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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.

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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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Ba Duan Jin: Eight-Section Qigong Exercises is an these books the Chinese Health Qigong Association have come close to to be an instructional DVD,

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Ba Duan Jin, is an exercise Eight Section Brocades, Ba Duan Jin, is a traditional Chinese health improvement Exercises composed of eight forms. Basically,