Gentle Seated & Standing Baduanjin

8-Movement Illustrated Guide

Choose seated first. Use a sturdy chair without wheels and keep both feet supported. Standing options require a secure chair back.

Editorial safety adaptations inspired by the Eight Brocades, not a clinically validated protocol. NIH NCCIH provides general qigong context only. Ask a qualified clinician or instructor to individualize this routine.

Ready to print. This file includes no personal dedication. GentlePoints Editorial.

Call 911 / Seek Immediate Medical Care

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US: 911. Elsewhere: local emergency number (EU: 112). Do not try pressure first.

General Safe Touch Rules

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Taking blood thinners (e.g., warfarin, apixaban, aspirin), or bruising easily? Use feather-light touch only. Stop if bruising occurs; ask your clinician if unsure.

Before you begin | Safety

Education and comfort only. Used alongside standard care, never as a replacement for diagnosis, treatment or prescribed medicine. Benefits vary; evidence is limited for many points.

Palm or sole "heart, liver or pancreas zones" cannot diagnose, treat or reverse heart disease, high blood pressure, diabetes or kidney disease. Never stop or reduce prescribed medicine because you use acupressure.

Choose seated first. For osteoporosis, high blood pressure or glaucoma: keep your head above your heart, keep your spine upright, avoid deep bends, forceful twists, straining and breath holding. Ask your clinician about new exercise, recent surgery, fractures or unstable symptoms.

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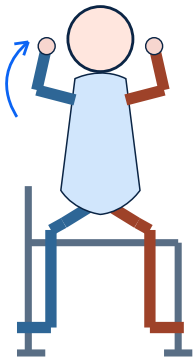
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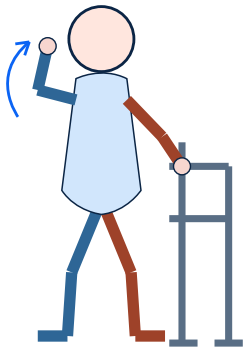
1. Lift the sky, softly

Seated | first choice



Sit tall, feet flat. Lift both palms upward in front of your forehead, to at most head height. Soften your elbows and lower slowly.

Standing | hold the chair



Hold a sturdy chair with one hand. Lift the free hand to at most head height, only if comfortable. Lower, then change sides; keep both feet planted.

Keep hands below shoulder height if shoulders hurt. Avoid overhead strain or leaning backward.

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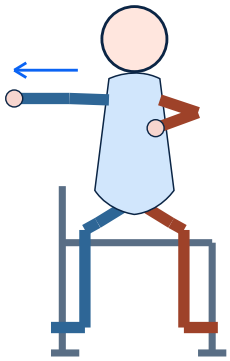
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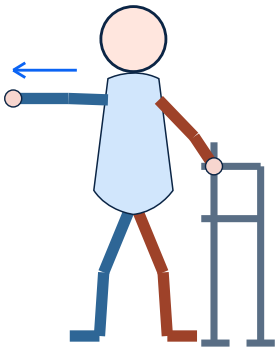
2. Open a gentle bow

Seated | first choice



Reach to the side at chest height, palm out. Look that way and draw your other hand to your chest in a loose fist. Return and swap sides.

Standing | hold the chair



Keep one hand holding the chair. Open the free arm a short way to the side, return and change sides. No wide stance or squat.

No forceful pulling, locked elbows, twisting knees or deep horse stance.

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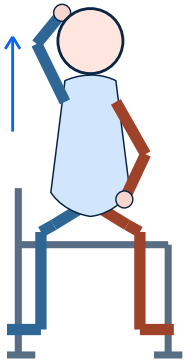
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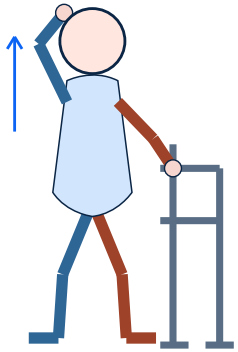
3. One hand up, one hand down

Seated | first choice



Sit upright. Float one palm upward in front of you and let the other settle toward the thigh. Keep the spine tall. Return, then change sides.

Standing | hold the chair



Hold the chair with one hand. Gently float the free hand up and down within a comfortable range. Change sides while stable.

Avoid reaching or side bending. Keep the head level and do not force a shoulder stretch.

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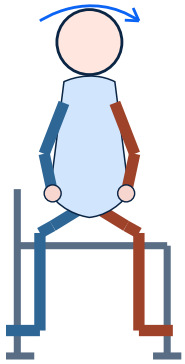
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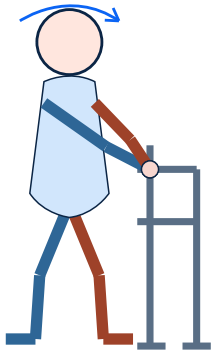
4. Look gently to each side

Seated | first choice



Keep hands on thighs. With chin level, turn your head a small, comfortable distance to one side. Return to center before changing sides.

