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Sep 06, 2008 CCTV Chinese Medicine Show which features Ba Duan Jin. Instructional book/dvd available from Gary Bicket, one of the few foreign students chosen to appear

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of Chinese qigong used as exercise. Variously translated as Eight Pieces of Brocade, Eight-Section of medical qigong, meant to improve health.

http://en.wikipedia.org/wiki/Baduanjin_qigong

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