly move both arms outward and upward on the in-breath*; interlace your fingers and lower your hands to the top of the head. Breath out.

On the in-breath “support the heavens” (push your arms back up again), whilst slightly raising your heels from the ground.

Return to the starting position whilst breathing out.

4–8 repetitions

***Note:** Modify the exercise to individual requirements if you have shoulder problems. For example, move your hands more in front of your body.



bewegt.li – the exercise and sports offering in Liechtenstein.

Find more exercises at www.bewegt.li/exercises

The exercises were provided by Mr Dieter Beh from the Überruh Rehabilitation Clinic in Isny, Allgäu, Germany.

Qigong, brocade exercise 2:

“Drawing the bow to the left and right and aiming at the eagle”



Start in the horse riding position: Feet twice the width of the basic stance (see brocade exercise 1); with your weight balanced evenly on both feet, your knees slightly bent, keep your upper body upright and make space between your arm pits as if they were each holding two tennis balls. Breathe out. Cross your left wrist inside your right wrist and with your arms crossed raise your wrists up to chest height.

On breathing in, “draw your bow to the left”, look left into the distance. Breathe out, moving your left arm back to the starting position.



Bring your wrists together again with your arms crossed, this time with the right hand on the inside. Do the same movement “drawing the bow to the right”. Return to the starting position whilst breathing out.

4–8 repetitions



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Qigong, brocade exercise 3:

“Strengthening the spleen and the stomach,
by raising the arms individually”



Start in the basic position: Stand evenly balanced with your feet hip to shoulder width apart; slightly bend your knees, keep your body upright and maintain a little space between your arm pits as if you were holding two tennis balls there.

On the out-breath raise your arms to chest height. On the in-breath, move your left hand up and your right hand down. Gently pull one hand up whilst pushing the other one down. Breathe out and return your hands to the middle. On the in-breath, raise your right hand and push down with your left hand. Return to the starting position whilst breathing out.

4–8 repetitions



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Qigong, brocade exercise 4:

“Looking back on the five weaknesses and the seven injuries”



Start in the basic position: Stand evenly balanced with your feet hip to shoulder width apart; slightly bend your knees, keep your body upright and maintain a little space between your arm pits as if you were holding two tennis balls there. Breathe out.

Breathe in whilst raising your arms until they are horizontal.

On the out-breath lower your arms again, whilst turning your head to your left shoulder and looking behind over your shoulder and down. Turn your hands and on the in-breath raise both arms again while turning your head back to the middle. Do the same movement on the other side.

4–8 repetitions



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Qigong, brocade exercise 5:

“Tilting the head and wagging the tail
to drive fire from the heart”



Start in the horse riding position: Feet twice the width of the basic stance (see brocade exercise 1); with your weight balanced evenly on both feet, your knees slightly bent, keep your upper body upright and make space between your arm pits as if they were each holding two tennis balls.

On the in-breath, bend both legs slightly and bend over. Bend your upper body forward, extend your right arm, swing your upper body to the left and look at the tips of your left toes.



On the out-breath, return your upper body to the middle to the upright position. Bend your upper body forward, extend your left arm, swing your upper body to the right and look at the tips of your right toes.

4–8 repetitions



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Qigong, brocade exercise 6:

“Grasping your feet with your hands to strengthen your kidneys and bladder”



Start in the basic position: Stand evenly balanced with your feet hip to shoulder width apart; slightly bend your knees, keep your body upright and maintain a little space between your arm pits as if you were holding two tennis balls there. Breathe out.

Breathe in whilst raising your arms until they are horizontal. On the out-breath, bring your hands to your feet* and look at your belly.

On the in-breath, slowly return to an upright position and place your hands on your waist, whilst sinking slightly; raise your chest and look forward and upward. Return to the starting position.

4–8 repetitions

***Note:** Modify the exercise to individual requirements if you have back problems. For example, bring your hands to your knees.



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Qigong, brocade exercise 7:

“Clenching your fists and glaring fiercely to increase strength”



Start in the horse riding position: Feet twice the width of the basic stance (see brocade exercise 1); with your weight balanced evenly on both feet, your knees slightly bent, keep your upper body upright and make space between your arm pits as if they were each holding two tennis balls.

Breathe out whilst placing your wrists on the sides of your pelvis, forming softly clenched fists.

Move your arm out to a horizontal position whilst rotating your head to the same side, breathe in. Turn down your fist at your wrist and glare “fiercely”. Bring your hand back to the side of your pelvis. Do the same movement on the other side.

4–8 repetitions



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Qigong, brocade exercise 8:

“Rising on the balls of the feet seven times and falling back on the heels to cure the hundred ailments”



Take on the eagle stance: Feet three fingers wide apart, otherwise the same as the basic position (see brocade exercise 1).

Breathe out whilst placing your hands over each other behind your back. On the in-breath raise your heels from the ground, pull your hands down and push the top of your head upward. Breathe out and sink back.

4–8 repetitions



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