Standing | hold the chair



Hold the chair with both hands. Keep feet still and turn the head only a little, returning to center each time.

Do not roll the neck or tilt backward. With cervical problems or dizziness, keep the head still and move only the eyes.

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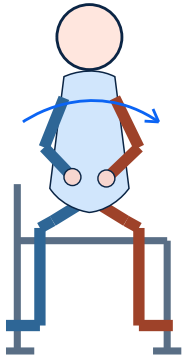
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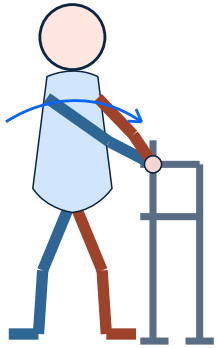
5. Small seated turns

Seated | first choice



Choose seated. Keep hips and feet still, hands on thighs. Turn the chest a little to one side with head aligned over the trunk. Return and change sides.

Standing | hold the chair



Use both hands on the chair and keep the head still. Make only a tiny comfortable shift through the upper trunk; choose seated if unsure.

No head shaking, neck circles, deep squats or large sway. Stop for vertigo. With osteoporosis, skip the twist and breathe seated.

Osteoporosis, high blood pressure or glaucoma: stay upright; no deep bends, straining or breath holding. Mirror view: move the arm on the same side. Blue = left; rust = right. Adapted comfort exercise, not a disease treatment.

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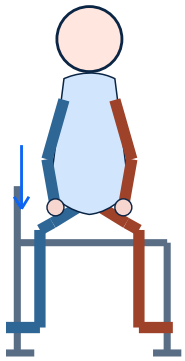
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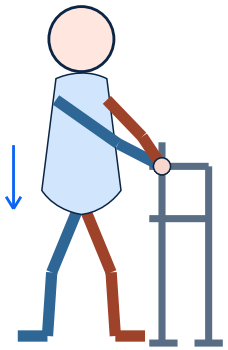
6. Hands along the knees

Seated | first choice



Stay upright, hands on knees. Slide hands only a little along the shins if you can keep the head above the heart and remain pain-free. Return to knees.

Standing | hold the chair



Hold the chair with both hands and stay upright. Gently bend and straighten the knees a tiny amount; do not reach for the feet.

With osteoporosis, high blood pressure or glaucoma, never bend deeply, lower the head below the knees or strain. Keep hands on knees instead.

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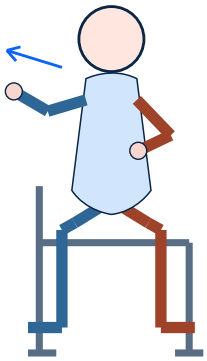
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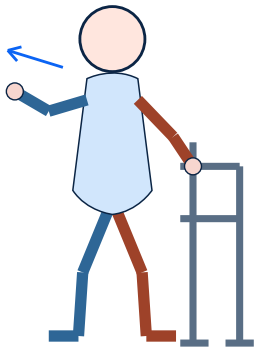
7. Soft open-hand reaches

Seated | first choice



Keep shoulders soft. Extend one open hand forward a short distance, return, then change hands. Use relaxed fingers and a calm face.

Standing | hold the chair



Keep one hand on the chair. Reach forward gently with the free open hand, return and change sides when steady.

No hard punching, clenched fists, angry straining or breath holding. Keep arthritic hands relaxed.

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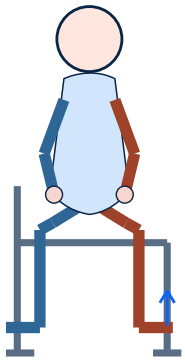
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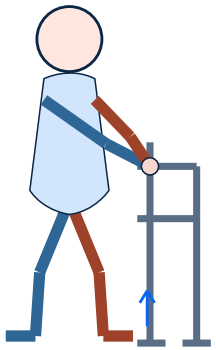
8. Supported heel lifts

Seated | first choice



Sit tall, feet flat. Slowly lift both heels while toes stay on the floor, then lower softly. Try up to seven comfortable lifts with rests.

Standing | hold the chair



Hold a sturdy chair back with both hands. With feet hip-width apart, raise heels a little and lower quietly. Sit if balance is uncertain.

No bouncing, stamping or unsupported tiptoes. Stop for calf pain, dizziness or loss of balance; choose seated first.

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