

Pa-Kua 8 Inner Palms

(Nei Pa Chang)

Also called: 8 Mother Palms + 8 Animal Palms + 8 Chi-Kung Palms

1 The Green Dragon Hangs its Claws

Sinks breath to Tan-Tien, relaxes shoulders, energizes fingers



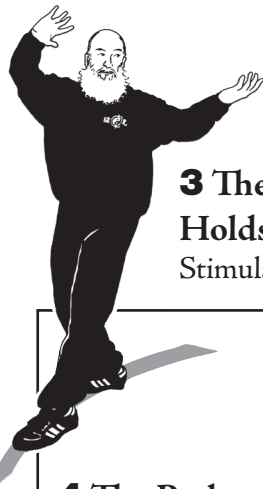
2 The Yellow Eagle Spreads its Wings

Strengthens lungs, expands awareness left and right



8 The Heavenly Horse Walks in the Void

Stimulates liver and spleen



3 The Golden Lion Holds the Ball

Stimulates Triple-Warmer

5 Striking Heaven and Piercing Earth

Expands awareness up and down, stimulates lungs



7 The Boy Pushes the Millstone

Stimulates the heart, opens the mid-back point



4 The Red Phoenix Circles the Mountaintop

Stimulates Hui-Yin and Bai-Hui, opens Microcosmic Orbit



6 The White Ape Offers Fruit

Opens the mid-back point, stimulates kidneys



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Some benefits and purposes of the 8 Inner Palms practice:

- Balances stillness and motion
- Strengthens and reconstructs the shoulders
- Teaches basic blocks and guard positions
- Helps the Chi circulate throughout the body
- Strengthens circle walk
- Builds concentration
- Teaches basic breathing patterns
- Trains structural alignment and energetic connection